



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



DO

List your 3 main learning points gained from this episode

Action to be taken as a result of this learning

Impact this action is likely to have on your work/ team/ colleagues

How will you note or measure this impact?



ADDITIONAL RESOURCES

Find out more about the [Shapes Toolkit Training programme](#)

Check out our [Permission to Thrive CPD membership](#) for doctors!

[Check out more free resources from You Are Not a Frog](#)

Start thriving with the [Thrive Week Planner](#)

[Join the Shapes Collective FB group](#)

HAVE QUESTIONS?

[Email Rachel](#) or reach her on [LinkedIn](#)