



# You Are Not a Frog Podsheet

## Episode 225: How to put your team back together

with Dr James Spice

Date

Total CPD hours

### EPISODE SUMMARY

We're so often stuck in a cycle of simply "coping" with our workloads, especially in healthcare. We're not thriving, and it's mainly because we're missing the human connection that comes from working closely with other people.

We need to re-establish the connections we once had, both formally and informally. And we can start by aligning our intentions with the impressions we leave on others. This alignment forms the basis of our impact on our teams. And the closer we can bring our actions in line with our intentions (the more we walk the walk), the better our working relationships will be.

### IN THIS EPISODE, YOU'LL:

- Learn about the importance of team connection and community in the workplace for thriving instead of just coping.
- Understand the concept of "reteaming" and how it can help to improve your work environment.
- Discover how our intentions and the impressions we leave on others impact our overall effectiveness in a team setting.



## LISTEN

More episodes of You Are Not A Frog:

[Get Some Air Cover to Help You Set Boundaries](#)

Episode 181

[Are You OK?](#)

Episode 166, with James Spice

[How to Fix Your Broken Meetings](#)

Episode 154, with Dr Carrie Goucher

## WATCH

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Episode 225: How to put your team back together

## DOWNLOAD

[Your THRIVE Week Planner](#)

take control of your time by planning your week not your work

[Your Overwhelm SOS guide](#)

your prescription for when it all gets too much

[The Drama Triangle](#)

The Drama Triangle



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

Download [Get Your Life Back](#), our 60 minute reset for overwhelmed healthcare professionals!

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

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

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

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## HAVE QUESTIONS?

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