



You Are Not a Frog Podsheet

Episode 217: How to find your voice

with Dr Claire Kaye

Date

Total CPD hours

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.

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

WATCH

[Watch the video version on YouTube](#)

Episode 217: How to find your voice



LISTEN

[How to Increase Your Confidence and Impact](#)

Episode 198, with Dr Claire Kaye

[What to Do When Your Strengths Have Side Effects](#)

Episode 97, with Dr Joanna Bircher

[How to Escape the Drama Triangle and Stop Rescuing People](#)

Episode 75, with Annie Hanekom

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 our Facebook Group [You Are Not A Frog](#)

HAVE QUESTIONS?

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