Setting yourself free
Simon Hocken shows how you can increase your success with a personal and professional vision

Everything that exists is created twice: once in the mind, then again in the outside world. In fact, nothing can be created without being envisioned first. Just as a mountain climber can hold in mind the image of standing on the peak, hands on hips, or an Olympic runner pictures himself crossing the finish line, the vision begins at the end of the adventure, when your goal has been realised.

Understand your goal
Once you know what you want to accomplish, you can then determine more effectively what has to be done on the way. The most innovative leading coaches in dentistry use this strategy to help principals and their teams reverse-engineer their success, because it facilitates the decision-making process, when you know where you want to be, the decisions you make along the way become so much easier. You simply ask yourself, whenever you reach a fork in the road: which path will take me closer to my goal? The difference a vision makes can be equated to the difference between meandering around a maze, or crossing along the highway.

When it comes to helping a client develop his or her own unique vision, the coach might well begin by asking the three-year question:

‘If we met in three years time, and looked back over the last 16 months, what would have to have happened, both personally and professionally, for you to be happy with your progress?’

Coaching is all about giving clients the skills, knowledge and confidence to realise their visions – to take the image out of their head, and into the world. With the right marketing structures, and robust, efficient working systems, increased profitability can be reliably achieved – even in the current financial climate. Experience as a successful private dentist and business coach, helping clients recognise developing trends, increase turnover and find the perfect balance between their personal and professional lives. Breathe Business is a unique leading coaching and consultancy company which specialises in working with dental principals and their teams in order to develop and grow their practices. For more information, contact Dr Simon Hocken and the Breathe team by calling 0845 299 7209 or emailing info@nowbreathe.co.uk.

Instant Gratification for Denture Patients

Do Your Patients have denture problems?

IMTEC – world leader in Mini Dental Implants

Implant threads designed for different bone types

Four implant protocols to ensure best use of bone volume

Simple protocols and a cost effective solution for denture stabilisation

IMTEC Mini Dental Implant System

IMTEC’s Sendax® MDI® Implant System offers a revolutionary one-hour, one-stage solution for long-term denture stabilization. This immediate loading mini dental implant system utilizes a patented, fail-proof placement protocol and works with the patient’s existing denture. The versatile MDI implant family includes the 1.8 and 2.1mm implants with standard thread design and the 2.4mm MAX thread for softer bone.

Do Your Patients have denture problems?

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IMTEC Mini Dental Implant System

1.8mm Collared Implant

2.1mm Collared O-Ball

MDI Hybrid Implant

2.9mm Implant System

This one-piece implant enables placement with a procedure much like the Sendax MDI placement protocol, using IMTEC instrumentation, making it the most minimally invasive implant of its size.

One day Seminars: 5 or CPD – Cover implant theory, patient selection, clinical protocols and instrumentation for MDI placement.

Hands-on session of mini implant placement. £350.00


Manchester: June 27, Nov 21

One day and a half day Surgical Hands on Seminars: 9th CPD –

Friday pm – theoretical aspects of MDI placement and case planning. Saturday all day – hands-on live surgery and the opportunity for you to place implants, under supervision, either in a patient you bring along or a volunteer. £450.00

Smile Design dental Practice in Nantwich, Cheshire.

July 5-6 and Nov 13-14. More may be available

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About the author

Dr Simon Hocken, founding partner of Breathe Business, has a wealth of experience as a successful private dentist and business coach, helping clients recognise developing trends, increase turnover and find the perfect balance between their personal and professional lives. Breathe Business is a unique leading coaching and consultancy company which specialises in working with dental principals and their teams in order to develop and grow their practices. For more information, contact Dr Simon Hocken and the Breathe team by calling 0845 299 7209 or emailing info@nowbreathe.co.uk.