

# Iowa District Convention

Saturday August 24, 2024

## KEYNOTE SPEAKER ANNOUNCED

### **ERIC RECKER**

**Dr. Eric Recker believes in making an impact in the lives of others.  
Come be inspired by his words and enthusiastic interactive workshop!**

Eric grew up in Pella and is married to Amy and a dad to two sons. He is a Dentist (Recker Dental Care, PC), Success Coach, Keynote speaker, Workshop Facilitator on Performance and Burnout, and a Recovering Triathlete. He is the author of THAT DAM ANALOGY! and #WINtheNOW.

As humans, we are constantly being drained. And as service-oriented professionals, it gets amplified. It's all fun and games until we add other humans! We are so busy. Or at least we think we are. The reality is that our bodies are like a dam. Understanding this concept and how we can harness the flow of energy in our lives can become a superpower. Once we identify the leaks in our dam and discover the power of living in the present moment, we will be empowered to show up, level-up, and thrive. We will become our best versions for our families, our teams, our customers, and ourselves.

Learning Objectives • Be able to know and communicate where you are physically and mentally in real time. • Be able to identify the things that drain us and those that fill us back up. • Learn a proven approach to bring us back to the present moment- the place where the action happens. • Learn the #WINtheNOW concept and how to apply it to our families, teams, patients, and ourselves • Become equipped to take steps to push back burnout and create hope • Understand a paradigm for choosing which commitments are best for our energy and our limited time.

Website: [www.ericrecker.com](http://www.ericrecker.com), Instagram: @docrecker, FB: Eric Recker.