

## “Burnout Proof” LIVE Workshop

Lower stress levels, build life balance and a more Ideal Practice with this high impact training. Over 25,000 doctors for [over 134 Corporate Clients](#) since 2014.



The *Burnout Proof LIVE Workshop* is designed to fill the hole in the medical education of attendees with regards to recognizing, preventing and treating burnout ... in themselves and others. The concepts taught were developed through Dr. Drummond's 2100+ hours of one on one coaching with over stressed and burned out physicians.

### OBJECTIVES

Upon completion of this training, all attendees will:

1. Understand the difference between stress and burnout
3. Understand the three main symptoms of burnout and how they differ in men and women
4. Recognize early symptoms of burnout in colleagues and themselves
5. Understand burnout's pathophysiology, effects, complications and four main causes
6. Learn and practice the six most impactful stress relief tools in my executive coaching practice, including the Ideal Job Description process, Schedule HACK and Boundary Ritual.
7. Receive access to the Burnout Prevention MATRIX 2.0 Free Report with 235 burnout prevention tools

### TARGET AUDIENCE

This course is designed specifically for physicians. It is also appropriate for physician spouses and significant others and all other members of the delivery team who are in high stress positions. This can include APP's, nurses, nursing assistants, members of the administrative staff and any other member of the organization who would benefit from stress management and burnout prevention training.

### METHODOLOGY

**A highly interactive, live training and coaching session.** Content on stress and burnout is delivered in small, easily digestible portions followed by discussion in pairs - so that each attendee creates a personal stress reduction action plan. The presentation utilizes PowerPoint, flip charts, fill in the blank handouts, dyads and other multisensory learning techniques to create a unique, powerful and “lecture-free” learning zone.

**The typical delivery is to a provider audience on a 90 minute timeline.** This can be an evening event for Healthcare Organizations or a Keynote Session if you are planning a society/association conference. In addition, Burnout Proof can be customized to fit a 60 minute to half day time frame for any audience working in any healthcare setting.

### CONTEXT:

Research in 2014 shows 54% of US physicians suffering from burnout on any given office day. Some surveys show burnout rates over 70%. Physician burnout and its complications are the #1 threat to a physician's medical career. All healthcare professionals experience similar workplace stressors. Doctors, APP's, nurses, allied health workers and even hospital administrators are all at risk.

Research shows higher levels of provider burnout are associated with

- Lower levels of patient care quality and patient satisfaction
- Higher levels of clinical errors, malpractice claims and physician and staff turnover
- Higher levels of physician disruptive behavior, substance abuse and suicide

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### FACULTY/AUTHOR

This training was developed by Dike Drummond MD, CEO of [TheHappyMD.com](http://TheHappyMD.com) . [His CV is available at this link](#) Dr. Drummond is the author of *“Stop Physician Burnout – what to do when working harder isn't working”* with over 34,000 copies in print, creator of the 1 Minute Mindfulness Online Training Program for doctors. He is a national keynote speaker and/or consultant to Kaiser Permanente SoCal, Intermountain Medical Group, AAFP, the Minnesota Medical Association, Wellstar and many others. His articles appear on popular websites such as TheHealthCareBlog, Medscape, KevinMD.com and more.

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