## Episode 217: How to find your voice

## *with Dr Claire Kaye*

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| **Date**  **Total CPD hours** |

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| EPISODE SUMMARY |
| Lots of us struggle to express ourselves in the way we want to at work. But finding our voice is just the beginning – the next step is using it effectively. |

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| IN THIS EPISODE, YOU’LL |
| * Learn strategies for effectively using your voice at work, even if you're an introvert * Hear about the importance of balancing speaking up and active listening in group discussions * Understand how finding and using your voice can lead to more successful outcomes within teams |

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| **WATCH** |
| [Watch the video version on YouTube](https://youtu.be/e-wn4ImDvcE)   Episode 217: How to find your voice |

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| **LISTEN** |
| [How to Increase Your Confidence and Impact](https://youarenotafrog.com/episodes/198/)  Episode 198, with Dr Claire Kaye  [What to Do When Your Strengths Have Side Effects](https://youarenotafrog.com/episodes/97/)  Episode 97, with Dr Joanna Bircher  [How to Escape the Drama Triangle and Stop Rescuing People](https://youarenotafrog.com/episodes/75/)  Episode 75, with Annie Hanekom |
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| **DO** |
| List three things you have learned from this episode which have had an impact on you |
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| Write down what action(s) you will take as a result of listening |
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| Suggest how these actions will make a difference to you, your colleagues or your patients |
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| Write down how you will know that a positive change has happened - what does good look like? |

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| **ADDITIONAL RESOURCES** |
| Find out more about the [Shapes Toolkit Training programme](https://www.shapestoolkit.com/programmes-and-trainings)  Check out our [Beat Stress & Thrive](https://www.shapestoolkit.com/beat-stress-and-thrive-course-healthcare) course for busy healthcare professionals!  Check out more free resources from [You Are Not a Frog](https://youarenotafrog.com/resources/)  Join our Facebook Group [You Are Not A Frog](https://www.facebook.com/groups/2212687302308522/) |

**HAVE QUESTIONS?**

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| [Email Rachel](mailto:hello@youarenotafrog.com) or reach her on [LinkedIn](https://www.linkedin.com/in/dr-rachel-morris/) |