

Dike Drummond MD, CEO TheHappyMD.com



The Leading Coach, Trainer and Consultant on Prevention of Physician Burnout and realization of the Quadruple Aim in Healthcare Organizations

[Dr. Dike Drummond](#) is a Mayo trained family doctor, professional coach, author, speaker and trainer whose sole professional focus since 2011 has been addressing the modern burnout epidemic in physicians.

Dr. Drummond is the CEO and Founder of [TheHappyMD.com](#) where he receives 25,000 website visitors a month and hosts an online community of 18,305 physicians from 63 countries around the world.

Dr. Drummond has over 3000 hours of one-on-one physician coaching experience and has [trained over 40,000 doctors](#) on behalf of [over 175 corporate clients](#) since 2014. His comprehensive experience with individual doctors in all specialties and healthcare organizations of all sizes has lead him to create the ground breaking resources listed below.

He is the creator of:

- **The Burnout Prevention MATRIX 2.0 Report** containing over 235 ways to prevent physician burnout.
- **The book: *Stop Physician Burnout – what to do when working harder isn't working.*** With over 40,000 copies in print it has become the reference text to burnout prevention for the modern physician.
- **The Heart of the Healer Physician Wellness Retreat** – now in its sixth year.
- **The Quadruple Aim Physician Leadership Retreat** – physician wellness champion training. This unique retreat experience teaches tools to hard-wire wellness at three distinct levels - their personal lives, the culture of their teams and the entire organization. Includes our comprehensive 12 week follow up program.
- **Outsourced Physician Coaching Services** – offering physician burnout coaching to doctors in client organizations supplied by the certified staff of physician coaches at TheHappyMD.com.
- **Online Video-On-Demand Trainings**
 - **One Minute Mindfulness** – a research proven single breath mindfulness technique specifically developed for practicing physicians.
 - **Burnout Proof Online Workshop** – video training library with all the tools to recognize and prevent burnout in yourself and others
 - **Manage Your Boss** – physician's guide to navigating bureaucracy. The communication and awareness tools to get what you need for your Ideal Practice, when you are not the boss.
 - **The Ideal Physician Job Search Formula** – proven step-by-step process to find a new and much better job – at least a 70% match for your Ideal Job Description.
- **BurnoutProofMD – 3-Layer Physician Support Ecosystem** – unique combination of online training, private web community and weekly group coaching to provide an ecosystem of support for our tribe of modern physician Lightworkers.

Dr. Drummond graduated from the Mayo Medical School in Rochester, Minnesota in 1984 and completed his Family Practice Residency at the Shasta Cascade Program in Redding, California in 1987. Dr. Drummond practiced full spectrum Family Medicine for 11 years as a member of the Skagit Valley Medical Center in Mount Vernon, Washington. He was also the Chairman of the Executive Committee and Managed Care Medical Director for that organization.

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In 1999, after ten years as a full-spectrum family doctor, Dr. Drummond left his medical practice due to career ending burnout. He immediately completed certification in Executive Coaching and Interactive Guided Imagery. He has been an active one-on-one coach to entrepreneurs and physicians for over 20 years.

He became the COO of Superteams, LLC providing Leadership and Facilitation training to Lean Six Sigma Black Belts in all branches of the US Military.

In 2011, he launched TheHappyMD.com website as a hub for his coaching practice. Blog posts on patterns observed in burnout causes and prevention tools became his book, “Stop Physician Burnout”. He used the book as a springboard to build a library of live and video-on-demand trainings on burnout prevention. Since 2017 he has delivered the Quadruple Aim Physician Leadership Retreat twice a year, providing all the tools and support for graduates to be an effective Wellness Champion for their people.

In 2022, Dr. Drummond launched the BurnoutProofMD 3-layer physician support ecosystem to provide a comprehensive support service to heart-centered physicians in this difficult healthcare environment.

Dr. Drummond can be reached for a Discovery Session at this link. Our conversation provides the opportunity to learn enough to provide some targeted advice on a way forward, no matter what your situation.

Links:

[TheHappyMD.com Home Page](#)

[Corporate Support Services Page](#)

[Individual Physician Support Services](#)

[Training/Speaking Page](#)

[Physician Coaching Services Page](#)

[Retreats Page](#)

[Online Video Trainings](#)

[BurnoutProofMD](#)

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