



The Shapes Toolkit

Anti-Burnout Training for Clinical and Educational Supervisors

Do you want to feel calmer, get control of your workload and beat stress and burnout?

The Shapes Toolkit is a series of wellbeing, resilience, and productivity tools based on neuroscience that helps busy Healthcare Professionals thrive in work AND life. It was created by a GP who knows what it's like to work on the frontline, feel overwhelmed, and one crisis away from burnout.



Wednesday 14th January 2026

Detail: Shapes Toolkit Part 1: Beat Stress, Feel Calmer

Time: 9.30-13.00 hrs

Delivered by: Dr Sarah Coope

Wednesday 21st January 2026

Detail: Shapes Toolkit Part 2: Feel Better, Stop Rescuing

Time: 9.30-13.00 hrs

Delivered by: Dr Sarah Coope

What will I learn?

Through participating in the Shapes Toolkit, Programme, you will be able to:

- ✓ **Prioritise** your time and workload
- ✓ **Recognise** when you are heading towards burnout
- ✓ **Increase** your own wellbeing
- ✓ **Identify and change** the things that cause you stress at work
- ✓ **Change your reaction** to stressful events
- ✓ **Have better conversations** with your team
- ✓ **Take control** of things that you can control
- ✓ **Identify** when you are stuck in unhelpful patterns of behaviour, taking the 'victim' or 'rescuer' mentality
- ✓ **Take control** of your own career development
- ✓ **Increase** your influence and impact at work

Claim up to 6 hours of self-certified CPD hours!

The Shapes Toolkit™ consists of:



The Zone of Power

The Stressors Hexagon

The Vortex of Busyness

The Coaching Pentagon

In the Corner

The Prioritisation Grid

The Drama Triangle

Be empowered, proactive, productive and resourceful.



Shapes Toolkit workshops

We explore the common causes of stress in healthcare, how it affects our performance, how to recognise the signs of stress in ourselves and our colleagues – and what to do about it.

We think about the neuroscience of stress - how we get hijacked by our amygdala causing us to respond negatively. We then use the '**In the Corner**' shape to change this negative response to help us feel calmer and behave more rationally.

We use the **Zone of Power** to help take more control of the things that we can control, and then use the **Prioritisation Grid** to help take control of our time and workload, by prioritizing our time and increasing our focus, so we can concentrate on what's truly important, rather than constantly firefighting the 'urgent'.

We then look at the **Vortex of Busyness** to illustrate how we typically respond to an increasing workload by working harder and harder - leaving no time to look after ourselves.

We undertake a personal audit of the wellbeing factors which protect us from burnout, give us a better work-life balance and keep us mentally fit,

and then generate some quick and easy actions which will make a big difference.

We then use the **Drama Triangle** to explore how we can get stuck in a victim mentality - feeling helpless, or in a rescuer role - feeling like we have to 'fix it' for everyone else. We use the **Coaching Pentagon** to learn how to escape these roles, by taking a coaching approach, being more proactive and having transformative conversations with our colleagues.

How to deal with conflict and other stressful situations

The stresses of working on the frontline in healthcare may cause conflict, which is often unspoken, and if not addressed in a constructive way, may become toxic.

This session will examine the common reasons that we avoid conflict, and the consequences for our team of not having the conversations we know we should.

You will learn about the 'five dysfunctions of a team' and how to use some simple tools to help you build trust, improve psychological safety and conflict well.



The Shapes Toolkit was created by Dr Rachel Morris, host of the **You Are Not A Frog** podcast.

A former GP, Executive and Team Coach, with a background in Medical Education, Rachel invites doctors and other healthcare professionals to make a deliberate choice about how they will live, work and lead their teams so that they can thrive in work AND life.

