



The Beat Stress and Thrive course

Are you a health professional one crisis away from not coping?

The 'Beat Stress and Thrive' online course will provide you with the tools you need to go from being overwhelmed and exhausted to thriving and successful in both work and life.

Designed specifically for primary care professionals under pressure, you will:

- Qualify for 4-6 hours of self-certifiable CPD
- Gain life-time access to course materials
- Learn at your own pace with immediate access to all downloadable resources, including course assignments, videos, and practical tools

Free access codes available to the first 100 applicants who work across primary care in Norfolk and Waveney.

Join today at: [Beatstressnow!](https://beatstressnow.com)



The Beat Stress & Thrive Course



Developed by Dr Rachel Morris, an Executive Coach, former Cambridgeshire GP and Fellow of the Academy of Medical Educators

“I know what it’s like to feel run down, worn out, and fed up with the constant pressure and demands. I developed this course to help you take back control so you can enjoy your work and life.”

What you will get..

The Beat Stress and Thrive Course is based on our breakthrough Shapes Toolkit programme and includes:



The Shapes Toolkit core training

Instant access to video lessons, handouts and worksheets, resources and tools



Strategies & techniques

Self coaching assignments to reflect on your learning and take action.



Access to coaches

Get your questions answered by our experienced team of Shapes Trainers



Connect with your tribe

Join a friendly community of like-minded healthcare professionals



The stressless dashboard

Download our eBook to keep calm and transform the way you deal with your busy world

Join today at:

<https://www.shapestoolkit.com/offers/EoHdZpHR>

