



Episode in partnership with PMGUK:

Episode 233: Having it all as a woman in medicine

with Dame Carol Black

Date

Total CPD hours

EPISODE SUMMARY

Balancing personal life with a busy career in medicine is tough. It can feel almost impossible, even without thinking about having children. But help is out there. We can find mentors and adopt strategies to help us stay centred and effective.

In this special episode in partnership with the [Physician Mums UK Facebook Group](#), Dame Carol Black discusses putting on her metaphorical helmet and Teflon coat for tough days, and presents her take on the often-raised question “Can professional women ‘have it all’?”

Without seeking the right support, we can end up overwhelmed and feel unsupported in our work. This can lead to dissatisfaction both at work and at home. And if leaders aren’t trained, their own mental ill-health can have a dramatic negative effect on teams.

But if you’re looking for support, this episode will help you find a potential mentor and reach out to them. Whether it’s someone in your network or a professional whose work you admire, support for women in medicine is within reach.



IN THIS EPISODE, YOU'LL:

- Understand the challenges and strategies for balancing a demanding medical career with personal life
- Learn effective leadership and communication skills in high-stakes environments
- Discover the importance and impact of mentorship in professional development

WATCH

[Watch the video version on YouTube](#)

Episode 233: Having it all as a woman in medicine

LISTEN

More episodes of You Are Not A Frog:

[Smashing the Gender Pay Gap for Women in Medicine](#)

Bonus Episode in Partnership with PMGUK

[How to Be a \(Happy\) Working Parent](#)

Episode 121 with Corrina Gordon Barnes

[How to Be a Professional Woman](#)

Episode 41 with Dame Jane Dacre





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 – from our guest

Join the [Physician Mums UK Facebook group](#)

Understand how food affects your body with the [Zoe app](#)

Have a look at [Surviving in Scrubs](#)



ADDITIONAL RESOURCES – from You Are Not A Frog

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 the [Shapes Collective FB group](#)

HAVE QUESTIONS?

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