



You Are Not a Frog Podsheet

Episode 227: What does high-performance look like?

with Anne Hartsliet

Date

Total CPD hours

EPISODE SUMMARY

In the quest to achieve “success” – however we define it – we tend to overlook our own physical wellbeing, which can lead to stress and other issues.

We don't necessarily think about our bodies in these moments, instead focusing on the head or the heart. But as leadership coach Anne Hartsliet argues, focusing on the body, understanding what it needs and making adjustments, could be the key.

By asking yourself "What is my body telling me right now?", we can get closer to achieving true performance: a balance of success and wellbeing.

IN THIS EPISODE, YOU'LL:

- Learn how the idea of "sacred success" can lead to a more peaceful and fulfilled professional life
- Discover how integrating performance with humanity can lead to a more balanced and successful work experience
- Understand the importance of staying connected with your body and recognising physical and emotional signs of stress and burnout



LISTEN

More episodes of You Are Not A Frog:

[How to Get Moving Again When You Feel Stuck](#)

Episode 207 with Nicola Rylett-Jones

[How to Cope With Your Kids' Anxiety, Your Colleagues, and Your Own](#)

Episode 186 with Nicky Odgers

[Embrace Your Capacity, Not Your Limits](#)

Episode 176 with Dr Sarah Coope

WATCH

[Watch the video version on YouTube](#)

Episode 227: What does high-performance look like

READ

[The 15 Commitments of Conscious Leadership: A New Paradigm for Sustainable Success](#), by Jim Dethmer, Diana Chapman, and Kaley Klemp



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](#)

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HAVE QUESTIONS?

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