



Tuesday 21st April 2020

Holiday Inn South Normanton DE55 2EH

Two identical sessions will be held:

Morning session

09:30-13:00 book [here](#)

Afternoon session

13:30-17:00 book [here](#)



# The Shapes Toolkit

*A half-day masterclass for Practice Managers under pressure*

*“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](http://www.shapesfordoctors.com)*

