

Joining forces to empower women in dentistry

Mahrukh Khwaja caught up with Anna Middleton to talk about her role in the upcoming Big Vision conference, a celebration of sisterhood, dentistry, business and well-being.



Please can you tell us a little about yourself?

I started my career as a dental nurse before qualifying as a dental hygienist from the Eastman Dental Hospital, London in 2015. I founded 'London Hygienist LTD' with the mission to change the way oral healthcare is delivered to the public. I am a key opinion leader for Philips and Orasoptic, a global 'Guided Biofilm Therapy' ambassador for EMS Dental and a member of the British Society of Hygienists and Therapists.

Why is it important to have an event to empower women in dentistry?

Having personally found myself in some uncomfortable working conditions in the past I think it is important to come together. This event will allow those involved and attending to share our stories, both of failure and success while celebrating the amazing work that is happening in dentistry and the people behind it. United we stand, divided we fall.

Who should attend and why?

Anyone who has just started their career in dentistry, anyone who has lost their sparkle for the profession and anyone who just fancies a fun day out with awesome people.

Why have you chosen to get involved with this event?

I have attended similar events and I always meet new friends and learn new things. I always come away feeling excited, inspired and hungry to grow personally, as well as professionally.

What will you be talking about at the conference?

I will be talking about how I built my brand and utilised various social media platforms for networking, business and education. I will be sharing my journey, experiences, hurdles and advice.

What will be the main take-home messages?

How you can create a brand/business within dentistry and how to utilise social media and the internet.

What have you learned in the last few years about being an empowered woman?

Not to let your gender, age or level of experience hold you back. Empowerment for me comes when I overcome challenges and setbacks. Inspiring and helping others while I receive the same energy back also empowers me. There's no end destination, it is a journey.

Do you feel empowered?

Yes. I have an amazing support network around me. From my friends and family to my peers and mentors. All different genders, backgrounds and at different stages in their lives. Seeing how far I have come and what it took to get this far empowers me to keep pushing forward. I have only been qualified for four years and I'm excited by my career every day. There are days when I have doubts and I question my own abilities, but it is a reminder that I am human and these feelings are what help me to grow.

Is there anything in particular that you would like to see change in the dental profession along gender lines?

The difference between success and failure is a great team, and individual commitment to a group effort is what makes a team work. Not gender. I'd like to see more people adopt this attitude.

Is there anything else you would like to mention?

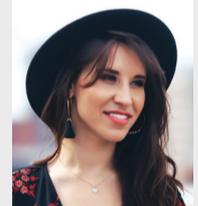
Thank you for inviting me to speak and I can't wait for the big day!

To support the vision, visit the Instagram page @empowering.women.in.dentistry and blog at www.empoweringwomeindentistry.com.

For tickets to the Big Vision conference, visit www.eventbrite.co.uk/e/big-vision-conference-tickets-59357324355.

All conference details can be accessed at www.eddbigvisionconference.com.

ABOUT THE AUTHOR



MAHRUKH KHWAJA

Mahrukh Khwaja graduated as a dentist from King's in 2010 and now practises dentistry in Kent. She is currently completing a Diploma in Aesthetic Dentistry. Mahrukh is the founder of the Empowering Women in Dentistry group and CEO of Mind Ninja, an emotional resilience course on minimising stress and preventing burnout.

ANNA MIDDLETON

Anna Middleton is a multi-award-winning dental hygienist. She studied at The Eastman Dental Hospital after working as a dental nurse and graduated in 2015 from the Faculty of Royal College of Surgeons. She is the founder of London Hygienist, which has a mission to change the way oral healthcare is delivered to patients. Anna is a key opinion leader for Philips, a global Guided Biofilm Therapy ambassador for EMS Dental and a member of the British Society of Dental Hygiene and Therapy. Anna lectures, and writes regularly for both industry and consumer press.