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Stan provided a very efficient and effective learning process to get me up to speed in my business and personal life enabling me to achieve my goals. His approach was holistic and non-judgmental.

There is no business education in University for Chiropractic students, medical students, and the medical profession. You learn your trade and you come out well prepared to practice in your field, but with zero knowledge about the business and financial world. You are left on your own devices to learn how to manage and run a practice.

I decided that I wanted to further my business education in managing my practice and financial affairs. Stan's name was given to me to contact.

Stan stepped in and taught me some good backstrokes and skills and provided me with all the required tools.

He taught me to discover that the potential in my business, and within me, is far greater than I ever expected. He made our sessions interactive, did goal setting and achieving goals fun and exciting, without making my work becoming tedious or unenjoyable.

Keeping things simple is his strategy and as we unconsciously make things difficult for ourselves, he taught me how to stay focused on the simple uncomplex ways as part of my routine.

Managing my time and team correctly is very important. He fine-tuned this area whilst showing me how to work and make time for myself.

Setting goals is so important. This has become a daily, event for me and it takes no more than 5 minutes of my time. He taught me that goal setting is a state of mind and it sets the tone for how to approach my business and attitude to challenges that I face.

Money - I was shown the management of money in my practice and how important it is for me to plan for my future.

Thank you for the greatest opportunity in the form of knowledge. It has been an absolute LIFE CHANGING experience and I have grown exponentially with thanks to your kindness and guidance.

Dr Steven Smilkstein



Dr. Steven Smilkstein

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