



# You Are Not a Frog Podsheet

## Episode 214: What happens when you stay too long

Quick dip with Dr Rachel Morris

Date

Total CPD hours

### EPISODE SUMMARY

It's easy to get comfortable in a role for too long, even when it's clearly time to move on. So how do you know when it's time? And how can you make sure you're moving forwards, not moving backwards?

If you're questioning whether a job or a relationship is right for you, it's worth exploring further, and taking those thoughts seriously. Remember that change is often a sign of growth, not failure. So focus on the potential positives that can arise from change, rather than asking "what if it doesn't work?"

People in roles they don't really want to be in end up underperforming, and can start to feel bitter and resentful. This frustration can leak out and affect co-workers and even family members.

But there are some key questions you can ask yourself that will help pave the way for the next chapter in your career.



## IN THIS EPISODE, YOU'LL:

- Learn how to recognise when it's time to move on from a job or situation that no longer suits you
- Discover how to view such changes as graduations rather than failures or losses
- Understand how to maintain your self-esteem and relationships when making big changes in your life

## LISTEN

[How to Ditch the Saviour Complex and Feel More Alive](#)

Episode 88, with Rob Bell

[How to Decide if You Need to Stay or Leave a Difficult Situation](#)

Episode 201, with Corrina Gordon-Barnes

[How to Live with No Regrets](#)

Episode 123, with Georgina Scull

[Finding Your North Star](#)

Episode 208

## WATCH

[Watch the video version on YouTube](#)

Episode 214: What happens when you stay too long



## DOWNLOAD

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## 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](#)

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## HAVE QUESTIONS?

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