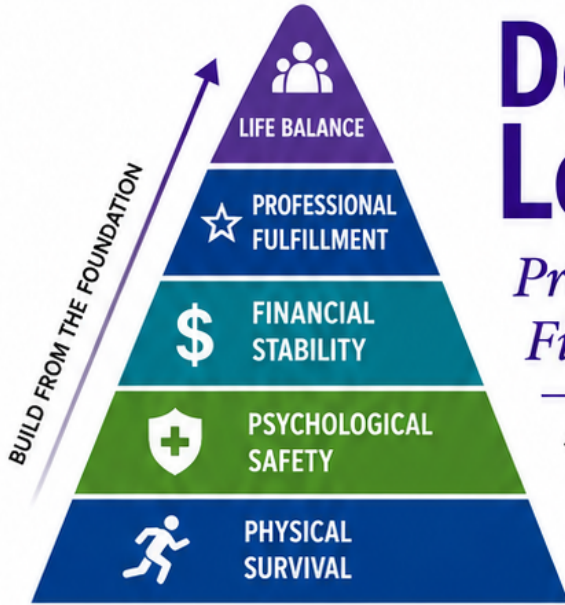




Dental Career Longevity

*Practice Happy.
Finish Healthy!*



Scan to connect
with ErgoFitLife!

A long, fulfilling career is built by intentionally meeting the needs that support your body, mind, livelihood, purpose, and life.

Katrina Klein, RDH, CEAS, CPT | ErgoFitLife



UNDERSTAND

Where am I now?

Which level of the Dental Professional Hierarchy of Needs needs the most attention right now?

- ☐ Physical Survival
- ☐ Psychological Safety
- ☐ Financial Stability
- ☐ Professional Fulfillment
- ☐ Life Balance

Why?



PRACTICE

What will I do?

One intentional change I will make to strengthen my chosen level:

How will this change support my long-term health, happiness, and career fulfillment?



PREPARE

What could get in the way?

What barrier is most likely to keep me from making this change?

(Circle all that apply)



Time



Energy



Workplace



Habits



Mindset

How will I plan for it and overcome it?

CLINICAL PEARLS



PHYSICAL SURVIVAL

One habit I'll improve:



PROFESSIONAL FULFILLMENT

One opportunity I'll pursue:



LIFE BALANCE

One boundary I'll protect:



MY CAREER AUDIT

The one change that would have the greatest impact on my career longevity is...



IMPORTANT POINTS TO REMEMBER

Career longevity is built intentionally—not accidentally.



The strongest careers are supported by physical health, psychological safety, financial stability, professional fulfillment, and life balance.



Prevention is easier than rehabilitation.



Burnout rarely happens overnight; recognize the signs early.



Small, consistent habits create meaningful long-term results.



Your patients deserve a healthy clinician—and so do you.

