

Dike Drummond MD

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.
- **One Minute Mindfulness** – a research proven single breath mindfulness technique specifically developed for practicing physicians.
- **The Ideal Physician Job Search Formula** – online job search training for physicians actively searching for a new position.
- **The Pandemic Survival Guide for Physicians** – online training to ensure doctors survive COVID-19
- **New Normal Practice Reset Online Training** – skills training and support for physicians to create a new normal in their practice in the wake of the pandemic.

Dike 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.

In 1999, after ten years as a full spectrum family doctor, Dr. Drummond left his medical practice due to career ending burnout. 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. He is a certified Life and Business coach with extensive experience in personal and business development with physicians and entrepreneurs over the last 17 years

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