



HEATHER BOLTON



BASc, YTT, BSDH, RDH



ACCOMPLISHMENTS

- *Three Missions Award*, Utah College of Dental Hygiene, 2022
- *Founder of yogateeth.com*, mindfulness for dental professionals,
- *Student Dental Hygiene Association (SADHA)* member, also served as **chapter Secretary** + **Co-Chair** of Professional Excellence Committee, 2022-2020
- *Esther Wilkins*: most influential student of the senior class, SADHA, 2020
- *Utah Dental Hygiene Association Poster Symposium* Presenter; finalist selected from 58 students, 2022
- YTT, Yoga Teacher; implementing mental health skills in an office + patient setting
- *Service Scholar Scholarship*, UVU
- *UVMentor Scholarship*, UVU
- *AmeriCorps VISTA Scholarship*, UVU

SERVICE + SKILLS

- Give Kids a Smile, 2022
- UVU Ghana Study Abroad, Disease Prevention Internship, 2009
- Avidly service-oriented in daily life
- **Interpersonal**: Motivating, Supportive, empathetic, confident, + enjoy feedback to improve
- **Organizational**: Manage projects with good time management.
- **Management**: Leadership, teaching, decision making, + ambitious
- **Research**: Problem solving through research, plan + implement

EMPLOYMENT

TODAY'S RDH CONTRACT WRITER

Today's RDH
Present-2022

- Commissioned + invited back
- Original ideas + independent
- Confident + reliable

REGISTERED DENTAL HYGIENIST

Dental Office
2022

- Patient Liaison, responsible for patient comfort
- Leader delegating assistants
- Consultations and periodontal maintenance cleaning

CEO/CO-FOUNDER

Yogateeth LLC
Present-2022

- Podcast Host
- Managerial Decisions
- Content Creator
- Lead Designer of website, merchandise, and products
- Advocating mindfulness for dental professionals

ADMINISTRATIVE ASSISTANT

National Flooring Brokers
2020-2018

- Personable greeting customers
- Collate, distribute mail, invoices, + inventory.
- Flexibility with assignments upon request by CEO

ACADEMIC BACKGROUND

WESTERN GOVERNOR'S UNIVERSITY

Master's in Business with an emphasis in healthcare administration, Present-2022

UTAH COLLEGE OF DENTAL HYGIENE

BS in Dental Hygiene, 2022-2020

- Related courses to field completed:
 - Efficiency clinic
 - Embryology
 - Ethics
 - Morphology
 - Nutrition
 - Head and neck anatomy
 - Histology
 - Local Anesthesia
 - Practice Management
 - Preventative Dentistry
 - Preclinical Theory
 - Process of Care
 - Pharmacology
 - Periodontology
 - Radiology
 - Restorative
 - Special populations
 - Laser lab
 - Local Anesthesia
 - Spanish for Dental Professionals
 - Community + Research
 - Other standard courses

UTAH VALLEY UNIVERSITY

BS in Behavioral Science with an emphasis in Family Studies, 2012-2008

- Service-Scholar
 - 1,500+ hours of service in 4 years
- Co-President
 - Family Studies Club
- Research Assistant
 - Behavioral Science Department
- Vice President
 - Applied Behavioral Science Club
- UVMentor
 - UVU Students helping students
- Service Student Council, Program, Director of 2 programs
 - Friday Kids Respite +
 - Make a Difference Day
- AmeriCorps VISTA
 - Support Group Facilitator for grieving families
 - Variety of psychology, social work, health, leadership, + other related courses to field.

CERTIFICATION + EXPERTISE

- BLS, CPR Certified
- Naloxone Training
- Dentrux
- WREB Local Anesthesia Exam
- Enthusiastic OHE with patients
- Lasers
- Increase office production
- Diagnodent
- Tobacco Cessation
- Whitening procedures
- Recall + Patient Retention
- Digital and film radiographs
- Sopro Imaging
- Intraoral photos
- VelScope
- Implementation
- Marketing plan
- Scheduling
- Local Anesthesia
- Administration
- Sleep apnea screening