

HEART OF THE HEALER TRANSFORMATIONAL RETREAT, SANTIAGO DE QUERETARO, MEXICO



YOUR RETREAT IS SET IN THE HISTORICAL DISTRICT OF SANTIAGO DE QUERETARO - A UNESCO WORLD HERITAGE SITE

Heart of the Healer Transformational Retreat

January 30-February 1, 2017
Santiago de Queretaro, Mexico

WHEN WORKING HARDER
ISN'T THE ANSWER

THIS SMALL GROUP UNIQUE EXPERIENCE IS
DESIGNED FOR YOU IF:

Heart of the Healer is a 3-day (afternoons free) training experience instructed by nationally known author, speaker and Mayo trained physician/coach Dike Drummond, MD. During the course you will master:

- Mindfulness/meditation training to integrate into your practice life
- Advanced burnout prevention and genuine life balance training
- The "Book of Life" process for building your next life chapter
- How to create your ideal practice and ideal life
- The 5 Top Tools to enhance productivity and life balance
- A step by step personal action plan to cement and build on your gains post retreat
- How to regain happiness, joy and pleasure from your professional and personal life

You want to step off the treadmill of your job to recharge, rest and rejuvenate as you build an authentic breakthrough to a richer, more balanced life and more fulfilling practice while earning 8 hours of Category I CME credit.

You want a break from taking care of everyone else and some time to focus on yourself? Relax, recharge and take a good look at your practice and your life from a different perspective.

Want to take your practice and autonomy back. Build your ideal practice where you can spend your productive time seeing patients instead of pushing paper.

You are tired of trying to figure this out all by yourself? You can step outside the battle zone and get support from an experienced coach and like-minded physicians.

You could use a world class vacation. The retreat is set in charming, colonial Santiago de Queretaro, Mexico.

While still considered Mexico's hidden gem, the architectural splendor and history of Santiago de Queretaro is making it a safe, clean and compelling international destination.



Our Host Hotel is La Casa de la Marquesa, one of the finest hotels in Latin America

What's the cost and what's included?
\$3,700 – County Society members receive a 10% discount.

4 nights lodging at Casa de la Marquesa, one of the finest hotels in Latin America. Additional nights, available through February 5 at a dramatically reduced cost.

12 Hours Instruction; 8 hours Category I CME Credit.

Airport hotel transfers.

Private rooftop reception for you and your companion catered by chef, Laura Ramirez Blakney.

A fabulous dinner experience, at *Chucho El Roto Restaurante* in the historic Plaza de Armas.

Personal history tour of the historical center, a *World Heritage* site.

Breakfast and beverages furnished during the retreat.

What else is available at my own cost, to Peace of Mind Clients and their trip companions?

Access to specialized online Spanish Classes arranged to take you from no Spanish through 3 blocks of proficiency including medical Spanish available at www.livelingua.com

Access to authentic Mexican cooking classes with Chef, Laura Ramirez Blakney. Reserve in advance at www.laurascocina.com

Assistance with excursions to nearby San Miguel de Allende, Tequisquiapan, or Bernal.

Your Instructor:
Dike Drummond, MD



Dike Drummond, MD is a Mayo trained Family Practice physician with a unique combination of ground level experience in medicine, coaching and business development. Having experienced burnout himself, Dike dedicated the rest

of his career to burnout prevention. He is the CEO and founder of TheHappyMD.com and authored *Stop Physician Burnout – What to Do When Working Harder Isn't Working*. Dike designed the first pro-active burnout prevention strategy for organizations employing physicians, The Physician Engagement Formula, as well as the first web app to prevent physician burnout, Burnout Proof. Dike has provided leadership and facilitated training to Lean Six Sigma Black Belts in all branches of the US Military. As a physician and certified Life and Business Coach, Dike speaks physicians' language and has delivered multiple trainings to over 60 domestic and international hospitals, healthcare organizations, and medical associations. Dr. Drummond is widely published in medical journals and websites. For questions about the content of this retreat contact Dr. Drummond at: support@thehappymd.com

Your retreat organizer:



Candice Barr
Candice Barr was the CEO of a vibrant county medical society (CMS) before becoming the CEO of Peace of Mind, an organization committed to spreading physician wellness &

resilience. Candice is recognized nationally as the founder of the highly successful CMS sponsored physician counseling, coaching & resilience model and movement that is spreading nation-wide. Barr is well-known for pioneering a number of national programs including The Litigation Retreat used by The Doctors Company, the CMS sponsored Medical Reserve Corps, and the AMA promoted Mini-Internship Program.

Candice was recently awarded the 2016 Presidential Citation from the Medical Society of Metropolitan Portland for her assistance with their rapid duplication of the counseling program she created and was recognized by the President of the American Medical Association, Dr. Steven Stack, for moving physician wellness forward in the U.S. Her work has been cited in a number of national publi-

cations. For more information
Email: medicalpeaceofmind@gmail.com
or call Candice Barr at (541) 968-2210

HOW DO I RESERVE MY PLACE?

THIS NATIONALLY MARKETED RETREAT IS LIMITED TO A SMALL GROUP, JUST 12 PHYSICIANS.

CONTACT CANDICE BARR AT Medicalpeaceofmind@gmail.com OR CALL HER AT 541.968.2210 TO CHECK AVAILABILITY AND/OR MAKE YOUR \$450 DEPOSIT

ROOMS AT LA CASA DE LA MARQUESA, A PALATIAL PROPERTY, ARE ASSIGNED ON A FIRST COME, FIRST SERVED BASIS.

