

You Are Not A Frog Podsheet

Episode 207: How to get moving again when you feel stuck

with Nicola Rylett-Jones

Date

Total CPD hours

"Feeling stuck? Just take one step"

-Nicola Rylett-Jones

EPISODE SUMMARY

Are you stuck in firefighting mode? Do you find yourself encountering the same frustrations over and over? Are you ready for that next stage of growth but you just can't seem to get there?

Nicola Rylett-Jones is an expert in conscious leadership with a wealth of experience in the medical field, who knows first-hand how debilitating it can be to feel stuck and unable to move forwards.

IN THIS EPISODE, YOU'LL:

- Learn practical steps to overcome feelings of stuckness, and gain control of your actions and reactions
- Discover how to shift your mindset and become more aware of your reactions and thought patterns
- Find out how to embody conscious leadership, even if you don't consider yourself a leader











READ

The New One Minute Manager,

by Kenneth Blanchard & Spencer Johnson

Think Again: The Power of Knowing What You Don't Know,

by Adam Grant

Six Thinking Hats,

by Edward de Bono

WATCH

3 Conversations Which Will Get You Unstuck

Episode 95 with Annie Hanekom

LISTEN

Passing the Naughty Monkey Back

Episode 65, with Dr Amit Sharma

How to Escape the Drama Triangle and Stop Rescuing People

Episode 75 with Annie Hanekom



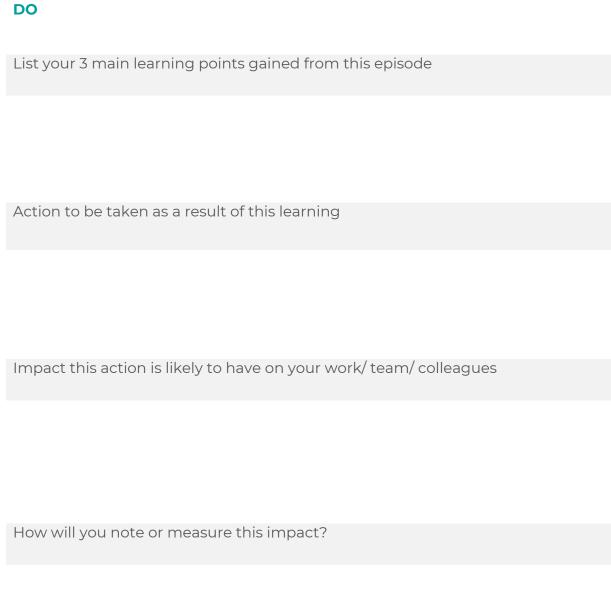








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ADDITIONAL RESOURCES

Find out more about the **Shapes Toolkit Training programme**

Check out our <u>Permission to Thrive CPD membership</u> for doctors!

Check out more free resources from You Are Not a Frog

Start thriving with the <u>Thrive Week Planner</u>

Join the Shapes Collective FB group

HAVE QUESTIONS?

Email Rachel or reach her on LinkedIn









