



THE 5TH ANNUAL

# HEART OF THE HEALER

PHYSICIAN RETREAT

SEPTEMBER 10 - 13, 2017

SEATTLE, WASHINGTON

[www.thehappy.md.com](http://www.thehappy.md.com)



## HEART OF THE HEALER RETREAT EXPERIENCE 2017

Sunday – Wednesday, September 10-13, 2017  
Seattle, Washington, Edgewater Hotel

### The All Inclusive RETREAT

Evening reception on Sunday the 10th at the Edgewater Hotel – the only waterfront hotel in downtown Seattle and our retreat site for the duration

Breakfast, morning refreshments and lunch on Monday, Tuesday & Wednesday

Daily morning meditation training

Meet an entire community of like-minded physicians creating a new relationship with their career and a more balanced life

Dozens of Seattle's signature attractions within walking distance of the hotel and the Cascades, Mt. Rainier, Victoria and the whole of British Columbia within a short drive. You can build a bucket-list vacation around the retreat

Dramatic discounts on your room at the Edgewater – save up to 40%.

Value:

**\$997**

### The RESILIENCE and RE-BALANCE TRAINING

3 1/2 Days of small group training with Dike Drummond MD on the following topics (8 Hours of CME)

Mindfulness / Meditation and Advanced SqueeGee Breath Training

Advanced burnout prevention and life balance training

Two (2) Inner Advisor Live Guided Imagery Experiences

Ideal Practice and Ideal Life Description Process

5 Top Tools Training (productivity and life balance)

Personal Action Plan for your Post Retreat Transformation

Value:

**\$2500**

### The SUPPORT (Making it STICK)

3 Months of Secret Facebook Page Membership with 24/7 forum access

3 Months weekly drop group coaching by phone – 12 separate calls

**BONUS:** Guided Imagery Library of downloadable MP3's

**BONUS:** Lifetime Access to the 1 Min Stress Relief Program

**BONUS:** 5 signed copies of the book: "Stop Physician Burnout"

Value:

**\$997**

TOTAL VALUE = \$4494.00

Your Investment is **ONLY \$2997**

**YOU SAVE over \$1400**

**Group size is ONLY 20**

**REGISTER NOW**

APPROVED for 8 hours  
Category I CME



**NOTE:** This professional development activity is a tax deductible business expense and/or a legitimate use of your CME or Professional Development funds



Your Heart of the Healer Experience Includes  
8 Hours CME Credit


## Retreat Objectives:

Equip attendees with a comprehensive skill set to *recognize burnout in yourself and others and build a personal prevention strategy to match your unique stress profile.*

- Learn how to recognize, prevent and treat burnout in yourself and others
- Learn and practice life balance tools to maintain boundaries and the ability to recharge
- Learn practice efficiency tools to get home sooner
- Learn and practice mindfulness skills to lower your stress levels and reconnect you with purpose in your practice
- Learn and practice practical leadership skills to create true team-based care and stop working so hard
- Learn how to navigate bureaucracy and manage your boss
- Learn a four-part strategy for system-wide, proactive burnout prevention in your organization
- Build and deploy a personal action plan on your return to work
- Participate in a comprehensive, 12-week post-retreat support system to ensure implementation of your action plan

## Ideal Participant:

The retreat is 100% appropriate for any physician, Nurse Practitioner, Physician Assistant or physician leader, whether your leadership position is full or part-time.

 **You DO NOT have to be experiencing Burnout to benefit.** You will learn and practice multiple tools to identify and prevent burnout, however, all of the techniques are actually focused on building two things:

- A more Ideal Practice
- A more Ideal Life

When you are clearly on a path to those destinations, burnout is virtually impossible.



## Unique Features of the Heart of the Healer Retreat:

### *The People:*

This will be a unique gathering of very special people. Everyone in the room will be a physician, NP or PA looking to lower their stress levels and create a more meaningful practice. We create a true mastermind of collective experience and learning.

Afterwards our community will continue to ensure you are never alone doing this important work back in the front lines of your practice. We will have each other's back in ways you have never experienced before.



**NOTE:** Friendships form quickly and last for years. There is plenty of time in the retreat schedule for you to rest, rejuvenate, tell war stories, get a second opinion on a spot where you are struggling, some fresh ideas, a different perspective, even a support hug or two.

### *The Training:*

All the trainings and tools were developed and tested via 2000 hours of one-on-one coaching with physicians and training over 15,000 doctors for 60 corporate clients of all shapes and sizes. We know these techniques work in the real world — they will work for you too. The trainings are fun, interactive, high energy — definitely not another boring “lecture”.

### *Your Trainer:*

Dike Drummond MD is a family doctor and CEO of TheHappyMD.com. In addition to the coaching and training experience cited above, he is the author of *Stop Physician Burnout* with over 25,000 copies in print, creator of the *Burnout Proof* smart phone App and the research proven *One Minute Mindfulness Program* for physicians.

### *The Follow Up:*

The Retreat experience includes 12 weeks of complete follow up support focused on making sure you walk your action plan and put your new skills and awareness to good use on your return home.

- 12 Weekly group coaching phone calls
- A dedicated Secret Facebook group for daily communications
- Dedicated private Retreat Resources Page at TheHappyMD.com

## Unique Features of the Heart of the Healer Retreat:

### *The Venue:*

The Edgewater Hotel is the only waterfront hotel in Seattle. It is where the Beatles fished out of one window and Led Zeppelin threw a couch out of another. It is *relentlessly hip, the food is great – and there is plenty of it –* and it serves as a convenient home base to explore the rest of the city. The Pike Place Market is only 3 blocks away.

*We reserved a block of Edgewater rooms at a 40% discount for the retreat dates. Stay an extra day or two and make this a real vacation! Here are some things to do in the Seattle area.*

We HIGHLY ENCOURAGE you to schedule a couple extra days on the end of the retreat to make this a real vacation.

Please DO NOT fly out on Wednesday and go back to work on Thursday. Please also consider bringing your spouse and/or significant others – there is plenty for them to experience while you are in the retreat training sessions.





## **Physician Burnout is at epidemic proportions in the USA**

Recent surveys showing 54.4% of US doctors suffering from at least one symptom of burnout reveal a crisis in the health and wellness of American physicians. The medical education system fails to prepare us to deal effectively with the modern practice of medicine, especially when the majority of doctors will soon practice as employees of large organizations.

We all share a gaping hole in our medical education around stress management, wellness, and the recognition, prevention and treatment of burnout. This retreat was designed to provide physicians, NP's and PA's with a complete education on physician burnout, training in proven prevention tools and a community of like-minded physicians for ongoing support.

The content was developed from lessons learned via Dr. Drummond's 2000 hours of one-on-one physician coaching experience and working with 60 healthcare organizations to train over 15,000 doctors to prevent their own personal burnout.

## **Training Sessions:**

### **Burnout Proof Live Workshop**

How to understand, recognize and prevent burnout in yourself and others  
Learn burnouts unique causes in physicians  
Build your personal burnout prevention strategy

### **Balance and Boundaries**

The keys to work-life balance and healthy boundaries for busy doctors

### **Get Home Sooner**

Proven practice efficiency tools to get home sooner

### **One Minute Mindfulness**

Simple mindfulness tools to become the Eye of the Storm in your practice day and your larger life.

### **Leadership Power Tools**

Build a culture of trust, teamwork and performance on your teams  
Create the context for true team-based care so you don't have to work so hard

### **How to Manage Your Boss**

How to navigate a bureaucracy and get what you need when you are not the boss

### **The Quadruple Aim Blueprint Strategy**

A four-part system wide burnout prevention strategy



**NOTE:** HOTH is approved for 8 hours of Category I CME by the American Academy of Family Practice



## Heart of the Healer 2017 Full Retreat Agenda

*Here is our full itinerary for the retreat and the post retreat implementation support.*



*Day One*

**Sunday 9/10**

- ~ Evening reception and first training session
- ~ Hors d'oeuvres and open bar reception in our third floor, waterfront training room at the Edgewater Hotel in Seattle

### **Evening Training:**

- ~ Set your goals for the full 90-Day Heart of the Healer Experience
- ~ Set our Confidential Context and Group Ground Rules



*Day Two*

**Monday 9/11**

- ~ Meditation Session One

### **Breakfast**

*Morning Training Session One:*

- ~ Advanced burnout prevention training
- ~ Ideal Life/Practice Description round one
- ~ One Minute Mindfulness Training

### **Lunch**

- ~ Afternoon open for individual coaching and case studies
- ~ Evening free



**NOTE:** Significant others are welcome to all the meditation sessions.



## Heart of the Healer 2017 Full Retreat Agenda

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Day Three

**Tuesday 9/12**

~ Meditation Session Two

### **Breakfast**

*Morning Training Session Two:*

- ~ Advanced Life Balance Training
- ~ Advanced Practice Efficiency Tools Training
- ~ Ideal Practice/Life Intensive Session One

### **Lunch**

- ~ Afternoon open for individual coaching and case studies
- ~ Evening free



Day Four

**Wednesday 9/13**

~ Meditation Session Three

### **Breakfast**

*Morning Training Session Three:*

- ~ Leadership Skills for Team Based Care
- ~ Physician's Guide to Navigating a Bureaucracy
- ~ Organizational Strategy for System-Wide Burnout Prevention

### **Lunch**

- ~ Action planning you return to the outside world
- ~ Clarify Your Ideal Practice Description
- ~ Selection of Project #1 on your return home
- ~ Scenario planning: Your anticipated obstacles and coping strategies
- ~ Form the Mastermind Group for the Group Coaching Calls going forward

### **Graduation Ceremony**

- ~ Evening free for reflection and private sessions with Dr. Drummond as needed





## Heart of the Healer 2017 Full Retreat Agenda

*Here is our full itinerary for the retreat and the post retreat implementation support.*



Day Five

### Thursday 9/15

We STRONGLY recommend you build a longer vacation around your retreat experience. If you fly out on Wednesday evening and are back at work in your practice on Thursday it will dramatically compromise your ability to make the changes you want to see in your practice and your life. For the ideal transition experience we highly recommend not returning home until the weekend and not seeing patients until the following Monday. Take a break. You deserve it.

[Menu of Local and Regional Things To Do is HERE](#)

### Day 5 to Day 90

- ~ 24/7 access to our Secret Retreat Facebook Page and its extensive online forums for 90 days after the retreat. You can stay connected with your new friends and receive support and answers to your questions night and day.
- ~ 12 Weekly Group Mastermind Coaching Calls supporting you to implement your action plan. Full call notes and recording will be emailed to you if you have to miss a call.



## Bonuses

### You also receive:

- Lifetime access to the 1 Minute Mindfulness Program
- Guided Imagery Library of downloadable MP3's
- Five signed copies of "Stop Physician Burnout"
- Lifetime 20% discount on all future trainings and retreats at TheHappyMD.com

## REMEMBER:

Your Retreat Investment is covered by our **Unconditional 90-day Money Back Guarantee**. If you are not satisfied with your Heart of the Healer Experience or our Post-Retreat Support at any time between September 10th and December 9th, 2017 just say so. We will refund your money, no questions asked.

Cancellation prior to the retreat is subject to a \$497 non-refundable deposit. See the [Retreat Participant Agreement](#) for full details.





## HEART OF THE HEALER RETREAT EXPERIENCE 2017

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Seattle, Washington, Edgewater Hotel

**PAY ONLINE AND  
BOOK YOUR SEAT TODAY**

\$4494 Value yours  
for a single payment of  
**\$2997**

**REGISTER NOW**

**ONLY 20 SEATS  
LOCK IN YOURS NOW**

If you would like to pay by CHECK Or receive an INVOICE  
Please Email Us Directly at [thehappymd@gmail.com](mailto:thehappymd@gmail.com)

### **REGISTRATION IS LIMITED TO 20 PARTICIPANTS.**

We encourage you to use the REGISTER NOW Link to secure your seat  
in the Heart of the Healer 2017 Retreat ASAP.

### **USE THE DISCOUNT CODE "FRIEND" and SAVE \$500**

[Click Here to Learn How](#)

**QUESTIONS?** - [Use This Form to Contact Me Directly.](#) We will get right back  
to you.



That's all for now,  
Keep breathing and I hope to meet you in  
person in Seattle this fall.

Dike Drummond MD  
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