

General Practice
Task Force
Derbyshire



Want to beat burnout?

A Webinar for GPs and primary care teams under pressure

Monday 2nd November 2020 19:30 – 20:30

Book [here](#)

“Every GP should do this course. At the start of their career and every 5 years.”

Are you a GP or healthcare professional who wants to thrive at work, feel calm, competent & love what you do again?

Do the new ways of working following COVID-19, the workload & long hours make you feel overwhelmed?

Is it possible to do a great job under so much pressure?

We believe GPs & their teams should be able to THRIVE at work! We will introduce you to a simple yet powerful set of tools that will help you do just that.

Avoid burnout

Make better decisions

Take control over your work

Come to our masterclass & find out how some simple tools can help you beat stress, increase your wellbeing & productivity & take back control of your work life.

Run by Dr Rachel Morris, GP, Coach, host of the You Are Not A Frog podcast and creator of the Shapes Toolkit.

www.shapestoolkit.com

