

Somerset Thinking Pitstops – PLEASE SHARE WITH PRACTICE WELLBEING LEAD (that might be you...)

This brief intervention brings 'Crucial Strategic Pauses' to the day, encourages Performance Thinking under Pressure, and is a powerful and effective contributor to a supportive work culture

It will appeal to all, especially your practice Wellbeing Lead

At times of pressure, training in new support approaches makes sense. As one practice manager said "Sounds good, we can't afford the time to do this – but actually, we can't afford not to – so we will"

Please consider booking one person on the first date, Thurs 21<sup>st</sup> Oct, 0930-1330, which immediately gives the skillset to deliver a Thinking Pitstop as a 'Rookie'. Please also save the following dates for the other members of the team in their schedules to become 'Rookies' – Wed 3<sup>rd</sup> Nov 0930-1330 and Tues 16<sup>th</sup> Nov 0930-1330 – provisional bookings welcome!

Once trained as Rookie, many people progress to 'Pitcrew' after a further 1 + 2 hours training support with a trained 'Spotter'

Pilot practices welcome to book whole teams over the three dates

To enrol on training please email  
[somccg.icsworkforceteam@nhs.net](mailto:somccg.icsworkforceteam@nhs.net)

*"one of the most powerful tools I have ever learnt. Elegant yet simple, it empowers us to slow our thinking and achieve effective change almost effortlessly" - Somerset GP*

Action – choose at least 3 people (including Wellbeing Lead) to train over the three days – ideally one on 21<sup>st</sup> Oct, one or two on 3<sup>rd</sup> Nov, and up to six on 16<sup>th</sup> Nov – and Book the places!