



North West SupportRTT Course

The Shapes Toolkit for GP's

During the programme, you will learn how to use a series of easy-to-use coaching and productivity tools, which will help you to:

- ✓ Prioritise your time and workload
- ✓ Recognise when you are heading towards burnout
- ✓ Increase your own wellbeing
- ✓ Identify and change the things that cause you stress at work
- ✓ Change your reaction to stressful events
- ✓ Have better conversations
- ✓ Take control of things that you can control
- ✓ Identify when you are stuck in unhelpful patterns of behaviour, taking the 'victim' mentality
- ✓ Take control of your own career and design a life you'll love

The programme will run across two half days. Please sign up to both sessions. The sessions will run virtually through Zoom.

We are happy to have little ones in the background, so please don't worry about children being present.

We look forward to seeing you there!

Booking:

https://forms.office.com/Pages/ResponsePage.aspx?id=K5Gn_5ewMUGcD9DoB1Wyg3crX8YrdXJAK0VjLSrOp4IUMzVQWUJQNk1XOU9SQ1IzSE1JOVJVUzk2Ny4u

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