### The All Inclusive RETREAT

- Evening reception on Sunday the 25th at The Shawnee Inn and Golf Resort — the only riverfront resort in eastern Pennsylvania and our retreat site for the duration
- Breakfast, morning refreshments, lunch and dinner on Monday, Tuesday. Breakfast on Wednesday.
- Daily morning meditation training
- Meet an entire community of like-minded medical professionals creating a new relationship with their career and a more balanced life
- Dozens of Shawnee on Delaware’s signature attractions within a short drive of the resort including the national park, and Appalachian Trail. You can build a bucket-list vacation around the retreat

**Value:** $997

### The RESILIENCE and RE-BALANCE TRAINING

- 3 1/2 Days of small group training with Dike Drummond MD on the following topics
  - 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)

- 1 Month of Secret Facebook Page Membership with 24/7 forum access
- 1 Month weekly drop group coaching by phone – 4 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 $2499**

**YOU SAVE over $1995**

Group size is **ONLY 40**

**REGISTER NOW**
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, 4-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 medical professional 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 field. 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 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 4 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.

- 4 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:

On the grounds of the historic Shawnee Inn and Golf Resort (hyperlink), 60 miles from Newark Airport, 75 miles from Manhattan, 100 miles from Philadelphia, bounded by mountains and two islands on the Delaware River, discover The Shawnee Institute (hyperlink), a global hub for wellbeing science, education, and social impact.

Enjoy farm to table dining, a luxury spa, handcrafted brewery, river adventures, and championship golf among the numerous amenities on property, with easy access to The Delaware Water Gap National Recreation Area and the Appalachian Trail.

We reserved a block of Shawnee rooms at a 40% discount two days before & after the retreat dates. Stay an extra day or two and make this a real vacation! Here are some near Shawnee. 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
Heart of the Healer 2020 Full Retreat Agenda

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

Day One
Sunday 10/25

- Check-In & enjoy the grounds of the Shawnee Inn
- Hors d’oeuvres and drinks at the Shawnee Inn and Golf Resort
- Set the retreat context, personal outcome goals, meet and greet and network

Day Two
Monday 10/26

- Morning Exercise Option
- Breakfast
- Morning Training Session One
- Lunch
- Afternoon open for individual coaching and case studies
- Optional Activities
  - ShawneeCraft Brewery Tour/Beer tasting
  - 9 holes of golf
  - River trip
  - Guided Hikes/Nature Trail
  - Spa/Pool/tennis
- Dinner
- Free Time

NOTE: Significant others are welcome to all the morning exercise sessions.
Heart of the Healer 2020 Full Retreat Agenda

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

Day Three

Tuesday 10/27

- Morning Exercise Option
- Breakfast
- Morning Training Session One
- Lunch
- Afternoon open for individual coaching and case studies
- Optional Activities
  - ShawneeCraft Brewery Tour/Beer tasting
  - 9 holes of golf
  - River trip
  - Guided Hikes/Nature Trail
  - Spa/ Pool/tennis
- Dinner
- Free Time

Day Four

Wednesday 10/28

- Morning Exercise Option
- Breakfast
- Retreat Wrap Up
- Check Out
Heart of the Healer 2020 Full Retreat Agenda

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

<table>
<thead>
<tr>
<th>Day Five</th>
<th>Thursday 10/29</th>
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<tbody>
<tr>
<td></td>
<td>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.</td>
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<table>
<thead>
<tr>
<th>Day 5 to Day 28</th>
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<tbody>
<tr>
<td>24/7 access to our Secret Retreat Facebook Page and its extensive online forums for 28 days after the retreat. You can stay connected with your new friends and receive support and answers to your questions night and day.</td>
</tr>
<tr>
<td>4 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.</td>
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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 October 25th and December 9th, 2020 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 2020
Sunday – Wednesday, October 25-28, 2020
Shawnee on Delaware PA, The Shawnee Inn

If you would like to pay by CHECK Or receive an INVOICE
Please Email Us Directly at info@shawneeinn.com.

REGISTRATION IS LIMITED TO 40 PARTICIPANTS.
We encourage you to use the REGISTER NOW Link to secure your seat
in the Heart of the Healer 2020 Retreat ASAP.

SIGN UP BY AUGUST 28, 2020 and SAVE $500
Click Here to REGISTER NOW

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 Shawnee on Delaware this fall.

Dike Drummond MD
CEO & Founder, TheHappyMD.com

thehappymd@gmail.com
206-430-1905