

Balance

is not found. It is created.

Navigating the business, economic, and personnel challenges of life can leave a professional feeling anxious, exhausted, alone, and empty. After experiencing burnout and a solution in her own life, Laura Schwindt, DDS has made it her mission to guide female professionals to health, wealth and balance in their lives.

As a busy dentist, wife and mom, Dr. Laura Schwindt understands the pressures of trying to do it all. Our professional responsibilities can lead us to life/job dissatisfaction, depression, and burnout. The founder of Reclaim Your Balance, Laura speaks across the nation helping dental professionals discover how to have it all and preserve their number one asset, their personal well-being. Through self-discovery, habit hacking, and creating balance basics, Laura guides colleagues on a path to a more holistic, rewarding life!

Laura is a member of Dental Speakers Bureau and Dental Speaker Institute. She is frequently featured on industry podcasts and in industry publications.



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Testimonials

“You can’t go wrong working with Dr. Laura Schwindt”

“Laura Schwindt helped me to set up successful habits that I needed in my life as an online entrepreneur. No matter what type of work you are doing, if self-care is not a top priority for your health and your mindset you will become consumed with the “have to’s”. Laura helped me create an easy-to-follow plan, take back control, and create the inner peace and well-being I so desperately needed for me to be the best I could be for others in my world.”

-Rebecca C. Wilcox

“You can’t go wrong working with Dr. Laura Schwindt. She is a meeting planner’s dream and an attendee’s guru. Laura’s presentation is exemplary from her slides to the attendee interaction to the depth of knowledge that she brings in her topic area. Highly recommended!”

**-Vanessa Emerson, Founder;
Dental Speakers Bureau, Dental Speaker Institute**

“While many of us know that habits are important, we don’t leverage the power of small daily actions. While I thought I had pretty good habits in place already, Laura’s program opened my eyes to the habits I needed to incorporate. I highly recommend Laura’s programs. They have the power to transform your life!”

-Ivy Perez

“This was so helpful! Thank you so much!” -Tiany P.

“So motivating!! Thank you!” -Janelle K.

“I feel like I needed this!!” -Alexandra C.

Just want to say this was really wonderful! It’s hard sometimes to tell ourselves that we are boss ladies and I plan on implementing writing down one good thing a day! -Melissa K.

This came at the perfect time! Thank you so much! -Brooke C.



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