

Thinking Pitstops Training

Upcoming dates



Thinking Pitstops is a peer-to-peer support designed to help people decompress and think well under pressure in a brief period of time (15 min). Over 1,000 health and social care professionals have trained as Thinking Pitstop facilitators during the pandemic and have given highly encouraging feedback about the impact this brief intervention has on wellbeing, mental health and performance, particularly during times of high pressure.

We welcome you to enrol yourself on the next Thinking Pitstops training session

- **Wednesday 3 Nov 9.30am to 1.30 pm**
- **Tuesday 16 Nov 9.30am to 1.30 pm**
- **Later Nov TBA**

To enrol on training please email

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