



[www.rdhu.ca/kathleenbokrossy](http://www.rdhu.ca/kathleenbokrossy)

*Kathleen Bokrossy, RDH, BSc*

MOTIVATIONAL | DENTAL  
HYGIENE INDUSTRY SPEAKER

SPEAKER'S  
PACKAGE WITH  
LEARNING  
OBJECTIVES

## ABOUT KATHLEEN BOKROSSY, RDH, BSc

Kathleen Bokrossy, RDH, BSc, has been an influential force in the dental profession for over 40 years. As the founder and president of 'rdhu,' Kathleen is dedicated to transforming the dental hygiene experience for clinicians, practices, and their patients. Her dynamic and interactive presentations inspire dental professionals to implement meaningful changes that elevate their practice.

Early in her career, Kathleen founded a successful instrument company that provided comprehensive maintenance services and developed a proprietary line of dental hygiene instruments adopted by dental practices across North America and leading colleges in Canada. During this time, she collaborated with numerous instrument manufacturers, assisting with design and implementing practical systems and programs. She set a new benchmark standard for proper instrumentation, significantly impacting the dental industry and elevating expectations for quality and functionality.

After growing and selling her company, Kathleen transitioned into a consultancy role with top instrument manufacturers, where she continues to guide innovation and help meet the evolving needs of dental professionals.

With a focus on empowering clinicians, Kathleen's mission is to inspire confidence, ignite passion, and drive positive change in dental hygiene practices worldwide.



 **20K**  
rdhu.ca members

 **3K**  
monthly web visitors

 **11K**  
weekly blog views

 **400**  
new monthly subscribers



## SPEAKING TOPICS

- ✓ **Instrument Mastery:** Assess, Maintain, Retire, Replace for Optimal Longevity and Safety
- ✓ **The Sharpening Lab™:** Techniques for precision and longevity
- ✓ **Sleep Apnea: A NOT So Silent Killer**  
What dental hygienists need to know to help save lives
- ✓ **Breakthrough Blueprint:** A Unified Approach to Practice Growth and Innovation
- ✓ **Kathleen's Favourite Things:** Unique Strategies to Elevate Your Practice
- ✓ **Elevate:** Energy Strategies for Exceptional Patient Care
- ✓ **Quality Assurance:** Failure is NOT an Option – Empowering Excellence in Dental Hygiene (Lecture + Hands-On Workshop)

\*\*All programs are offered live and virtual

## Testimonials

I loved Kathleen's presentation.  
I could listen to her all day.

*Amanda, RDH*

Best CE experience as a team!

*Dr. David, DDS*

I absolutely loved this course,  
probably one of my favourites.  
Information presented was  
relevant to me both personally  
and professionally. She is a very  
good presenter!

*Ellen, RDH*

# *My Role in the Dental Instrument Space*

My journey in the dental instrumentation field has been driven by a passion for innovation and excellence, which I have shared through extensive lecturing and hands-on workshops on instrumentation. Founding my own instrument company provided invaluable insight into the intricacies of instrument design, maintenance, and performance. From developing a proprietary line of dental hygiene instruments to expanding our offerings to include restorative, surgical, and orthodontic tools, I ensured that every product reflected the highest standards of quality and functionality. Additionally, our comprehensive maintenance services and programs empowered practices to sustain optimal instrument performance, ultimately improving clinical outcomes.

The hygiene line I designed became widely adopted, not only in private practices but also as staples in dental hygiene schools and education programs. Seeing these tools play a pivotal role in training the next generation of dental hygienists was an incredibly rewarding milestone, affirming the impact of high-quality instrumentation on both education and patient care.

During the growth of my company, I partnered with leading instrument manufacturers, contributing to the creation of innovative tools that emphasized the importance of instrument maintenance and timely replacement. These collaborations were instrumental in helping manufacturers better meet the global and ever-evolving needs of dental professionals.

I also contributed to an American dental hygiene textbook on instrument maintenance, further cementing my commitment to education and knowledge sharing in the profession.

After selling my company, I continued to dedicate my expertise to the instrumentation space as a consultant for top manufacturers and distributors. In this role, I have helped to push the boundaries of what dental instruments can achieve, shaping innovative tools and practices that align with the dynamic needs of the dental profession. This journey has solidified my reputation as a trusted advisor and advocate for excellence in the dental instrument field.

# Instrumentation Course Descriptions & Learning Objectives

## Lecture and Hands-On Workshop Option

### **Lecture: Instrument Mastery: Assess, Maintain, Retire, Replace for Optimal Longevity and Functional Safety (Audience: Dental Hygienists)**

#### **Course Description:**

This dynamic lecture provides dental hygienists with the foundational knowledge needed to master the lifecycle of dental instruments. Attendees will learn how to assess instrument condition, understand maintenance essentials, and determine when to retire or replace tools to ensure optimal performance and functional safety. The session emphasizes the vital role of timely instrument replacement in enhancing patient care, protecting clinician health, and supporting the overall success of the practice. Expert tips on ultrasonic insert evaluation and an introduction to advanced and sharpen-free instrument options complete this engaging and informative session, making it a must-attend for those looking to elevate their instrumentation practices.

#### **Learning Objectives:**

By the end of this lecture, participants will be able to:

- **Understand the Lifecycle of Instruments:** Gain foundational knowledge about the stages of an instrument's lifecycle and its impact on functional safety.
- **Evaluate Instrument Condition:** Learn to assess instrument and ultrasonic insert wear, identifying subtle signs of compromised performance and safety.
- **Recognize the Importance of Replacement:** Understand the critical role timely instrument replacement plays in enhancing patient care, clinician health, and practice success.
- **Explore Innovative Options:** Discover advanced and sharpen-free instrument styles and their applications in modern dental practices.
- **Optimize Ultrasonic Inserts:** Understand the proper evaluation of ultrasonic inserts to ensure efficiency and reduce unnecessary wear.

# *Instrumentation Course Descriptions & Learning Objectives*

## Lecture and Hands-On Workshop Option

### **Hands-On Workshop: Instrument Mastery: Practical Applications for Optimal Instrumentation (Audience: Dental Hygienists)**

#### **Course Description:**

In this interactive hands-on workshop, participants will apply concepts from the Instrument Mastery lecture to real-world scenarios. With personalized guidance, attendees will learn and practice sharpening techniques, evaluate instrument wear, and explore advanced and sharpen-free tools designed to improve efficiency and control. The workshop also provides practical resources like worksheets, templates, and strategies to advocate for necessary instruments in practice settings. Limited to 20 participants, this session ensures a focused and immersive experience to elevate clinical instrumentation skills.

#### **Learning Objectives:**

By the end of this workshop, participants will be able to:

- **Apply Assessment Techniques:** Practice evaluating the condition of instruments and ultrasonic inserts using expert-guided methods.
- **Master Sharpening Skills:** Develop proficiency in sharpening techniques to maintain optimal instrument performance.
- **Experience Instrument Options:** Explore and compare various instrument styles, including advanced and sharpen-free options, to improve access, control, and efficiency.
- **Utilize Practical Tools:** Use provided worksheets and templates to streamline instrument management and make informed decisions about instrument needs in practice settings.
- **Advocate for Better Tools:** Develop strategies to communicate the importance of proper instrumentation to practice stakeholders effectively.

# Instrumentation Course Descriptions & Learning Objectives

## Hands-On Workshop

### **Hands-On Workshop: The Sharpening Lab™: The Fine Edge – Techniques for Precision and Longevity (Audience: Dental Hygienists)**

#### **Course Description:**

**The Sharpening Lab™** is a highly interactive, hands-on learning experience designed to build true confidence and competence in instrument sharpening.

In this lab-style workshop, participants move beyond theory and into guided, real-time practice through live demonstrations, skill stations, partner coaching, and expert feedback. Attendees will learn a clear, step-by-step system for evaluating instrument condition, restoring precise cutting edges, and making sound decisions about when to sharpen, recontour, retire, or replace instruments.

This program emphasizes both clinical excellence and ergonomic efficiency, helping clinicians protect their instruments, their bodies, and their outcomes. Participants will leave with practical skills, repeatable techniques, and a renewed sense of confidence in managing their instrument inventory and maintenance protocols.

Whether sharpening has felt intimidating, inconsistent, or simply “one more thing to avoid,” **The Sharpening Lab™** transforms it into a reliable, predictable, and empowering clinical skill.

#### **Learning Objectives:**

By the end of this program, participants will be able to:

- **Evaluate dental hygiene instruments** for sharpness, bevel wear, safety, and overall clinical performance.
- **Apply correct sharpening principles**, including angulation, positioning, and stroke control, to restore precise and efficient cutting edges.

# Instrumentation Course Descriptions & Learning Objectives

## Hands-On Workshop Cont'd.

- **Differentiate between instruments** that should be sharpened, recontoured, retired, or replaced.
- **Demonstrate improved confidence** and consistency in manual sharpening through guided hands-on practice.
- **Implement a practical, repeatable system** for ongoing instrument maintenance and longevity in clinical practice.



# Course Descriptions & Learning Objectives

## Lecture and Hands-On Workshop Options

### **Lecture: Elevate: Energy Strategies for Exceptional Patient Care (Audience: Dental Hygienists)**

#### **Course Description:**

Delivering outstanding patient care requires more than clinical expertise; it demands sustained energy, focus, and a positive outlook. **Elevate** is an engaging lecture designed to empower dental hygienists with strategies to optimize their energy and resilience to enhance patient interactions and outcomes. By addressing energy fluctuations, the science of quality sleep, and practice efficiency, participants will learn how to create a patient-centred approach that fosters trust, engagement, and improved oral health habits.

#### **Lecture Learning Objectives:**

By the end of the lecture, participants will be able to:

- **Enhance Patient Engagement:**
  - Understand the impact of clinician energy on patient communication and trust.
  - Apply strategies to sustain focus and positivity during patient interactions.
- **Leverage Energy Management for Patient Outcomes:**
  - Identify causes of energy fluctuations and implement solutions that enhance patient care.
  - Recognize how maintaining resilience contributes to consistent and high-quality patient care.
- **Assess Sleep Health:**
  - Understand how to assess patients for sleep apnea and its connection to overall health outcomes.
  - Explore the relationship between clinician sleep habits and patient care excellence.
- **Refine Practice Efficiency for Patient Benefit:**
  - Assess tools, techniques, and ergonomics that improve efficiency and reduce physical strain, ensuring focus remains on patient needs.

# Course Descriptions & Learning Objectives

## Lecture and Hands-On Workshop Options

### **Hands-On Workshop: Elevate: Tools and Techniques for Exceptional Patient Care (Audience: Dental Hygienists)**

#### **Course Description:**

Building on the foundational lecture, this interactive workshop dives deeper into practical applications of energy management and patient care strategies. Participants will explore hands-on tools and techniques, assess their own sleep habits, and practice skills for identifying sleep apnea risks in patients. This session emphasizes actionable strategies to improve patient communication, enhance practice efficiency, and foster better health outcomes.

#### **Workshop Learning Objectives:**

By the end of the workshop, participants will be able to:

- **Evaluate Personal Sleep Habits:**
  - Assess sleep patterns and understand the impact on daily performance.
  - Identify practical steps to improve sleep quality and resilience.
- **Assess Patients for Sleep Apnea:**
  - Practice using tools and techniques to identify sleep apnea risks in patients.
  - Communicate the importance of sleep health in achieving overall wellness.
- **Enhance Patient-Centred Communication:**
  - Apply effective communication techniques to motivate patients toward improved oral and overall health habits.
  - Foster trust and engagement through empathetic and supportive interactions.
- **Refine Practical Skills:**
  - Explore hands-on tools and techniques to improve practice efficiency and reduce strain.
  - Develop personalized strategies to align energy management with patient care excellence.

# Course Descriptions & Learning Objectives

## Lecture and Hands-On Workshop Options

### **Lecture: Breakthrough Blueprint: A Unified Approach to Practice Growth and Innovation (Audience: Teams)**

#### **Course Description:**

A thriving dental practice isn't just about leadership or clinical excellence—it's about unlocking the potential of every team member. This engaging lecture lays the foundation for understanding team dynamics, fostering collaboration, and driving innovation within your practice. Designed for the entire dental team, this session will inspire attendees to take ownership of their roles, align with the practice's goals, and contribute to exceptional patient experiences.

#### **Learning Objectives:**

By the end of the lecture, participants will be able to:

- **Empower Team Members:**
  - Inspire all team members to take ownership of their roles and contribute to practice growth and innovation.
- **Strengthen Team Dynamics:**
  - Understand the principles of effective communication and collaboration to build a unified and motivated team.
- **Explore Strategic Growth Opportunities: The 'Before', 'During' and 'After' Approach**
  - Identify key areas for practice improvement and create a culture of accountability and continuous innovation.
- **Enhance Patient Care:**
  - Discover how a cohesive team can deliver exceptional patient experiences that drive loyalty and referrals.
- **Foster a Positive Practice Culture:**
  - Learn strategies to build an engaging and supportive workplace environment for long-term success.

# Course Descriptions & Learning Objectives

## Lecture and Hands-On Workshop Options

### **Hands-On Workshop: Breakthrough Blueprint in Action: Collaborative Planning for Practice Growth (Audience: Teams)**

#### **Course Description:**

Building on the lecture, this interactive workshop empowers dental teams to apply the Breakthrough Blueprint framework in a collaborative setting. Using guided discussions and practical exercises, team members will work together to identify growth opportunities, create actionable plans, and align their efforts to achieve practice-wide success. This hands-on session ensures that participants leave with a clear, actionable blueprint tailored to their unique practice needs.

#### **Learning Objectives:**

By the end of the workshop, participants will be able to:

- **Apply the Breakthrough Blueprint Framework:**
  - Collaboratively use the Breakthrough Blueprint worksheet to identify practice growth opportunities and actionable steps.
- **Develop a Unified Growth Plan:**
  - Work as a team to create clear, practical strategies aligned with the practice's vision and goals.
- **Strengthen Communication and Collaboration:**
  - Engage in guided discussions to foster a shared understanding of roles, responsibilities, and collective success.
- **Implement Patient-Centered Strategies:**
  - Develop approaches to enhance patient care and improve the overall patient experience.
- **Commit to Accountability and Follow-Through:**
  - Create a system for tracking progress and maintaining momentum on team-led initiatives.

# Course Descriptions & Learning Objectives

## Lecture

**Lecture: Sleep Apnea: A NOT So Silent Killer: What dental hygienists need to know to help save lives.**

**(Audience: Dental Hygienists)**

### Course Description:

Sleep apnea is a condition often misunderstood and overlooked, yet it profoundly impacts overall health. This interactive lecture, inspired by Kathleen's personal journey of living undiagnosed with sleep apnea, sheds light on the challenges, systemic health implications, and transformative benefits of diagnosis and treatment.

Through personal storytelling, engaging audience participation, and evidence-based insights, participants will gain practical tools to recognize the signs of sleep apnea, understand its far-reaching effects, and communicate effectively with patients. Join us for this eye-opening session and discover how dental professionals can play a pivotal role in improving patient lives by addressing this critical issue.

### Learning Objectives:

By the end of this course, participants will be able to:

- **Recognize Sleep Apnea Risk Factors:**
  - Identify key signs and symptoms of sleep apnea, debunk common misconceptions, and understand how it impacts diverse demographics.
- **Understand Systemic Health Implications:**
  - Explore the broader health consequences of sleep apnea and the importance of timely diagnosis and management.
- **Engage in Self-Assessment:**
  - Participate in an interactive sleep apnea questionnaire to raise awareness and foster personal and professional insights.
- **Communicate with Patients:**
  - Gain tools and strategies to have meaningful conversations about sleep apnea, fostering patient understanding and proactive care.
- **Promote Interdisciplinary Collaboration:**
  - Learn how to integrate discussions about sleep apnea into dental hygiene practices and collaborate effectively with healthcare providers.

# Course Descriptions & Learning Objectives

## Lecture

### **Lecture: Kathleen's Favourite Things: Insights and Strategies for Elevating Your Practice (Audience: Dental Hygienists)**

#### **Course Description:**

Explore the tools, techniques, and insights that have inspired Kathleen Bokrossy, RDH, to elevate dental practices and patient care throughout her career. Rooted in her personal journey and extensive experience, this session offers a unique and engaging opportunity to learn practical strategies for addressing patient challenges, enhancing professional well-being, and fostering impactful communication.

From identifying sleep apnea and addressing nail-biting habits to optimizing ergonomics and motivating patients, **Kathleen's Favourite Things** highlights a curated selection of diverse yet impactful topics. Join Kathleen as she shares her favourite strategies and insights, empowering you to implement positive changes that make a real difference in your practice.

Designed to inspire and equip dental professionals with actionable ideas, this session will enhance your role, improve patient outcomes, and elevate your entire practice.

#### **Learning Objectives:**

By the end of this course, participants will be able to:

- **Assess Sleep Apnea Risk in Patients:**
  - Understand the signs and symptoms of sleep apnea.
  - Learn effective communication techniques to discuss sleep health with patients.
  - Explore strategies to connect patients with appropriate care.
- **Address Nail-Biting Habits:**
  - Examine the psychological and health impacts of nail-biting.
  - Utilize evidence-based methods to help patients overcome this habit.
  - Incorporate practical tools to support healthier oral habits.

# Course Descriptions & Learning Objectives

## Lecture

### **Lecture: Kathleen's Favourite Things: Insights and Strategies for Elevating Your Practice**

#### **Learning Objectives (Continued):**

- **Optimize Clinical Ergonomics and Instrument Use:**
  - Identify ergonomic challenges and solutions.
  - Highlight tools and techniques that enhance clinician efficiency and longevity.
- **Empower Patients Through Communication:**
  - Motivate patients to adopt better oral care habits using practical tools.
  - Discover techniques for building trust and engagement with patients.
- **Reignite Passion for Your Profession:**
  - Draw inspiration from Kathleen's motivational insights and real-world stories.
  - Learn strategies to maintain enthusiasm and purpose in your professional journey.



## *Kathleen's Role in the Quality Assurance Space*

**Quality Assurance** is the cornerstone of professional excellence, fostering trust with patients and ensuring the highest standards of care. Yet, for many dental hygienists, the CDHO QA Program evokes fear, resentment, and sleepless nights. After years of hearing these frustrations, Kathleen Bokrossy, RDH, took action, creating an innovative online tool—the Portfolio Manager—that supported over 7,000 dental hygienists in maintaining and successfully submitting their QA Records during audits.

As the CDHO introduced its own online platform, Kathleen seamlessly transitioned the Portfolio Manager to QA Coach, assembling and training a dedicated team of coaches to continue supporting dental hygienists. Through personalized coaching, webinars, and practical strategies, Kathleen empowers dental hygienists to stay on track, be audit-ready, and approach the QA Program with confidence and clarity. Her mission remains the same: to dispel myths, ease anxieties, and help dental hygienists achieve excellence—without the sleepless nights.



# Course Descriptions & Learning Objectives

## Lecture

### **Lecture: Quality Assurance: Failure is NOT an Option – Empowering Excellence in Dental Hygiene (Audience: Dental Hygienists)**

#### **Course Description:**

**Quality Assurance** is the cornerstone of professional excellence, fostering trust with patients and ensuring the highest standards of care. In this comprehensive session, Kathleen Bokrossy, RDH, draws on her extensive experience supporting thousands of dental hygienists through Quality Assurance audits. From developing the innovative Portfolio Manager—which guided over 8,000 hygienists before the CDHO's online portal—to leading a team of dedicated QA Coaches, Kathleen has continually empowered hygienists to face QA requirements with confidence and clarity.

This course is designed for dental hygienists across Canada, emphasizing the universal importance of Quality Assurance. Participants will gain practical tools, strategies, and inspiration to enhance their professional practice, stay audit-ready, and view QA as an opportunity for growth rather than a source of anxiety.

#### **Learning Objectives**

By the end of this session, participants will be able to:

- **Understand the Importance of Quality Assurance:**
  - Explore the foundational role of QA in maintaining patient trust and delivering exceptional care.
  - Recognize how consistent QA practices elevate professional standards and team dynamics.
- **Master Audit Preparedness:**
  - Learn proven strategies to confidently navigate Quality Assurance audits.
  - Gain insights from real-world examples of successful submissions and common pitfalls to avoid.
- **Leverage Innovative Tools:**
  - Explore tools and strategies that simplify audit preparation and streamline processes to support efficient and effective Quality Assurance in today's practices.

# Course Descriptions & Learning Objectives

## Lecture

### **Lecture: Quality Assurance: Failure is NOT an Option – Empowering Excellence in Dental Hygiene**

#### **Learning Objectives (Continued)**

- **Foster Professional Growth:**
  - Use Quality Assurance as an opportunity for reflection and improvement in clinical practices.
  - Identify areas for growth and implement actionable strategies for continuous development.
- **Cultivate Entrepreneurial Thinking:**
  - Draw inspiration from Kathleen's entrepreneurial journey to identify opportunities for innovation and efficiency in your own practice.



# Course Descriptions & Learning Objectives

## Hands-On Workshop

### **Hands-On Workshop: Quality Assurance Workshop: Mastering the CDHO QA Program (Audience: Ontario Dental Hygienists)**

#### **Course Description:**

This hands-on workshop is designed exclusively for Ontario dental hygienists to navigate the CDHO Quality Assurance Program with confidence and precision. Building on the foundational insights from the lecture, this workshop dives deeper into the unique requirements of the CDHO QA Program. Participants will work through practical exercises, case scenarios, and real-world examples to develop the skills and strategies needed to maintain audit readiness and meet QA standards.

This session provides personalized guidance, tools, and actionable steps to ensure participants leave with a clear roadmap for Quality Assurance success.

#### **Learning Objectives**

By the end of this workshop, participants will be able to:

- **Understand CDHO-Specific Requirements:**
  - Gain in-depth knowledge of the CDHO QA Program guidelines and submission requirements.
- **Create an Audit-Ready Portfolio:**
  - Work through practical exercises to organize and document QA Records effectively.
  - Learn how to use CDHO tools and resources to simplify the audit process.
- **Apply Real-World Scenarios:**
  - Analyze case studies to understand common challenges and best practices for successful QA submissions.
- **Identify and Address Gaps:**
  - Perform a self-assessment to pinpoint areas requiring improvement and develop strategies to address them.

# Course Descriptions & Learning Objectives

## Hands-On Workshop

### **Hands-On Workshop: Quality Assurance Workshop: Mastering the CDHO QA Program for Ontario RDHs**

#### **Learning Objectives (Continued)**

- **Develop a Personalized QA Plan:**
  - Use provided worksheets and tools to create an actionable plan for maintaining QA readiness year-round.
- **Gain Confidence and Clarity:**
  - Overcome fears associated with the QA process by understanding expectations and adopting proactive strategies.



# More About Kathleen

[www.rdhu.ca/kathleenbokrossy](http://www.rdhu.ca/kathleenbokrossy)

## About Kathleen Bokrossy, RDH, BSc

Kathleen Bokrossy, RDH, BSc, is a distinguished entrepreneur, educator, and leader in the dental profession. With extensive experience in the dental instrument space, Kathleen founded and successfully grew her own company, offering innovative solutions for instrument maintenance and design. She is also the founder and president of rdhu, an international professional development company. Kathleen understands the challenges of owning and scaling a business, managing teams, and navigating the complexities of employment, bringing a wealth of practical insights to her programs.

A pioneer in Quality Assurance coaching, Kathleen created the Portfolio Manager, an online tool that supported thousands of dental hygienists in confidently managing their QA portfolios. Her expertise and passion for empowering professionals have made her a trusted advisor and motivator within the industry.



# Past Speaking Events



Kathleen Bokrossy, RDH, has been inspiring dental professionals for many years through her dynamic and motivational presentations. Whether addressing intimate groups or captivating audiences of over 2,200 attendees, Kathleen is known for her authenticity, energy, and ability to connect with her audience. Her passion for empowering dental professionals shines through in every session.

An accomplished speaker, Kathleen is equally comfortable delivering solo presentations, co-presenting, or participating in interview-style formats. She has been honoured to deliver keynote addresses at notable conferences and is frequently invited back for subsequent engagements due to her impactful delivery and practical insights.

Kathleen's extensive speaking experience includes, but is not limited to:

- **ODHA Re-Energize Conference:** A staple speaker for all conference dates and a Keynote Speaker 2020
- **Guest Speaker at several ODHA Special Events:** 2015, 2016, 2017, 2018, 2020, 2023, 2024, 2025
- **Saskatchewan Dental Hygienists Association:** Conferences in 2017, 2019 (Keynote Speaker), 2023
- **Canadian Dental Hygienists Association:** Conferences and special events

# Past Speaking Events

- **RDH Under One Roof (USA):** Mega Sessions in Las Vegas and Maryland (2015, 2016)
- **Toronto Academy of Dentistry Winter Clinic:** Numerous occasions
- **Pacific Dental Conference:** 2020, 2022, 2023
- **Western Periodontal Society**
- **North West Dental Expo**
- **Atlantic Dental Education Weekend**
- **Canadian Orthodontists Association**
- **Dental Assisting Groups:** Jasper, Oakville, Toronto
- **Prince Edward Island Dental Hygienists Association**
- **Halifax Dental Hygienists Association**
- Multiple **Ontario Dental Hygiene Societies:** Ottawa, Kingston, Waterloo, Halton, Toronto North, Durham, and more
- **rdhu** Events
- **Palmeri Group** (Toronto)
- **Spectrum** 2022, 2024
- **Women in Dentistry** 2024
- **Dentsply, Crest & Oral-B** Events
- **Patterson** events
- **Sinclair** events
- **TODS:** 2023
- **DHPO (Dental Hygiene Practitioners of Ontario)** 2024, Retreat 2025
- **LM Dental Instruments** - Global KOL Workshop, Finland, 2023
- **LM Dental Instruments**- EuroPerio Conference, Global KOL Instrumentation Workshop, Vienna, 2025

Whether addressing seasoned professionals or emerging practitioners, Kathleen's presentations are tailored to inspire, educate, and ignite a renewed passion for the dental profession.

# On-Track Tuesday Blog

[rdhu.ca/ontracktuesday](https://rdhu.ca/ontracktuesday)

Kathleen is the creator and author of the weekly On-Track Tuesday blog, which is sent to approximately 20,000 dental hygienists every week and achieves an impressive open rate of 52%. This blog is designed to motivate, engage, and provide practical tools for dental professionals, helping them stay inspired and effective in their practice. Through this platform, she shares actionable insights, professional strategies, and motivational content to support the growth and success of dental hygienists across the industry.



## STATISTICS

**11,000k+**

average weekly blog email views

**3,000k+**

unique monthly visitors

**400+**

new monthly subscribers

**20,000+**

email list subscribers



## MOST VIEWED BLOGS

**Embracing Life's Surprises and Shortening the Bounce-Back**

**Building a Positive Work Culture Through Peer Reviews**

**The Life of an Instrument**

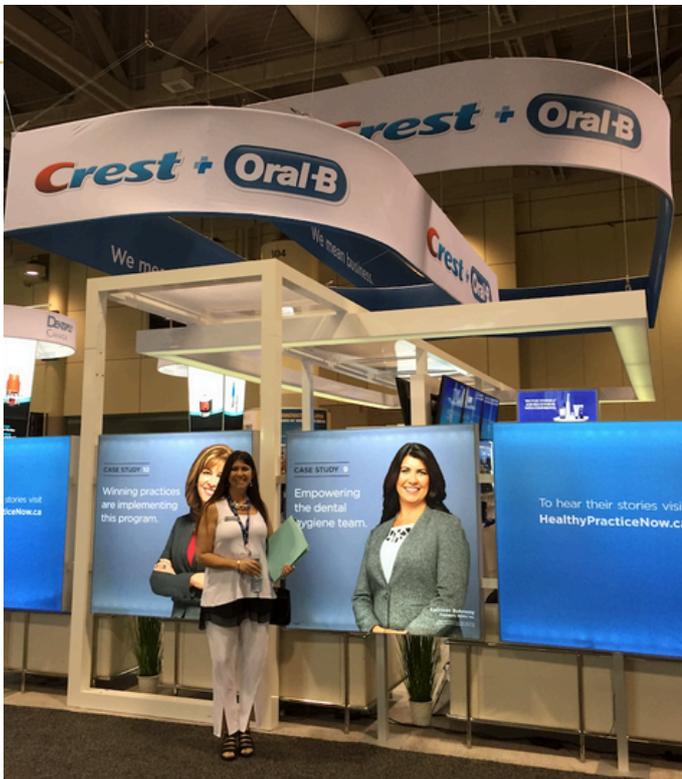


AS SEEN IN

Oral Hygiene  
The RDH View

Oh Canada!  
WOMEN IN  
DENTISTRY

Palmeri Media  
Group  
FOCUS





## PROUD TO COLLABORATE AS A KEY OPINION LEADER



Academy

## WHAT YOU CAN EXPECT

Kathleen actively promotes and supports all conferences where she is presenting. She shares these events through her On-Track Tuesday blog and social media channels, amplifying their reach and maximizing their impact.



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## GET IN TOUCH

Visit [www.rdhu.ca/kathleenbokrossy](http://www.rdhu.ca/kathleenbokrossy) for detailed course descriptions, learning objectives, and to explore how Kathleen can bring inspiration and actionable insights to your next event.

*Kathleen*