



Dr. Jessica E. Metcalfe

**SPEAKER
PACKET**



Let Dr. Jessica inspire you to be more confident and empowered both in your career and life.

Dr. Jessica E. Metcalfe

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Presentations Available

IMPOSTOR PHENOMENON:

Confronting Self-Doubt. What Would You Do If You Weren't Afraid?

Your achievements are noteworthy. Yet, you underestimate your abilities, explain away your successes and assume everyone around you works harder or is smarter. In this lecture, you will dismantle impostor phenomenon and get to the root of your self-doubt, fear of failure and self-sabotaging behaviours.



PERFECTIONISM:

A Paradox. A Defense. Time To Discover A New Perspective.

Perfection looks different from person to person. It is the drive to do better, be better and achieve better. It is worn as a badge of honor. But, at what cost? Does perfection actually exist? Dr. Jessica breaks down how striving for perfection is holding you back from being successful, own your worth and enjoying the life you live.



SUCCESS & BURNOUT:

Mutually Exclusive Or Linked?

Being a high-achiever and reaching success has become instinctive. It is you. Although, your goals and success take priority over taking care of yourself. It may feel like anxiety, stress and burnout are the only way you can be successful. Dr. Jessica knows there is a different way and that you don't have to reach burnout to be successful.



BIOGRAPHY:

Dr. Jessica is an international speaker, an impostor phenomenon coach and a dentist to oncology patients. She works with professionals to help dismantle impostor phenomenon, perfectionism and burnout. Dr. Jessica brings a unique perspective challenging your thoughts, emotions and behaviours about achieving, self-worth and mental health.

Impostor Phenomenon

Confronting Self-Doubt. What Would You Do If You Weren't Afraid?

How many times have you explained away your successes? Underestimated your abilities? Or even overworked in order to predict and prevent mistakes? Probably too many to count?

You're successful, and yet, you don't believe it. Self-doubt and the fear of failure is holding you back. In essence, you've created a self-sabotaging because you don't believe your degrees, awards and achievements are worthy.

In this open and real course, Dr. Jessica Metcalfe breaks down the barriers associated with self-doubt and reveals the strategies for dismantling impostor phenomenon. It's time to start living your successful life.



This program is perfect for dentists and teams:

- Who want to understand impostor phenomenon--why it happens, when it happens and when it will stop happening

The audience will leave with:

- Concepts on impostor and self-doubt triggers
- Strategies to dismantle impostor phenomenon
- Being able to read their own impostor narrative
- Brain training exercises to conquer impostor thoughts

Formats available:

- Full or partial day lecture or workshop
- Keynote



Perfectionism

A Paradox. A Defense. Time To Discover A New Perspective.

The pursuit of perfection looks different from person to person. A self-invented pressure that comes at a cost of limited beliefs and judgement of your self-worth.

Doing your best and being perfect are not the same. Although, we have been conditioned that it is. Perfection means controlling all situations. Although, how can you be perfect in imperfect conditions? Dr. Jessica knows there is another way of reaching excellence. It's not settling and it won't hold you back.

In this gripping lecture, Dr. Jessica Metcalfe gets to the root of perfectionism, explores the negative consequences, explains protective mechanisms and provides you with a different perspective while still maintaining your standards. With finding new strategies and actionable steps, you too can identify and evaluate these areas.

This program is perfect for dentists and teams:

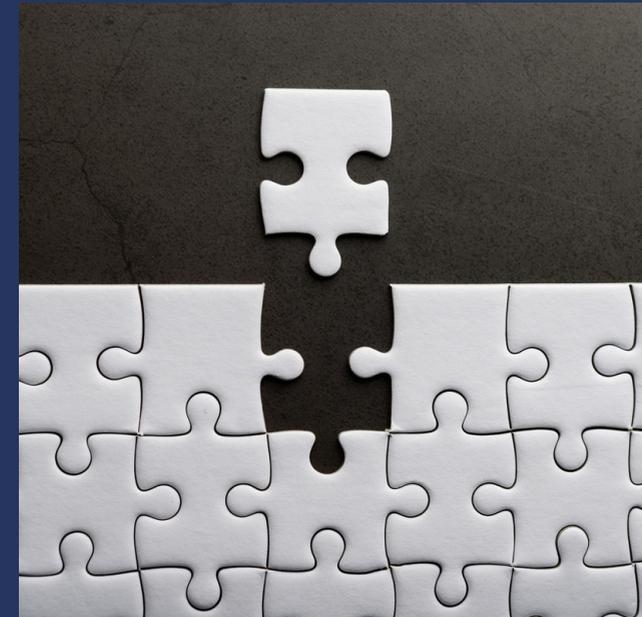
- Who want to understand perfectionism--why it happens, when it happens and when it will stop happening

The audience will leave with:

- Concepts on perfectionism and safety behaviours
- Strategies to dismantle perfectionism
- An understanding of which unhelpful thinking pattern is creating limiting beliefs
- Brain training exercises to identify, conduct and evaluate perfectionism behaviours

Formats available:

- Partial day lecture or workshop
- Keynote



Success & Burnout

Mutually Exclusive Or Linked?

Whether you're starting your career, in the middle of it, or heading towards retirement, Dr. Jessica wants you to know that you're successful. You've worked hard devoting your time and energy to get to where you are today. However, has your success come at a cost of your mental health or well-being?

Dr. Jessica learned the hard way. Being busy, thriving on goals and reaching success didn't provide fulfillment. Instead it came with finding it hard to relax, always feeling guilty for taking a break and spiraling into burnout.

Burnout was worn as a badge of honor. Overworking to the point of exhaustion became glamorized. Attendees will learn ways to enjoy success while preventing burnout while finding time to relax and ultimately enjoy their passions in life.



This program is perfect for dentists and teams:

- Who want to understand and prevent burnout--why it happens, when it happens and when it will stop happening

The audience will leave with:

- How impostor phenomenon and perfectionism causes you to overwork
- Understand how to detach from work, find self-worth, improve self-care, enjoy interests and playtime
- Having designed an individualized work/life balance blueprint

Formats available:

- Partial day lecture or workshop
- Keynote

Dr. Jessica E. Metcalfe

Dr. Jessica is the founder of The Alchemist Dentist, an international speaker, an impostor phenomenon coach, a mental health advocate and a dentist to oncology patients.

Here's her story: From the age of 14, Dr. Jessica decided she wanted to become a dentist. She worked extremely hard but the path was never straight forward. However, one thing that was constant was a subconscious voice saying, "I'm not good enough."

At 20, her world came crashing down around her. Her 15 year-old cousin committed suicide because she was bullied, her mom developed psychosis after a traumatic brain injury and didn't know who she was, and Jessica was diagnosed with a learning disability.

Fast forward to 2017, Dr. Jessica is staff dentist and education director at a cancer centre, starting on the speaker circuit and heavily involved in organized dentistry.

Some would say she is smart, ambitious and successful. Yet, she didn't believe any of that. She underestimated her abilities, explained away her successes and overworked to the point of exhaustion. This led to multiple burnouts.

The truth is, she thought she was going to be found out. She questioned her abilities and assumed everyone was smarter or worked harder than her.

She was unaware she motivated herself by the fear of failing and self-doubt. She was self-sabotaging and she did this to herself.

She felt very alone and defeated but was successful. It didn't make any sense . . . until, she realized it was *Impostor Phenomenon* that she was experiencing.

Now, she helps high-achieving individuals dismantle *Impostor Phenomenon*, *Perfectionism* and *Burnout*. She believes that you can own your success, be enough, and have the confidence to live life as your authentic self.

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Testimonials

I recently attended a conference by Dr. Jessica Metcalfe and I was so impressed by her engaging style of speaking. The topic she was talking about, is so relevant for so many dentists. I know when I was in practice, I constantly worried about not being good enough or making mistakes and it created a lot of pressure. This is what Jessica is so adept at helping other dentists with. I highly recommend having a listen and joining one of her programs, she really knows how to get to the heart of the matter. **Dr. Laura Brenner, Career Coach, Retired Dentist**

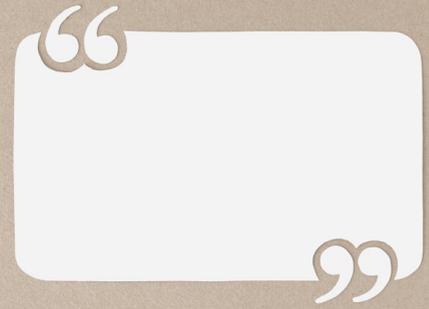
THANK YOU so much for an incredible presentation! I truly found it so relatable and it was refreshing to hear a topic like the impostor phenomenon discussed so thoroughly and in the context of dentistry/being a dental student. You are a fantastic speaker and I know all the attendees really enjoyed it. **Aileen Jong, Dental Student**

From start to finish you had me hooked, gave me goosebumps and connected with me on a deeper-level. And reading all the comments and feedback from our attendees – clearly they were right there with me. I have been executing events for 15+ years and this was by far one of the best sessions I have ever had the honour to be apart of. It was so real and authentic and honest. **Sovaida Noronha, Key Media**

Jessica is an exceptional communicator in an area that is being exacerbated by the COVID pandemic. Your perspective on the needs of the profession is distinctive and deserves to be heard internationally. **Dr. Ken Serota, Retired Endodontist**

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Testimonials (continued)

I am so grateful to Dr Jessica Metcalfe! I know she's an amazing and compassionate dentist but I'm still in awe of her talk on the Imposter Phenomenon! I would have been the last person to think that I was presenting myself as something I'm not...well what a mind blowing experience it was to hear her break it down and allow me to reflect on my way of being... I have struggled for so long with trying to be perfect. As a career woman, a wife and the mother of three children I did not realize that I was trying to paint a picture of my life that appeared great when in reality I was hoping people weren't going to find me out...and that's the hard core truth...I was being an imposter! Dr Metcalfe's talk was inspiring and allowed me to understand what I was feeling, gave me the comfort of knowing that I wasn't alone and gave me the courage to know that it's ok to step out and be vulnerable. She gives women like me the permission to say hey this is the real me! I have learned so much about what it means to live authentically and from a place of strength and grace. I really am so grateful to Dr Jessica Metcalfe for her passion on this topic and her guiding words of wisdom. Her step by step approach to teaching women how to embrace their success and stand confident in their power is beyond words! I hope that women of all walks of life get to hear her speak on the Imposter Syndrome...step one is to accept that we all need help at some point...and here she is, offering us the tools to do it! Thank you!!! **Dr. Asha Gulati, Periodontist**

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Past Presentations

(Partial List)

Boston University Dental School
Canadian Dental Association's Oasis Series
Dentistry Disrupted
Federation of Canadian Dentistry Student Associations
Ontario Dental Hygiene Association
Pacific Dental Conference
Student Professional and Ethics Association
University Health Network Young Leaders
Waterloo Wellington Dental Society
Women in Dentistry
Women in Wealth Management
Yankee Dental Congress