

SPEAKER PACKET

Dr. Luan Jackson

AbundantLife
COUNSELING, CONSULTING & SEMINARS

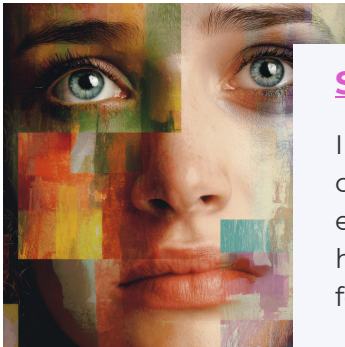


Presentations



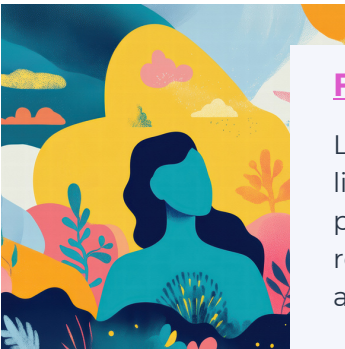
Unlocking Communication Secrets for Dental Teams

Dental teams work under constant pressure. Miscommunication can quickly lead to stress, conflict, and inefficiency. This course equips professionals with practical communication strategies to strengthen teamwork, navigate difficult conversations, and reduce friction. Learn how to transform everyday communication challenges into clarity, collaboration, and improved patient care.



Staying Right Side Up in an Upside Down World

In times of constant change and uncertainty, even high performers can feel overwhelmed and reactive. Gain practical tools for emotional resilience, personal influence, and inner stability. Learn how to manage stress, respond intentionally, and stay grounded, focused, and effective through life's inevitable challenges.



From Busy to Bedridden and Back Again

Luan shares her personal journey from a fast-paced, high-performing life to sudden illness and recovery. Through lived experience and practical insight, she explores resilience, perspective, and intentional response, leaving audiences inspired to navigate change with clarity, adaptability, and renewed purpose.



Dr. Luan Jackson delivers practical, people-centered programs that strengthen communication, build emotional resilience, and improve performance under pressure.

Drawing from deep interdisciplinary experience and real-world leadership, her courses equip audiences with tools they can apply immediately to lead, collaborate, and thrive in today's complex environments.

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LEARNING OBJECTIVES

- Identify the effects of chronic stress and uncertainty on emotional well-being, decision-making, and performance
- Explain how personal influence and mindset impact resilience and adaptability during change
- Apply strategies to remain grounded, focused, and emotionally regulated under pressure
- Differentiate between reactive and intentional responses to challenging situations
- Demonstrate techniques for increasing emotional freedom, clarity, and confidence
- Implement tools that support resilience, adaptability, and sustained personal effectiveness

Unlocking Communication Secrets for Dental Teams

TURNING SEEDS OF CONFLICT INTO SEEDS OF GREATNESS

Dental teams operate under constant pressure, where even small communication breakdowns can lead to stress, conflict, and reduced efficiency.

Misunderstandings, unclear expectations, and avoidance of difficult conversations quietly undermine teamwork, morale, and patient care.

This course equips dental professionals with practical communication strategies that turn everyday interactions into opportunities for clarity, collaboration, and growth. Participants explore how communication habits influence trust, accountability, and teamwork across all roles in the practice, from front office to clinical care and leadership.

Drawing from interdisciplinary experience and real-world dental environments, Luan introduces clear frameworks and tools that help teams navigate difficult conversations, reduce unnecessary friction, and respond more effectively under pressure. The focus is on immediately applicable strategies that strengthen relationships, improve workflow, and foster a more respectful, cohesive practice culture. When communication improves, stress decreases, teamwork strengthens, and the entire practice benefits, including patients.

Suggested Format:

Full or Partial Day;
Lecture, Workshop, Keynote

Suggested Attendees:

All Professionals

Luan Jackson, PhD, RN, CS

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Staying Right Side Up in an Upside-Down World

LEADING YOURSELF THROUGH CHANGE

Professionals today face constant change, uncertainty, and emotional pressure. Even high-performing individuals can feel overwhelmed, reactive, and disconnected as demands increase and a sense of control feels elusive.

How can we stay steady, focused, and emotionally resilient when life and work feel unpredictable? This course offers practical strategies for strengthening emotional awareness, personal influence, and inner stability. Participants explore how stress affects decision-making, relationships, and performance, and how developing emotional freedom leads to greater clarity, confidence, and resilience.

Drawing from real-world experience, interdisciplinary insight, and Luan's personal journey from sudden illness to recovery, this session highlights the power of perspective, mindset, and intentional response. Participants learn to recognize what they can control, respond rather than react, and influence their environment through presence and choice.

The focus is on immediately applicable tools that support emotional regulation, adaptability, and sustained personal and professional effectiveness.

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LEARNING OBJECTIVES

- Reflect on how stress, pace, and identity shape personal resilience and responses to adversity
- Recognize the role of mindset, perspective, and choice during unexpected life and career disruptions
- Apply insights from lived experience to navigate change with greater clarity, adaptability, and confidence

From Busy to Bedridden... and Back Again

RESILIENCE AND CHOICE IN THE FACE OF CHANGE

One day life is moving at full speed. The next, everything stops.

In this powerful keynote, Luan Jackson shares her personal journey from a demanding, high-performing life to sudden illness, complete loss of independence, and the unexpected lessons that emerged through recovery. More than a story of physical healing, this keynote explores resilience, perspective, and the power of intentional response when life takes an abrupt turn.

Through honest reflection and practical insight, Luan invites audiences to examine how stress, identity, and control influence the way we respond to uncertainty and change. Drawing from lived experience and interdisciplinary expertise, she highlights how mindset, awareness, and choice shape outcomes even in circumstances we cannot control.

From Busy to Bedridden and Back Again leaves audiences grounded, inspired, and better equipped to navigate disruption with clarity, adaptability, and renewed focus. It is a reminder that while we cannot always choose what happens, we can choose how we respond and who we become.

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Keynote

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Meet Luan

What if your audience could learn to stay steady, lead with confidence, and communicate with impact even when uncertainty feels overwhelming?

Luan Jackson, PhD, RN, CS is a seasoned speaker, communicator, and people-builder who helps individuals and teams strengthen communication, resolve conflict, manage stress, and build resilience. With more than 35 years of professional speaking experience, Luan has delivered keynotes, seminars, and training programs across 40 states and internationally in countries including England, Bangladesh, China, Venezuela, and Australia.

Her background spans health care, higher education, and entrepreneurship. Luan has served as a Director of Nursing, founded and led a nationally accredited mental health clinic, managed the growth of a multi-provider dental practice, and taught communication and leadership skills for more than two decades. She has held adjunct faculty roles at the University of Michigan-Flint and Madonna University Graduate Studies and has delivered educational programs for organizations such as the Fred Pryor Institute and the Oxford Institute.

Luan holds a doctoral degree in the psychology of health, a master's degree in psychology and administration, and a bachelor's degree in nursing. She is a certified psychiatric mental health nursing specialist and a member of multiple national honor societies. Her contributions to the profession have been recognized with the Outstanding Partner in Advancing Nursing award.

Raised in the Belgian Congo and shaped by transformative life experience, Luan brings a globally grounded perspective to every engagement. Her signature keynotes and courses, including Unlocking Communication Secrets for the Dental Team and Staying Right Side Up in an Upside Down World, offer insights and strategies that are both meaningful and immediately applicable.

Meeting planners choose Luan because she delivers work that is professionally credible and deeply human, helping audiences connect, grow, and navigate change with confidence.

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Rave Reviews



"Every once in awhile, we need to step back and take a look at what we are doing and why. Luan was fantastic in helping us do just that!"

Jim Kurt
Michigan Bankers Association

"Luan has the ability and perspective to draw out, inquire, understand, and assess people's individual needs."

A missionary kid from Africa, nurse, wife, mother, entrepreneur, world traveler, educator, and PhD, Dr Jackson has "been around."

She is humorous, insightful, gifted, grateful, and graceful. You won't be disappointed with her words of wisdom and you will find yourself wanting more."

William and Kristine Roy; Owners,
Roy Dental Laboratory