



Dr. Tarryn MacCarthy

SPEAKER PACKET



"I've done other personal development yet Tarryn's program has truly created a shift in my mindset and beliefs. I have tools to continue to use going forward to use daily as well as continuing my own growth. **I can't recommend Tarryn enough!!!**"

-Dr. Jennifer, General Dentist



Dynamic Presentations



The Happiness Formula For High Achievers: A framework for sustainable success

Driven professionals excel at work but often feel burned out, disconnected, and unhappy despite their success. This talk is perfect for ambitious dentists and leaders who want sustainable success AND happiness.



Exhale for Women Dentists Who Are Done Pretending They're Fine

Through an understanding of the autonomic nervous system and the emotional demands unique to women in dentistry, Dr. Tarryn MacCarthy reframes burnout as a physiological response rather than a personal failure, revealing the neurological tipping point where pushing harder, people-pleasing, and overgiving move you out of clarity and into survival mode — and showing you how to reclaim your energy, leadership, and sense of self without quitting your career or pretending you're fine.



Lead Like A Woman: Reclaim Your Power, Regulate Your Stress, and Redefine Leadership on Your Terms

Women leaders in dentistry often carry immense responsibility while feeling unseen and unsupported, leaving them stressed, exhausted, and disconnected from their own power. This workshop shows how chronic stress and nervous system patterns impact leadership and decision-making, and provides practical strategies to regulate stress, reclaim confidence, and lead with presence and authenticity.

Dr. Tarryn MacCarthy

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LEARNING OBJECTIVES:

- Discover why, as humans, we are bad predictors of what will bring us happiness..
- Evaluate the research outcomes that identify the basis of long-term happiness
- Learn about The Happiness Formula to balance intentional practice and career growth with research-based strategies for optimizing inner fulfillment and happiness.
- Understand why relying on external validation as a growth strategy leads to dissatisfaction and burnout.
- Learn how to improve focus and efficiency in order to find more time for YOU in the day.
- Identify the early warning signs of “Burnout” in dentistry.
- Develop strategies for combating burnout and how to get back to loving your life, even in a high-pressure career.



The Happiness formula *For High Achievers*

A FRAMEWORK FOR SUSTAINABLE SUCCESS

Why does greater success not lead to greater happiness?

As driven, high achieving leaders, dentists often find themselves exhausted, overwhelmed, and unfulfilled, despite practice and income growth. In a profession with rising levels of depression and anxiety there is a constant chase for “work-life balance”.

Join Transformation and Stress Management Coach, Dr. Tarryn MacCarthy for this actionable talk designed for an audience ready to elevate their careers and the quality of their lives.

Attendees will walk away with practical strategies to:

1. Avoid burnout, even with high-pressure demands
2. Improve focus & productivity to meet their long-term goals
3. Cultivate confidence & fulfillment in their personal and professional lives

This talk is perfect for ambitious professionals who want sustainable success and happiness.

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Suggested Audience:

Healthcare Professionals, Business Owners

Suggested Format:

Keynote, Partial Day Lecture or Workshop

Dr. Tarryn MacCarthy

Exhale

FOR WOMEN DENTISTS WHO ARE DONE PRETENDING THEY'RE FINE

You've done everything you were supposed to do. You've worked hard, shown up for everyone, and built a successful career.

And still...you are EXHAUSTED.

There's a quiet part of you that knows this isn't how it's meant to feel. Success shouldn't require constant self-betrayal, emotional overextension, or holding it all together at your own expense.



Led by Dr. Tarryn MacCarthy, Exhale explores the moment where perseverance, people-pleasing, and chronic responsibility stop being strengths and begin to erode clarity, connection, and joy. The "push through" mindset that once fueled your success now keeps your nervous system locked in survival mode... limiting your capacity for grounded leadership, clear decision-making, and authentic presence.

This science-based masterclass helps women dentists understand how their autonomic nervous system shapes stress, emotions, and executive function. Dr. MacCarthy reframes burnout not as weakness, but as a biological signal, and introduces practical nervous system regulation tools that support sustainable success, emotional boundaries, and self-trust in both life and practice.

This is your invitation to stop performing, stop overgiving, and finally exhale.

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LEARNING OBJECTIVES:

- Understand how chronic stress and nervous system dysregulation impact emotional wellbeing, leadership capacity, and decision-making in dentistry.
- Identify the nervous system patterns behind people-pleasing, resentment, and over-functioning.
- Recognize why pushing harder eventually limits clarity, connection, and effectiveness.
- Learn practical nervous system regulation and somatic tools that can be used in and outside the dental setting.
- Reframe success and leadership through a lens of regulation, authenticity, and sustainability.
- Apply evidence-based strategies to reclaim energy, boundaries, and a sense of self... even in demanding environments.

Suggested Audience:

Healthcare Professionals, Business Owners, Consultants, Coaches

Suggested Format:

Keynote, Partial Day Lecture or Workshop



Dr. Tarryn MacCarthy

LEARNING OBJECTIVES:



Lead Like A Woman

Reclaim Your Power, Regulate Your Stress, and Redefine Leadership on Your Terms

You've built your career, led your team, and shown up for everyone... and yet, you often feel stretched, exhausted, and disconnected from the grounded, confident leader you know you can be.

There's a part of you that knows leadership doesn't have to come at the cost of your wellbeing that true influence flows from presence, authenticity, and emotional regulation.

Led by Dr. Tarryn MacCarthy, Lead Like a Woman explores how chronic stress, over-responsibility, and habitual "push through" patterns can erode clarity, confidence, and joy. You'll learn practical nervous system and somatic tools to regulate stress, reclaim energy, and lead with presence, authenticity, and self-trust.

This immersive workshop is your invitation to stop overextending, reconnect with your power, and lead on your own terms — both in your practice and in your life.

- Understand how chronic stress and nervous system patterns impact leadership, decision-making, and presence in dentistry.
- Identify the nervous system drivers behind over-responsibility, people-pleasing, and emotional exhaustion
- Learn practical nervous system regulation and somatic tools for real-time stress management.
- Reframe leadership through presence, authenticity, and sustainability
- Apply evidence-based strategies to reclaim confidence, boundaries, and a grounded sense of self... even in demanding environments

Suggested Audience:

Healthcare Professionals, Business Owners

Suggested Format:

Keynote, Partial Day, Lecture, Workshop



Get to Know

Tarryn

**In a world where professional triumph often feels like a hollow victory...
There is a beacon of hope and empowerment.**

Happiness is an INSIDE job and a superpower we all have the ability to cultivate. Through mindset shifts and inspired action, we can each achieve our dreams AND find enormous fulfillment in our profession.

Certified Transformational Mindset Coach, **Tarryn MacCarthy, DMD** empowers audiences across the nation through her speaking and training programs. Her podcast, *The Business of Happiness*, guides listeners in strategies for redefining success and attracting greater fulfillment and meaningful impact both in business and in life.

Tarryn was drawn to dentistry and orthodontics for its artistry and the gift of service to others. She came to understand her passion for uplifting and empowering her patients by guiding them through finding their confidence by transforming their own smiles. She fell in love with coaching her team to support patients in their journeys and to make a broader impact on our world by empowering others. Tarryn believes that effective leadership has to start with self-leadership and taking radical personal responsibility as leaders of our own dreams. Her passion is to empower others to live their most successful, purposeful lives, and for them to uplift others in turn.

Her contributions to the field are well-recognized, with publications in the *Journal of Contemporary Orthodontics* and chapters in both orthodontic and oral surgery textbooks. She is co-author of the Amazon Best Seller, *"The Successful Spirit."* A member of the American Association of Orthodontists, American Dental Association, Maine Dental Association, and Founding Member of the International Academy of Dental Life Coaches. Her expertise is further enhanced by certifications as a Radical Transformational Therapist, Hypnotherapist, and Neuro-identity Evolution Practitioner.

"I was a little skeptical that this was going to be another repeat of the same personal development narrative that is everywhere. But it was personalized, specific to healthcare, scientific, and sometimes challenged the status quo. **I grew as a clinician, as a coach, as a friend, as a colleague, and as a human.**"

-Dr. Julie, General Dentist and Dental Coach

Past Presentations

(PARTIAL LIST)

AADOM workshops and webinars (multiple)
Align Technologies Annual Summit (keynote)
American Academy of Oral and Maxillofacial Surgeons Webinar (multiple)
American Association of Dental Office Managers (multiple)
ASDA Conference
Dental Entrepreneur Women Annual Retreat (multiple)
Dua Good Job Oral Cancer Awareness Summit
Empowering Moms & Children Organization Persian Expansion (Keynote)
Mom's Summit (multiple)
Maine Womens' Conference
Midwest Association of Orthodontists Annual Conference
Next Level University Virtual Mastermind
Next Level University; Next Level Live
Northeastern Society of Orthodontists (multiple)
Self-Love and Self Care Summit for Women with Anxiety
South West Pediatric Dental Society Study Club (multiple)
Teen Invisalign Forum – Virtual Symposium and 90 Day Mentorship
University of New England Dental School, Orthodontic Interest Club (multiple)
Self-sponsored webinars and workshops
Stress-Free Dentist Seminar
White Coat Investor (Keynote)

Dr. Tarryn MacCarthy

Rave Reviews

"Tarryn inspired and empowered me with actionable steps to improve my life and business. The experience was much more than I expected and left me smiling for days." **-Dr. Cynthia, Endodontist and Practice Owner**

"I was reminded of your advice today. The power of listening enhances our ability to communicate and is such a powerful tool in all relationships. Thank you for your guidance." **-Dr. Nick, General Dentist**

"Dr. Tarryn is nothing short of an extraordinary speaker who captures the entire room. She brings energy, vibrance, and most importantly, emotion into the hearts and minds of every attendee. Dr. Tarryn is sincerely the best I've seen." **-Alan Lazaros, CEO, Founder and Co-Host of Next Level University Podcast**

"Dr. MacCarthy shared advice that stayed with me. I no longer compromise the values or expectations I set for myself. Thank you for empowering and inspiring me." **-Dr. Chloe, Dental Resident**



Scan or Click to View
Dr. MacCarthy's Speaker Reel

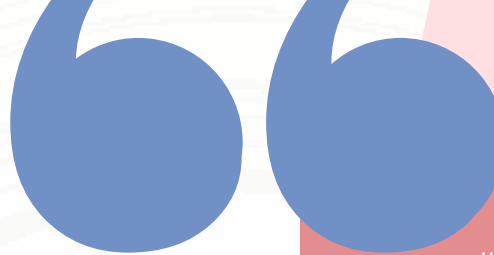
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Rave

Reviews

(CONTINUED)



“Dr. MacCarthy’s guidance came at a critical time in my life. I have relied heavily on the tools and skills gained - as well as the mindset shift - to get me to the next level.” *-Dr. Katherine, Pediatric Dentist*

“Dr. Tarryn provides an exhilarating experience for all attendees. Her experiences and passion engages the audience, creating an experience rather than a lecture. All attendees can relate and are transformed.” *-Stacey Singleton, CDA, EFDA, FAADOM; Southern Maine AADOM Chapter President*

“You have given me a new mindset about facing my fears and how they can fuel my fire.” *-Dr. Eryn, Periodontist*

“Despite having everything I ever wanted, life felt meaningless. Tarryn helped me uncover deep-seated limiting beliefs and learn to prioritize my well-being. I discovered my true definition of success and reclaimed mental clarity.” *-Dr. Christina, Orthodontist and Business Owner*

“Tarryn has helped me focus on specific growth areas and my purpose, which brings me happiness. I am learning that it is okay to focus on myself and my own wellbeing.” *-Dr. Jacquee, Orthodontist and Business Owner*

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“Success does not bring happiness. Incredibly, **happiness is the precursor to success.**”

-Tarryn MacCarthy, DMD

