



THINKING PITSTOPS™

Information pack

WHY THINKING PITSTOPS™?

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 Pitstops 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.

DECOMPRESS

wellbeing & mental health

THINK CLEARLY UNDER PRESSURE

high performance

TRAINING

FACILITATOR – half day training

Person who has attended the half day training programme and is equipped to offer sessions to colleagues

As facilitators, people can train to different levels of skill depending on their needs and preferences:

Rookie half day training in group setting
allows you to facilitate Thinking Pitstops

Crew + 3h of individual practice with Spotter
to achieve a high level of competence and confidence

Spotter + 2h of training in group setting
if you want to support others in their
Rookie-to-Crew learning journey

RECIPIENT – receives 15 min session

Colleagues who receive the 15 min session. Sessions are:

Precise
Brief
Powerful

These colleagues do not need to have attended the half day programme to be a recipient of a Thinking Pitstop.

Thinking Pitstops – Learning Journey



TESTIMONIALS

Would you believe that just 10 minutes could shortcut a process of thinking things through that previously would have taken me days or weeks? It wasn't until I experienced for myself that I realised how truly powerful this deceptively simple intervention could be. It can work for anyone who needs a safe space to depressurise, think and recharge.

Dr Susi Caesar
Chair of Professional Development Committee
Academy of Medical Royal Colleges and Faculties (AoMRC)
GP, Appraiser

One of the most powerful tools I have ever learnt. Elegant yet simple, it empowers us to still our thinking and achieve effective change almost effortlessly. We are then able to resume our task renewed and refreshed. Embedding this tool into regular practice will support the emerging Appreciation and Support culture in the NHS

Dr Andrew Tresidder
Practitioner Health SW Clinical Lead, Somerset CCG GP Clinical Lead for
Pastoral Care for Front Line Staff, GP Appraiser

What people have said

- An amazing opportunity to download and decompress
- Very useful short interventional process to reboot a busy healthcare professional
- A mental re-charge
- Evidence-based “replacement” for the “supportive corridor conversation” drawing the mind and body together in a safe associative space
- Helping somebody to restore their equilibrium so they can then focus deeply
- A effective and rapid wellbeing check
- A brief, focused, time-out from your hectic day which creates a space to de-stress and gather your thoughts
- Creating a favourable environment and state of mind
- A positive break of mind and body during a busy day at work allowing us to connect with ourselves.
- A chance to stop everything else going on physically and mentally in ones life for a brief period and focus on thinking about a particular problem