



# Welcome

The Work Well Programme is a comprehensive set of tools and resources designed to support the wellbeing of people in high-pressure roles. Practical, helpful support developed and designed by healthcare professionals, for healthcare professionals.



ORGANISATION  
CODE TO SCAN



## Bitesize videos



### Wellbeing Boosters

An online library of 5-minute "Wellbeing booster" videos.

- Short, practical hacks you can apply straight away to shift your mindset, tackle your to-do list differently, set boundaries and deal with difficult conversations.
- Each video includes done-for-you activities you can use with your team, so everyone benefits.

## Your live training



### Lunch + Learn

Monthly - 12:30 - 1:30pm

- Interactive webinars with experts on relevant topics to healthcare professionals in high-pressure roles.
- Join live to connect and ask questions or catch up with the on-demand replay.

## Upcoming training for



### Wellbeing Leads

Quarterly - 12:30 - 14:00pm

Online masterclasses to support anyone taking an active lead on wellbeing within their organisation, practice or team.

## Wellbeing



### Qi Toolkit

Online set of tools to help teams and practices audit and improve their wellbeing support.

The Work Well Programme is brought to you by Dr Rachel Morris and the team behind the You Are Not A Frog podcast.

Got questions? Contact the team on [admin@shapestoolkit.com](mailto:admin@shapestoolkit.com)