



 Dr. Jo Schope
♥ your life.

SPEAKER, AUTHOR, LIFE & BUSINESS TRANSFORMATIONAL COACH

Dr. Jo Schope is a speaker, dentist, transformational coach, certified DreamBuilder Coach and Life Mastery Consultant with Brave Thinking Institute. With more than 33 years of experience in dentistry, she brings a rare blend of real-world leadership, resilience training, neuroscience-based strategies, and heart-centered transformation to individuals and teams who are ready for their next level of life and work.

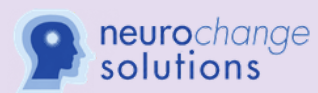
Drawing on her background as a Division I athlete, team captain, Hall of Fame athlete, Women's College World Series All-Tournament Team honoree, and three-time state champion in track, Dr. Jo understands the inner game of performance, resilience, and becoming the person who can hold the vision they are called to create.

For dental professionals, her signature message is **Balance to Breakthroughs: Beyond the Drill**, reminding teams that the true transformation begins before the chair reclines. Her work can also be adapted for healthcare teams, business leaders, student athletes, and individuals seeking greater clarity, coherence, confidence, and meaningful results.

She is also the author of the forthcoming *Your Amazing Itty Bitty™ The Mirror & The Muse: 15 Ways to Thrive in the Age of AI*, which explores awareness, creativity, and staying connected to your own intelligence in a rapidly changing world.



Dr. Jo's dynamic and tailored approach ensures that every audience walks away inspired, equipped, and ready to take action toward their goals.



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A Speaking Experience

TAILORED SPECIFICALLY FOR YOUR AUDIENCE



Whether it's a power-packed Lunch & Learn, an energizing keynote, or a full-on, full-day workshop—Dr. Jo brings the magic to every room she steps into. You're not just booking a speaker. **You're creating a transformational experience your audience will be talking about long after the event wraps.**

No two people are alike—and the same goes for organizations. Your audience has its own unique mix of wins, challenges, personalities, and goals. That's why Dr. Jo doesn't do cookie-cutter. **She creates custom experiences** designed to meet your attendees exactly where they are and take them where they want to go.

These interactive, high-energy sessions are packed with hands-on exercises and “aha!” moments that give your audience real clarity on what they want, what's getting in the way, and how to actually start moving toward a life (and work) they love. They'll leave feeling inspired, fired up, and armed with tools they can put to use immediately.

Sessions can be tailored from a quick **30-minute spark to a full-day deep dive**, so contact her today to explore the possibilities for your next event.

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With Dr. Jo's engaging and interactive style, every session whether a keynote, workshop, or training is a powerful catalyst for success and transformation.



THE VISION WORKSHOP

3 KEYS TO ACCELERATING YOUR RESULTS



During this high energy training, you will have an opportunity to define, design, and experience your dream – and receive the blueprint for how to turn your greatest possibility into your reality.

My Passion

Inspiring people stop the struggle, learn to dream bigger and start believing again—because what you truly want *is* possible. I help people reconnect with their vision and go after it with heart and courage.

My Mission

To help you get clear on the life you'd love—and then support you in making it real. With the right mindset and tools, your dream life isn't just possible... it's waiting.

You Will Learn:

- Two essential keys for tuning into your purpose.
- Simple thinking-strategies that will guard you from fear, doubt and worry.
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- Simple thinking-strategies that will guard you from fear, doubt and worry.
- What wealthy people do that creates sustained success.
- The number one factor that causes people to lose steam when going after a dream, and how to stay motivated and override it.
- The one critical thing you must give up in order to reach your dream.
- And much more!



Dr. Jo's interactive workshop gave us the clarity and direction we needed to take our goals to the next level. We left with a renewed sense of purpose and confidence.

Dr. Jo Schope

SPEAKER | DENTIST | TRANSFORMATIONAL COACH

Balance to Breakthroughs: Beyond the Drill

Dr Jo empowers individuals and teams to align heart, mind, and strategy that inspires them to think differently, feel deeply, and take action that creates lasting impact.



A. AUDIENCE TAKEAWAYS

- Practical tools to build resilience, coherence, and emotional regulation
- A renewed sense of purpose, vision, and aligned leadership
- Strategies to improve communication, culture, and patient experience
- Clear next steps for moving from stress and survival into momentum and possibility



B. WHO DR. JO SERVES

- Dentists and dental teams
- Study clubs and professional associations
- Hygienists, assistants, and front office leaders
- Practices seeking stronger culture, greater clarity, and sustainable results



C. SIGNATURE SPEAKING TOPICS

- **HeartMath in Action: Building Resilient, High-Performing Teams**
Practical tools to regulate stress, improve HRV, and create coherence at work and in life.
- **DreamBuilder Program: Design Your Life, Love Your Results**
Aligning vision, values, and daily habits to create a life of purpose, joy, and abundance.
- **Change Your Mind, Change Your Results**
A Neuroscience-based strategies to rewire limiting patterns and create unstoppable momentum.

“The true transformation begins before the chair reclines”



CONTACT

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COLORADO SPRINGS, CO



33+ YEARS IN
DENTISTRY



CERTIFIED
DREAMBUILDER
LIFE COACH



HEARTMATH
CERTIFIED
INSTRUCTOR



NEUROCHANGE
SOLUTIONS
TRAINED



BACK TO BALANCE /
INNER HEALTH
COALITION
HEALTHCARE
PRACTITIONER

AV REQUIREMENTS

Dr. Jo is deeply committed to your group and recognizes the time, money, and energy you've invested in your event. She'd like to offer suggestions to help ensure you get the best possible return with a top-quality presentation.



Successful Meeting Tips

- Theater or classroom seating is preferable. We understand that when planning on or around a meal, this is not possible.
- If the event is in a hotel, for the benefit of your audience, and Dr. Jo, please request from the hotel or auditorium management that the meeting room have no distracting noise from an adjoining room, such as a singing group, rock band, etc. during the time Dr. Jo is presenting her keynote or seminar.
- It is difficult to build intimacy and rapport if your audience is distracted. Please instruct the banquet staff to clear up before or after the speaker's presentation.
- When a photographer is present, please ask them to refrain from taking photos the first 15 minutes of the program. This can be distracting to the speaker and audience.
- Please make sure the room is well lit especially the staging area. People remember more and laugh more in bright rooms. Dr. Jo prefers to see the faces of the audience. This allows her to see how they are responding to her presentation.



Mics & Tables

- Dr. Jo prefers a behind the ear mic when possible. Please make sure that the AV department has a back-up microphone available at all times. Our suggestion would be to have someone from your group assigned to the microphone system should any adjustments be needed for volume, bass, feedback, etc.
- Dr. Jo uses PowerPoint during her presentation. She will need a projector with remote control and a cable to connect to her computer, and it should be within range of the stage.
- Please have water available for Dr. Jo
- Audio and/or video taping is available with PRIOR WRITTEN AUTHORIZATION. This includes any modification to the presentation. If the presentation is edited or cut in any way for public use, Dr. Jo must approve it before release.
- Please have a table available for Dr. Jo's products and someone available to assist her during the day of her presentation.