**Wellbeing Training: Resilient Team Academy:  Offer for 100 places for NCL staff**

Did you know you now have access to an online leadership resource called [The Resilient Team Academy](https://www.shapestoolkit.com/resilient-team-academy)?

It’s a membership community specifically for leaders in Health and Social Care - and you now have full access to this powerful, practical online resource.

In the Resilient Team Academy, you’ll find:

* Monthly **done-for-you activities** to use in meetings, providing you with practical ways to help your team connect with each other and build trust and resilience.
* Deep-dive **masterclass sessions** on different aspects of leading teams - to help your team thrive and learn how to better support themselves and each other.
* Core training on the “Shapes Toolkit” - our scientifically proven series of **coaching and productivity tools** to enhance team resilience.

… and much, much more!

The Resilient Team Academy was created by Dr Rachel Morris - a GP with a special interest in resilience in the workplace. She has been working with the NHS for over 20 years and set up and led the Professionalism Course for Cambridge University School of Clinical Medicine teaching leadership, team working and resilience.

In Rachel’s words:

“I’m thrilled you’re a member of the Resilient Team Academy - the team and I look forward to welcoming you to our community. You’ll find other leaders facing similar challenges to connect with, as well as a wealth of resources to help you build thriving teams and avoid burnout.

Take 5 minutes now to log into the Academy, and we’ll make sure you know exactly how to get started. See you in there!”

**HOW TO ACCESS THE RESILIENT TEAM ACADEMY**

[**Just click here to go straight to the Resilient Team Academy**](https://www.shapestoolkit.com/resilient-team-academy)