



You Are Not A Frog Podsheet

Episode 209: Life's Too Short NOT to Love What You Do

with Dr Sarah Goulding

Date

Total CPD hours

EPISODE SUMMARY

There are times working in medicine or other high-stress jobs, when you feel trapped and unhappy. And maybe you've told yourself you have no other option but to stay put. These "shoulds" can come from societal expectations or the idea that you've put so much into your job already that it would be silly – or even irresponsible – to quit now.

These myths and pressures keep us feeling stuck, and prevent us from exploring alternative possibilities within or outside of our current field. This week, Rachel is joined by Dr Sarah Goulding, who breaks open those myths, and shows how we can uncover new possibilities. It all starts by recognising we're not defined solely by our roles, and embracing the idea that it's okay to change and to pursue work that aligns with our strengths and passions.

Sarah also has a set of self-coaching questions that can help us discover what we're going to do with our "one wild and precious life".



IN THIS EPISODE, YOU'LL:

- Discover how to find a way of working that doesn't harm your well-being and allows you to be passionate and energetic in and out of work
- Explore the myths and societal pressures that keep us feeling trapped in our current careers and learn how to break free from them
- Gain valuable insights into the importance of reflecting on your skills and experiences to uncover new career possibilities within or outside of medicine

WATCH

[Watch the video version on YouTube](#)

Episode 209 Life's Too Short NOT to Love What You Do

LISTEN

[Why We're Ditching the Term 'Imposter Syndrome'](#)

Episode 112, with Dr Sarah Goulding

[Finding Your North Star](#)

Episode 208

[Bringing Your Best Self to Work](#)

Episode 67, with Dr Sarah Goulding

READ

[What Colour is your Parachute?](#) by Richard N Bolles



DO

List three things you have learned from this episode which have had an impact on you

Write down what action(s) you will take as a result of listening

Suggest how these actions will make a difference to you, your colleagues or your patients

Write down how you will know that a positive change has happened - what does good look like?



ADDITIONAL RESOURCES

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

Check out our [Beat Stress & Thrive](#) course for busy healthcare professionals!

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

Join the [Shapes Collective FB group](#)

HAVE QUESTIONS?

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