**Thinking Pitstops** – further training offer for Doctors and Nurses

Thinking Pitstops are a precision performance tool, which look deceptively simple. Actually, they can support powerful personal thinking and can help us resolve stuck issues in just a few minutes. I’ve used the tool to support a number of colleagues, feedback always positive. TPs are not appraisal tools, not performance management tools, not a mindfulness space, and not for list making. So what are they?

Highly organized pitstops allow elite racing drivers change tyres, refuel, and regain the race track within seconds.

Thinking Pitstops [www.thinking-pitstops.com](http://www.thinking-pitstops.com/) has been developed as a free gift, a skillset for NHS use. Of all I have learnt in the last years, this is one of the best! It’s a powerful technique to help another person refresh in just a few minutes. The principles are to welcome, check in, dissipate tension, get back into their bodies (so often, we are stuck in our minds thinking busily) and calm from sympathetic overdrive into parasympathetic calm.

Next comes the transformation: – silently giving someone attention actually feeds their creative and problem solving abilities. Being given attention whilst we think or speak uninterrupted for around eight minutes in this carefully prepared context seems to catalyse a process whereby we can effectively solve our own problems. Then we can resume normal work, refreshed – back onto the metaphorical race track!

The offer is free for NHS Staff with a GMC or NMC number, there are two more dates in November. Four hours training may seem a long time, but it actually comprises three days worth of material tailored for professionals

<https://www.thinking-pitstops.com/training.php>

Dates are Mon 2nd November 0930 - 1330 and Fri 13th November 0930 -1330. If neither date suits, there is a waiting list (see web page to enroll)

Andrew Tresidder 26.10.2020