



The Shapes Toolkit for PMs

Virtual Session for Practice Managers under pressure

Two Identical Sessions will be held:

Tuesday 10th November 13:00 – 16:30 book [here](#)

Thursday 12th November 2020 9:30 – 13:00 book [here](#)

*“Engaging,
helpful,
opened my
eyes.”*

Are you a Practice Manager who wants to thrive at work, feel calm, competent & love what you do again?

Do the demands of the job, the workload & long hours make you feel overwhelmed? Is it possible to do a great job under so much pressure?

We believe practice managers & their teams should be able to THRIVE at work! We will introduce you to some of the Shapes - 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 half day masterclass & find out how the Shapes Toolkit can help you beat stress, increase productivity & take back control of your work life.

Run by Dr Rachel Morris, a GP, coach, specialist in resilience at work and host of the podcast for GPs You Are Not A Frog. www.shapesfordoctors.com

