

Stress Management and Resiliency Training (SMART)

A Benson Henry Institute for
Mind Body Medicine at Massachusetts
General Hospital Program



**Dr. Kristin Yont
D.M.D.**

Drill, Fullfill, & Be Still

**Next
Session
starts Oct
19th!**

Tools for the chair. Skills for life.
Join the movement beyond burnout.



Scan here for
program information

Since 2020, I have taught hundreds of dental professionals how to:

- Stay calm and present—even with difficult patients.
- Think clearly under pressure and make confident decisions yielding greater results.
- Break free from perfectionism and burnout.
- Find meaning in your work beyond the daily grind.

**Join me for my next 8-week Zoom program,
Monday October 19th, 2026 -live or recorded:**

www.mindbodyteacher.com

Includes BHI/Harvard Medical School SMART manual

Use promo code:

SASK26 for a **\$100 discount**



PACE
ACADEMY of
GENERAL DENTISTRY
PROGRAM APPROVAL
FOR CONTINUING
EDUCATION

Mind Body Teacher
Nationally Approved PACE Program Provider for FAGD/MAGD credit.
Approval does not imply acceptance by
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1/1/2026 to 12/31/2027.
Provider ID# 438691

*I really do feel that we
could all use a little more
SMART in our lives.
Thanks so much for
championing this course.*

**Dr. Kari Badwi DDS,
Cert Ped Dent,
FRCD(C)**



**MIND BODY
TEACHER**



MIND BODY
TEACHER

Testimonials

“ Dr. Yont delivers an impactful way on a subject we often overlook. Her message is essential for the health of every member of the practice and their patients. Kristin brings clarity and compassion to a topic that affects us all. Her session is relevant, actionable, and long overdue in our profession.

Gary Severence DDS

Senior Director, Henry Schein, THRIVELIVE

“ I am trained in conventional medicine and have not given much consideration for mind-body medicine until now. Kristin does an excellent job at explaining the science of stress and the role that it plays in people's days to mitigate. There is a reason that the program is 8 weeks, because it takes time to create change within our body. I am happy to say that this program I personally notice a difference as to how I approach and respond to my stressful days in the real world. It has also been very beneficial to my personal and patient relationships.

Dr. Karrie

BSc, MD, FRCPC

“ In my public speaking career I've seen hundreds of my fellow speakers up on stage. Dr Kristin Yont is one who strikes a special chord with her audience. Why? Because she brings a rare combination of passion, experience, vulnerability, and authenticity. When Dr Yont speaks of her journey and the tools she has discovered to live a better life, there is a connective power in the sharing of her journey. However, it is because of her sincerity in wanting to help others achieve their own peace of mind, their own better life, that inspires an even deeper connection between Dr Yont and those in the audience. They see themselves reflected in her lived journey. Be it on the main stage or in a more intimate setting, Dr Yont's message will resonate with the audience, and will motivate them to make positive changes to their own lives.

Doug Fettig CPA MBA

*Dental Business Speaker
and Leadership Coach*

“ Stress management & resiliency training is so valuable, and I now have new tools to use in both my personal and professional life. I found Kristin to be knowledgeable and approachable from her every week. I consider this program an investment in myself!

Lyfina Eckerley

*Senior Director, North America
- Andau Medical*

“ I really do feel that we could all use a little more SMART in our lives. Thanks so much for championing this course Kristin.

Dr. Kari Badwi

*DSS, Cert Ped Dent, FRDC(C)
USASK Student sponsor*

“ I am a Neuropsychologist with interest in Wellness. I live, breathe, and practice Wellness to my Best! During, and more importantly after the COVID pandemic, I have been looking for CME on resilience. This SMART (Stress Management and Resilience Training) course fit the bill. Kristin is an excellent teacher, and I would absolutely recommend this course!

Dr. Rajvive Jossal, Neurologist

MD.FrCPr | DSCN Clinical Professor University of Alberta

NOT READY FOR THE FULL 8-WEEK SMART EXPERIENCE?

Restore. Repair. Rewire.

Dr. Kristin Yont's 3-Part Online Masterclass Series

A focused first step into stress, resilience and lasting change.

Learn practical tools to help restore your capacity, recover from the effects of chronic stress, and begin rewiring the patterns that keep you stuck.

For the most comprehensive experience, join Dr. Yont's 8-week SMART Program.

3 online sessions | \$347



Learn More >

www.mindbodyteacher.com