



You Are Not a Frog Podsheet

Episode 231: What I learned from my Facebook haters

with Dr Rachel Morris and Mark Steadman

Date

Total CPD hours

EPISODE SUMMARY

In this summer special, Mark and Rachel cover conflict and the difficulty Rachel still has with giving challenging feedback, to how she struggles putting some of what she teaches into practice.

They also go through some of the negative feedback the team have received on social media. Rachel directly answers Facebook comments and discusses where they actually have a point.

IN THIS EPISODE, YOU'LL:

- Learn how Rachel navigates giving challenging feedback and handles conflict in her professional life
- Discover the practical strategies Rachel uses to apply resilience techniques
- Hear Rachel's direct responses to negative feedback received on social media



LISTEN

More episodes of You Are Not A Frog:

[Should I Stay or Should I Go?](#)

Episode 89 with Corrina Gordon-Barnes

[Why We Need MORE Conflict in Our Teams](#)

Episode 230

[Only You Can Choose Your Next Move](#)

Episode 216

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Episode 231: What I learned from my Facebook haters

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[Burnout: 9 mistakes healthcare professionals make and what to do instead](#)

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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

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

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HAVE QUESTIONS?

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