

Favorite Activities

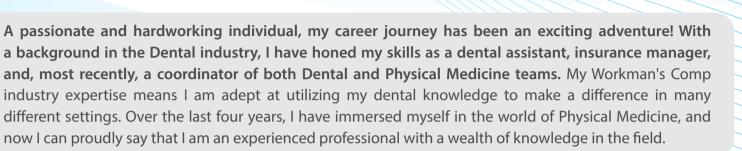
- I am a certified personal trainer, so my favorite activity is going to the gym and participating in fitness bootcamp training.
- I enjoy coaching team sports for my children

Krystina's Fun Fact

The heart is the strongest muscle in the body

Krystina Dawson, CDA, CDAEF

Title: Supervisor of Dental and Physical Medicine



Proudest Moment

Joining MTI has been a transformative experience, enriching my life with valuable knowledge and personal growth. Being part of a team that genuinely values the success of every individual has filled me with immense pride. But I must admit, my proudest moment was when I returned to a group and played a crucial role in their journey towards success.



By offering them options for achievement and guiding them with valuable education, I witnessed remarkable progress within the team. Seeing my knowledge fuel their development was incredibly gratifying, allowing them to step into leadership positions and thrive.

Job Stress

One of my most significant sources of job-related stress is failing to meet deadlines and achieve goals on time.

