



Wild Monday Work Well Webinars

A 12-Month Evening Wellbeing Webinar Subscription Series for Healthcare Professionals on the Frontline

Q - How do you help your teams to adopt better ways of working that protect their wellbeing... WITHOUT facing resentment, disengagement, and empty trainings?

A - With a Wild Monday Interactive Evening Webinar - wellbeing and resilience webinars that meet your people where they are.

Workplace resilience training isn't working.

Sessions are difficult to set up and often poorly attended, whilst staff are resentful at having to give up precious time in their working day.

Worse, strategies that can make the difference between retaining brilliant people and losing them (to absence, burnout or just quitting altogether) start to feel like just another thing on their to-do list.

We believe that ALL professionals working in healthcare deserve to thrive, not just survive at work.

We have created a unique blend of powerful yet simple to use tools (The Shapes) which healthcare professionals under pressure can use in their day-to-day work to beat stress and thrive. We want to make our [Shapes Toolkit™ Training](#) accessible and available to EVERYONE, in a way that suits them. (We hate turning up to empty trainings as much as the next person!).

The Shapes Toolkit™ is a 'Human Life Support' Course for the NHS. It is a series of coaching, productivity and resilience tools based on neuroscience. It covers all aspects of working well and has been used by healthcare professionals all over the country to support themselves and their teams to:

- Beat stress and burnout
- Take control of their time and workload
- Respond better to stressful situations
- Feel calmer, confident and enjoy their work again



Introducing: The Wild Monday Work Well Webinar Series

Monthly, online wellbeing sessions that take place after work - informal, interesting, and better than 99% of what's on telly!

- Topics that are the most impactful and pressing - delivered live by Dr Rachel Morris and our talented and experienced team of trainers.
- Specifically aimed at healthcare professionals. We know what you do matters more than most. So do you.
- Real issues, real challenges, real questions.
- Introducing principles from the transformational Shapes Toolkit™ Programme for Healthcare
- Meet staff from across the UK, share insights and experience peer support.

How do the webinars work?

These monthly live webinars are delivered by Dr Rachel Morris (former GP, founder of Wild Monday, creator of the Shapes Toolkit and host of You Are Not A Frog Podcast) and the Wild Monday team of doctors, trainers and coaches. They focus on the REAL issues and challenges that doctors and other professionals in healthcare are facing right now and use the Shapes Tools to offer practical and tangible solutions.

When are they delivered?

The webinars will take place in the evening from 7.30 – 8.30pm and are delivered live with powerful content and a chance for interaction with colleagues and Q&A. They will be scheduled on a different day of the week each month.

Training hubs and similar organisations can sign up for yearly access to these webinars for ALL the staff in their area. Each webinar will be recorded and the replay available online to staff for a month afterwards.



The Content

The interactive webinars will cover topics which we know frontline staff are struggling with, and which we've been delivering successfully as webinars and keynote talks through training hubs, Federations and NHS Trusts all over the country over the last few years. We will also be able to include hot topics occurring throughout the year and include them in the programme, for example dealing with harassment on the frontline or working well through the menopause.

The webinar programme, starting in October 2023 will cover the following content (sample timetable – final content TBC):

- MONTH 1:** How to beat burnout in challenging times
- MONTH 2:** Dealing with your inner critic and imposter syndrome
- MONTH 3:** How to take control of your time, say no and deal with pushback
- MONTH 4:** How to be happy at work
- MONTH 5:** How to deal with stress and anxiety
- MONTH 6:** How to support your team without burning out yourself
- MONTH 7:** How to manage change and uncertainty in an already stressed system
- MONTH 8:** How to get back in the driving seat and design a career you'll love
- MONTH 9:** How to deal with trauma on the frontline
- MONTH 10:** How to return to work well after illness or burnout
- MONTH 11:** Working well through the menopause and other life challenges
- MONTH 12:** How to have healthy conflict conversations

PLUS, Special Bonus Resource!

For the first time, Wellbeing has been included in the NHS Quality Outcomes Framework (QOF) for General Practice. Finally, it's being recognised how important it is to take care of the staff who deliver such extraordinary work every day.



As part of this webinar package, we'll include our **“QoF-in-a-box, Practice Wellbeing Toolkit”**.

It's a done-for-you training toolkit consisting of instructions and resources for a full practice 'Wellbeing Audit', short videos, training session plans and quick wellbeing interventions that can be delivered in practice and PCN meetings by team members / practice managers / wellbeing champions that will allow your Practices and PCNs to deliver and meet the wellbeing QoF indicators.

More importantly (and even if the particular practice or department doesn't need to meet 10 points of the QoF Wellbeing Outcomes) it will set your practices and teams up with tools and habits that will make a lasting difference to their wellbeing.

How do I access the Wild Monday Work Well Webinar Series?

The details

- Training Hubs / Organisations will pay an annual fee for access to these webinars – please contact us to register your interest.
- We will send an initial communications pack about the whole programme to the Training Manager to share with their teams
- Each month, we will send the Training Hub Lead organiser login details and comms to send to their teams advertising each webinar.
- Individuals from each Training Hub will 'RSVP' to sign up for each webinar. They will receive reminder emails and Zoom links plus links to the replay page.
- We'll send each Training Hub Wellbeing lead the login links to the replay page
- The 'QoF-in-a-box, Practice Wellbeing Toolkit' will be available through an online resource centre accessible to anyone in your organisation.



FAQs

Why a webinar subscription?

We wanted to make these webinars available to all training hubs with minimal cost and fuss! Dr Rachel Morris and her team are in high demand for keynote talks and webinars which are extremely popular. We've decided to offer these webinars to all training hubs, NHS Trusts and other Health and Social Care Organisations, in place of Rachel doing several each month – you get the best of us at a discounted price and we get to continue to be able to offer our best speakers!

We know that resilience is multi-factorial and is about so much more than wellbeing. This 12-month programme gives healthcare organisations an opportunity to offer out our best content to their people, at a time that suits them.

Why are they delivered in the evening?

We've delivered wellbeing, resilience, and leadership training to thousands of healthcare professionals over the last few years - and we're passionate about finding what works. Whilst we believe that staff should be given protected time for training and development within their working day, and be able to set boundaries to prioritise their wellbeing, it's become increasingly obvious that staff really struggle to make anything during the day.

That's why we wanted to offer informal, engaging and inspirational training in the evening so that staff can tune in, relax, enjoy an engaging session and network with colleagues in other parts of the country, without the pressure to "get back to work".

Are they suitable for Professional CPD?

Yes! Attendees will be able to complete their own CPD reflection form and claim up to 12 hours self-certified CPD if they attend all the webinars.

Who are they for?

Any healthcare professional, manager or administrator working in Primary or Secondary Care, struggling to balance the demands of the day job with other priorities.



What is the cost?

The cost for a GP Training Hub or NHS Acute Trust is £9997 plus VAT. Please contact us for costs for larger organisations working across different specialities such as an ICS.

How do we pay?

We'll invoice you for a year upfront, then there's nothing more to pay until the following year if you decide to continue.

Can individuals buy access to these webinars?

Currently subscriptions are only available to purchase through training hubs and other health and social care organisations. Please contact us if you would like to consider other options.

Can we get bespoke sign up and landing web pages specifically for our organisation?

Yes of course, anything is possible! Just contact us to discuss your specific needs and to get a quote.

Do you have other training available?

Yes! We have lots more face to face and online live training and digital courses and memberships available. Find out more about it and [download a brochure here](#).

What do I do if I want to get this for our organisation or get more information?

Just drop us a line at admin@shapestoolkit.com or if you want to chat further with Rachel about it, you can [book a call with her](#)



About Wild Monday



The [Shapes Toolkit Training](#) was created by **Dr Rachel Morris**, a former GP with a background in Medical Education who founded Wild Monday. She developed and ran the 'Doctor as a Professional' course for the University of Cambridge, School of Clinical Medicine before training as an executive and team coach.

Rachel has been Director of Leadership Courses for Red Whale (GP Update Ltd) and has co-authored and developed their 'Lead. Manage. Thrive!' and 'Working at Scale' Courses for Primary Care teams. For several years, she was also a tutor for the PGCert in Medical Education for the University of Cambridge, Institute for Continuing Education.

Rachel hosts the popular ['You Are Not A Frog'](#) podcast which helps doctors and other busy professionals beat burnout and work happier. She is ideally placed to understand the unique issues that staff working in health and social care are facing and has developed the training specifically for healthcare staff working on the frontline.



Training for Wild Monday is delivered by Dr Rachel Morris, Annie Hanekom, Team Coach and Director of Leadership, and our team of Doctors, Shapes Trainers and Associates.

If you have any questions at all about the Shapes Toolkit, or wish to discuss your requirements, please get in touch with us by emailing admin@shapestoolkit.com or you can [book a call with Rachel](#) here

For a full breakdown of our costings and booking Ts and Cs, please get in touch by emailing admin@shapestoolkit.com or by visiting our website at www.shapestoolkit.com