



You Are Not a Frog Podsheet

Episode 238: Crafting a career that works

with Dr Sarah Goulding

Date

Total CPD hours

EPISODE SUMMARY

Many of us feel stuck in roles that don't suit us, facing judgment and self-doubt. We might be unhappy with where we are, but not sure how to change... or even if we can. It can be easy to blame ourselves when things don't feel right, thinking we should be able to cope or enjoy our work.

Dr Sarah Goulding suggests that understanding our feelings and needs can guide us toward finding a role that truly fits. We need to pause, examine our feelings, and consider if we're fulfilled, challenged, and using our skills fully. By acknowledging that discomfort, we can start exploring other possibilities.

We start by assessing our current situation and identifying what feels off. Then, we can imagine what "good enough" looks like for us. It's about understanding the gap between where we are and where we want to be.

Sticking in a role that isn't right – that isn't fulfilling, or that isn't taking advantage of everything you have to offer – can lead to burnout later on. We can feel trapped, and start blaming ourselves for not being good enough.

But by reflecting on our feelings about our work and life, thinking about what drives us and how we want to spend our days, we can create a clearer picture of what needs to change and can start taking small steps towards a more fulfilling career.



IN THIS EPISODE, YOU'LL:

- Identify career dissatisfaction and how to address it effectively
- Learn how to use feelings as a guide to understanding professional fulfilment and the potential changes needed
- Hear about practical exercises to envision and achieve a more satisfying career path

LISTEN

More episodes of You Are Not A Frog:

[Life's Too Short NOT to Love What You Do](#)

Episode 209, with Dr Sarah Goulding

[Why We're Ditching the Term 'Imposter Syndrome'](#)

Episode 112, with Dr Sarah Goulding

[Getting a Breakthrough by Using Your Right Brain](#)

Episode 203, with Yda Bouvier

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Episode 238: Crafting a career that works

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[Thrive Weekly Planner](#)

The Thrive Weekly Planner



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

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