



# STATT

**Self, Teams, and Team of Teams**

Curated for the NHS

[takepointtraining.com](https://takepointtraining.com)



# The STATT System:

## One foundation, two impact layers.

*Our ambition is to embed an inclusive, learning culture that supports staff wellbeing and transforms care.*

From shared language to system leadership, STATT creates a common foundation across the workforce, improving collaboration, communication, and day-to-day performance. E-STATT is designed for senior leaders, building on that foundation to enable strategic alignment, cross-team integration, and high-quality care across services and systems.

### 05 STATT

**STATT equips healthcare professionals at all levels with the insight and tools to work more effectively individually and in teams. It establishes a shared understanding that improves communication, collaboration, and day-to-day performance.** This 3-day course gives individuals and teams the insight, language, and confidence to work better together. It creates a consistent foundation across the workforce, where everyone understands how they contribute to performance.

- Three days
- Self, Teams and Team of Teams methodology
- Improved self-awareness and understanding
- Strategies to lead change to benefit team interoperability
- Enhanced resilience and dynamic strategies to adapt in the face of adversity, challenge and set-backs
- Re-affirming integrity, honesty, trust and respect in a team environment

### 12 E-STATT

**E-STATT builds on the STATT foundation to enable strategic alignment, cross-team integration, and organisation-wide impact. The result: a workforce that speaks the same language, and leaders who can turn that into coordinated, high-quality care.** E-STATT takes an entirely tailored approach, with each 2-day programme designed to address the specific challenges the leaders in your Trust or Health Board faces.

- Two days
- Fully bespoke programme tailored to organisational and system-level priorities
- Advanced strategies to lead and embed change across teams, services, and systems
- Reinforcing a culture of integrity, trust, and accountability at scale
- Deepened self-awareness and psychometrics focused on leadership impact, influence, and decision-making in complex environments



## About Us

Our team combines leadership experience in the Armed Forces with applied psychology expertise, developing leaders, teams and organisations who perform with clarity and composure under pressure.

“

**Genuinely, one of the best and most engaging courses I've done in 25 years of nursing.**

*Senior Charge Nurse*

## **The journey so far**

Since the beginning of the Covid-19 pandemic, we've partnered with NHS Trusts across the UK to bring our unique experiences and skillsets to healthcare professionals.

By sharing our knowledge of leadership, communication and collaboration, especially in times of crisis, we're helping NHS teams work cohesively and efficiently while helping to create a culture that feels inclusive for all.

Our results show that by working together, we help to equip people with a wide range of in-demand skills to support colleagues and drive lasting behaviour change, and ultimately, enhance patient care.

# STATT

Establishing a foundation through real insight,  
real conversations and real change in how  
healthcare teams perform.

“ *I was at breaking point ... and in one day  
you turned this around.* ”

*A&E Senior Sister*

# STATT methodology

**Strengthening people, connecting teams,  
and improving care.**



We offer healthcare professionals an innovative platform for leadership and team development. Built around 3 proven principles, the course develops the behaviours your people need to deliver exceptional results. Our flagship course is comprised of three one-day modules focusing on Self, Teams and Team of Teams.



## **Self**

**Build the awareness, mindset, and behaviours that underpin effective leadership.**

By understanding how you think, react, and lead under pressure, you develop greater resilience, make better decisions, and take ownership of your impact.



## **Teams**

**Strengthen trust, communication, and accountability to create high-performing teams.**

Creating environments where people feel psychologically safe to collaborate and challenge results in stronger relationships and improved performance.



## **Team of teams**

**Break down silos and align teams to work as one cohesive system.**

Connected people across services and departments, united by a shared purpose, means organisations deliver more coordinated, effective, and high-quality care.

# STATT Pillars

**STATT is built on four essential pillars that shape how individuals think, interact, and perform. By strengthening self-awareness, communication, wellbeing, and collaboration, we enable lasting improvements in how teams work together and deliver care.**

Improving self-awareness, communication, well-being and collaboration are central tenets to effective health care delivery. By embedding these skills across the multi-disciplinary workforce the aspiration is to foster a culture driven by empathetic staff in order that exemplary care remains the enduring motivation amongst teams.



## Self-awareness

**Self-awareness is the foundation of effective leadership.**

By understanding how we think, behave, and respond under pressure, we gain greater control over our actions and their impact, enabling better decisions, stronger relationships, and more consistent performance.



## Wellbeing

**Sustained performance depends on wellbeing.**

STATT supports individuals to recognise pressure, build resilience, and adopt practical strategies to maintain balance, helping teams stay effective, adaptable, and supported in demanding environments.



## Communication

**Clear, open communication is essential for high-performing teams.**

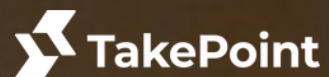
STATT develops the ability to listen actively, speak with clarity, and have honest, constructive conversations, reducing misunderstanding and strengthening trust across teams.



## Collaboration

**Effective collaboration goes beyond working alongside others – it's about working with purpose and alignment.**

STATT strengthens trust, encourages constructive challenge, and enables teams to work together more cohesively to achieve shared outcomes.



## **Transformational training for everyone**

The STATT Course is perfect for clinical and non-clinical healthcare staff in every department.

From nurses, midwives and matrons to managers, physiotherapists and dieticians, our innovative course gives everyone access to professional and personal development.

Delivered off-site in a safe and time-protected environment, the STATT Course provides transformational learning for every participant – and everything they need to become inspirational leaders fostering high performing teams.

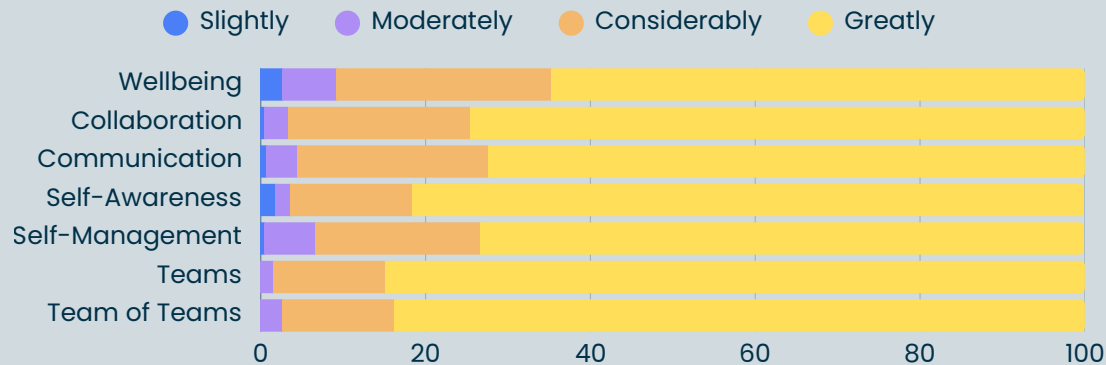
We'll make sure you and your people benefit from our proven approach in a way that delivers lasting change and extraordinary results.



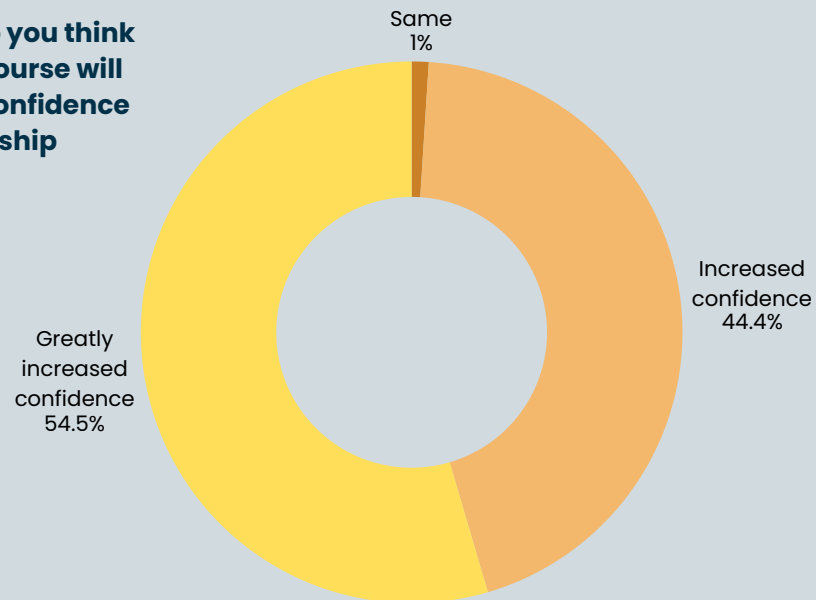
# Immediate STATT Outcomes

## 2025–2026 data

Q: To what extent did the course increase your understanding of the following:



Q: To what extent do you think the content of this course will contribute to your confidence levels in your leadership practice?



“

It has equipped me with a lot of knowledge as to how to be a good team leader. I've been to a lot of courses and this is the only course which made me look back within myself and reflect on what I can and can't do and what I can do to improve myself as a leader. It has allowed me to sit back and re-evaluate my methods and strategies I used at work as a leader.

“

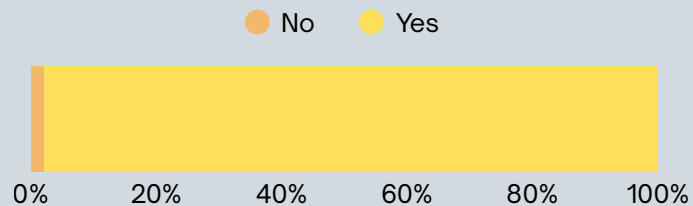
# Life changing

“

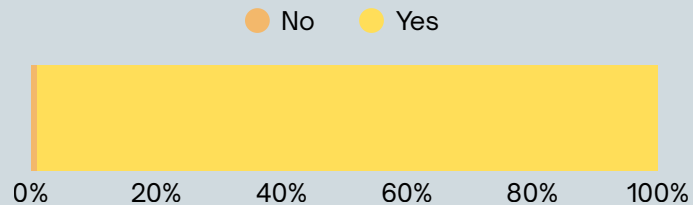
Everyone should go on this course. I have learnt so much about myself, and how I relate to being in a team and being a leader. I will use this knowledge to help my development into an effective leader

## Immediate STATT Outcomes

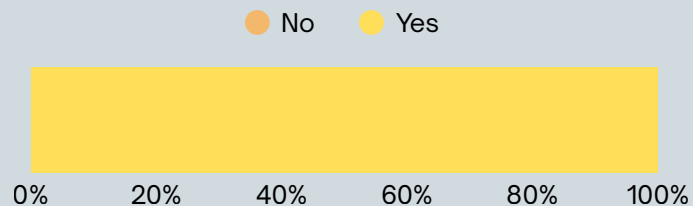
**Q: Do you think that leadership skills improving as a result of this course could improve staff wellbeing and retention?**



**Q: Did the course provide you with opportunities to share your own experiences?**



**Q: Did the course provide you with opportunities to learn from others?**

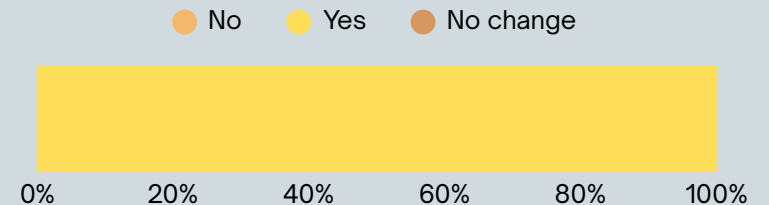


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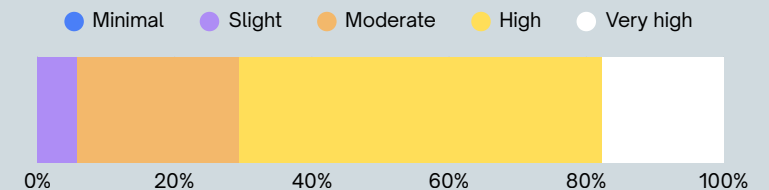
I feel that the course content was impactful because it was directly relevant to our day-to-day roles and responsibilities. Everything we learned was practical, easy to understand, and immediately applicable in real-life situations. The facilitators did a fantastic job of breaking down complex topics and linking them clearly to our work. This made the learning feel meaningful and gave us tools we can genuinely use moving forward.

## Long-term STATT Outcomes

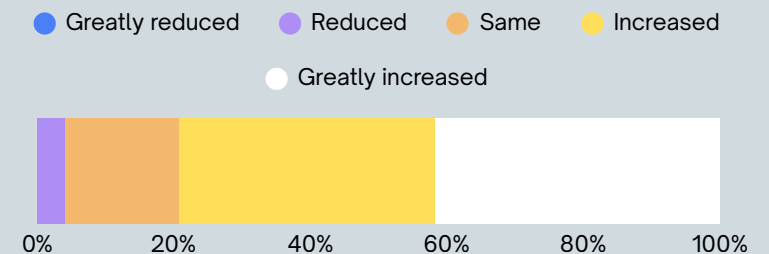
**Q: Have you noticed a difference in your behaviour as a result of attending the STATT course?**



**Q: On a scale of 1 to 5, how would you rate the positive changes in your attitude and behaviour towards work since completing the course?**

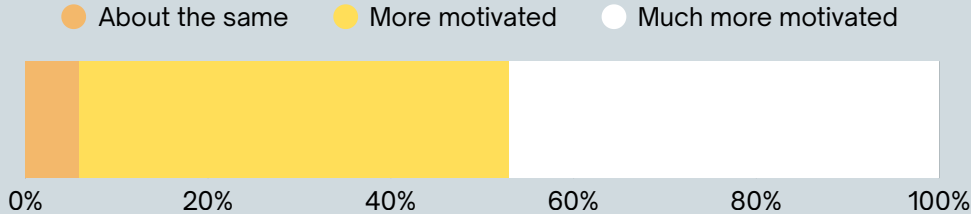


**Q: Has your confidence in your leadership skills and abilities changed as a result of the STATT course?**



# Long-term STATT Outcomes

Q: Do you feel more motivated in your role following the STATT course?

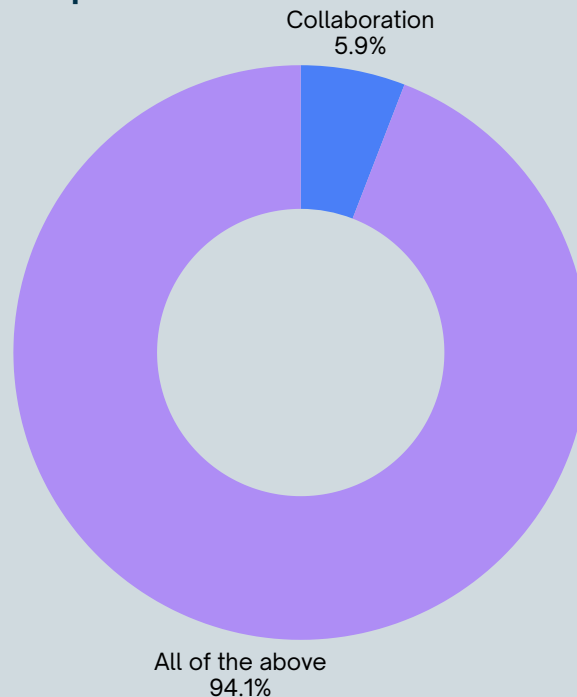


Q: Which of the following do you think the STATT course can have a positive impact on?

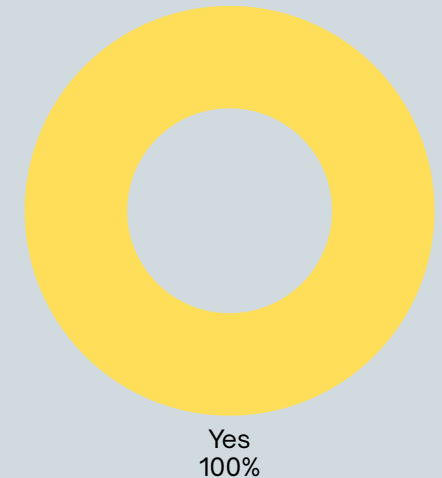
- Employee wellbeing
- Staff retention
- Collaboration
- Communication
- All of the above

“

I will take everything I have learnt over this course into my professional and personal life to improve.



Q: Do you think the STATT course can have a positive impact on employee retention?



“

Highly stimulating and thought provoking. I feel like I'm leaving with a bucket load of new skills and theories of leadership to put into practice. One of the best courses I've been on. Actually provoking and fun!

# E-STATT

Establishing a foundation through real insight,  
real conversations and real change in how  
healthcare teams perform.

“ *This is the best leadership course I have  
been on and will be trying to get more of  
my staff on this course* ”

*Clinical Matron*

# E-STATT methodology

**Enabling leaders to align teams and transform how healthcare performs.**

E-STATT is a bespoke, advanced programme designed for senior leaders who have completed STATT and are ready to apply its principles at a strategic level. Building on the shared foundation of self-awareness, team dynamics, and common language, E-STATT focuses on leadership across complexity, equipping leaders to align multiple teams, influence culture, and drive performance across services and systems. Through deep development and psychometrics, it strengthens leadership style and emotional intelligence, enabling more effective decision-making, resilience under pressure, and the ability to lead meaningful, system-wide change.



## **Psychometrics**

**The Insights Discovery assessment maps individuals' personalities onto a user-friendly four-colour model, offering valuable insights into communication and working styles, strengths, areas for growth, and interpersonal dynamics.**

This is used to enhance communication, establish a common language and promote self-awareness and team effectiveness.



## **Not a template**

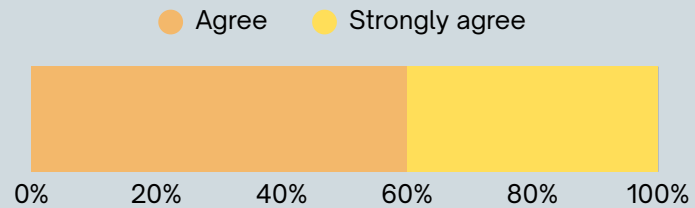
**Every programme is bespoke, shaped by your organisation's specific challenges, priorities, and operating context.**

Building on the STATT methodology, it focuses on the real dynamics within your teams and systems, ensuring the learning is directly relevant, immediately applicable, and aligned to the outcomes your Trust needs to achieve.

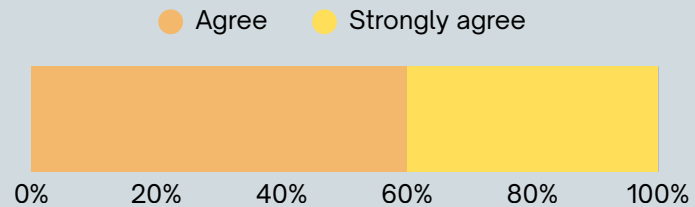
# Immediate E-STATT Outcomes

## 2025–2026 data

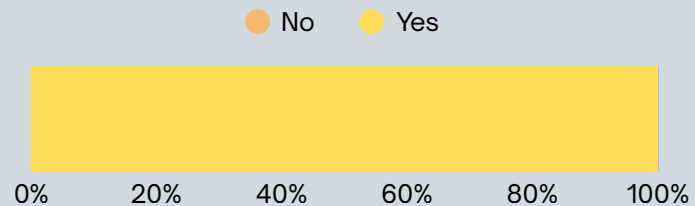
Q: 'I was engaged with the course overall'



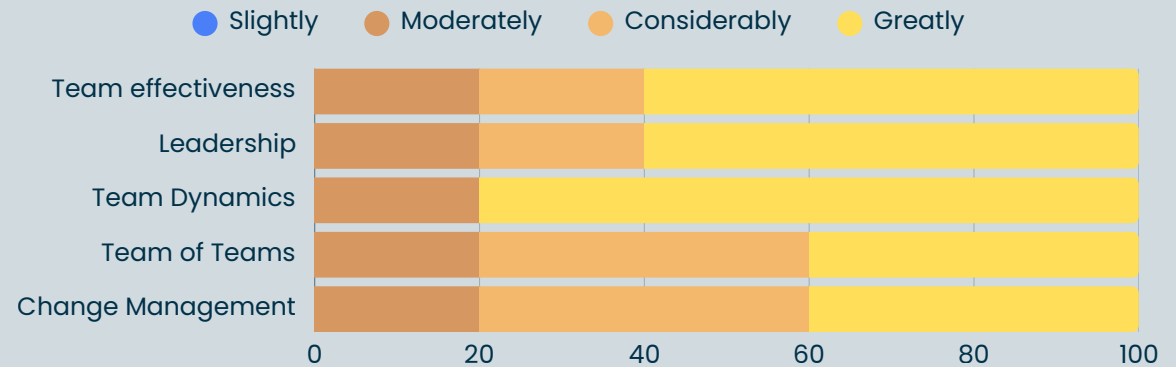
Q: 'I found the course content impactful.'



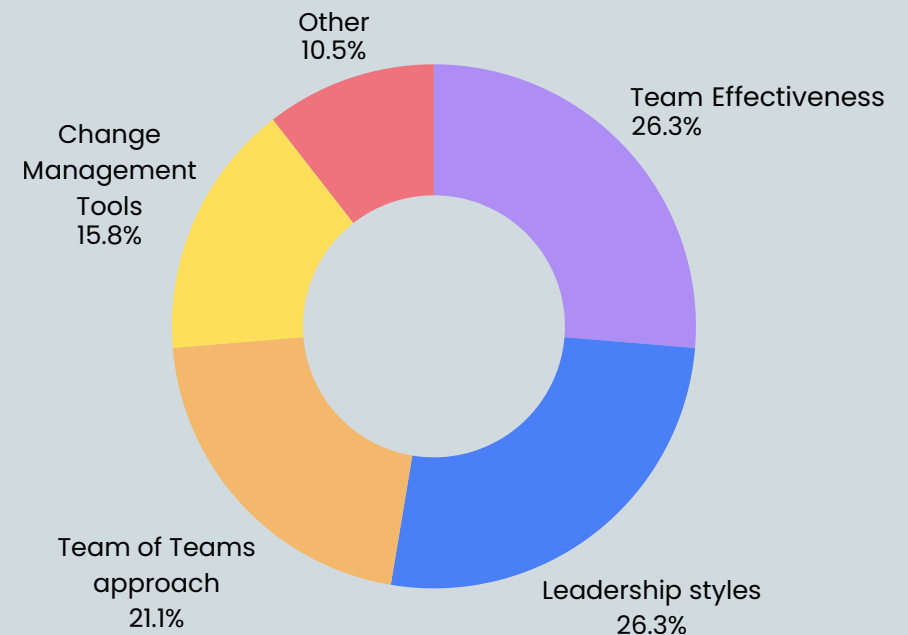
Q: Do you think that leadership skills improving as a result of this course could improve staff wellbeing and retention?



Q: To what extent did the course increase your understanding of the following:



Q: Which tools have you acquired as a result of this course to enable you to think differently about leadership:



## Delegate testimonials

2025–2026 data

“

[The facilitators] were very engaging bringing the human element to the course, they helped develop and adapted to our personal situations.

“

The course was relevant to the job & current climate. It was relevant & this strongly influenced how engaged I was.

“

I found the course really exciting and stimulating talking about topics around leadership and working with and in a team. Tasks are really motivating and extract different kinds of emotions and reactions from all of us.

“

The self management & insights I feel will be helpful to me develop as a leader, makes me more aware of my own strengths & weakness & areas I could improve on.

“

Theory parts of the course helped increase my knowledge on the topics discussed. Emotional intelligence, psychological safety, leadership styles, insights, skills on courageous conversations are definitely wins. These topics will definitely and hopefully help me on being an effective leader and a follower at the same time.

# Our Approach

“

*Everyone should go on this course. I have learnt so much about myself, and how I relate to being in a team and being a leader. I will use this knowledge to help my development into an effective leader*

“

**If staff undergo this training, they will have better understanding of oneself and teams, which will reflect to patient care and outcomes.**

*STATT delegate feedback*

## Experiential learning

We know that real human development happens best through immersive, experiential learning. That's why we design and deliver every programme as a hands-on experience that involves active participation, exploration and reflection to allow delegates to better connect theory to real-world situations.

➤ **Replacing theory with application.**

Every session is practical, relevant and grounded in operational reality, designed to be used immediately, not filed away.

➤ **We surface what usually goes unspoken.**

Through guided exercises and live reflection, we reveal the behavioural patterns and cultural nuances that define performance.

➤ **Turning insight into precision adjustment.**

Immediate feedback allows leaders to see the impact of their decisions in real time and refine their approach with confidence.

➤ **Building alignment through shared experience.**

Learning together strengthens cohesion, clarity and collective standards across departments throughout the organisation

# Not a bootcamp

While many of our team bring experience from the military, STATT is not about drills or discipline in the traditional sense. There are no shouted instructions or physical challenges.

What you'll find instead is a thoughtful, engaging environment where people feel safe to reflect, challenge, and grow. Our facilitators are selected not just for their expertise, but for their ability to create open, supportive spaces where individuals and teams can have the conversations that truly improve performance. Our emphasis is on experiential and interactive learning methods to engage participants and make training enjoyable and more effective.

Our team comprises individuals who have led high-performing units across land, sea, and air. We don't just teach leadership, we've lived it. By utilising a blend of military principles, social psychology, and contemporary leadership thinking we deliver bespoke, engaging, and creative programmes. This approach ensures that learning is not only theoretical but also practical and immediately applicable. Our facilitators' unique blend of lived experience, resilience, and dedication ensures that your leadership development journey is not only effective but transformative.

“The facilitators made everything so interactive and relatable. Their energy, enthusiasm, and approach kept us involved the whole time. They didn't just teach - they connected with us, made us feel heard, and encouraged open discussion. It never felt like a typical course; it felt like a shared experience where everyone contributed and grew together.

*STATT delegate feedback*



CPD  
MEMBER  
The CPD Certification  
Service

“The  
facilitators  
were engaging  
and  
encouraging  
throughout”

“It was  
experiential  
from start to  
finish”

“I felt confident  
and challenged  
throughout”

“Made it a  
safe space for  
honest  
discussions”



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