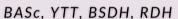


# HEATHER BOLTON





## **ACCOMPLISHMENTS**

- Three Missions Award, Utah College of Dental Hygiene,
- · 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 maintance 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, +
- 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:
  - o 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 popultions
- Laser lab
- Local Anesthesia
- o 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
  - o 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
- WREB Local Anesthesia Exam
- Enthusiastic OHE with patients
- 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