

# You Are Not a Frog Podsheet

# **Episode 241:** Does the usual productivity advice work for people seeing patients?

Quick dip with Dr Rachel Morris

Date

Total CPD hours

#### **EPISODE SUMMARY**

When everything feels urgent – or when other colleagues' "urgent" stuff lands on your desk – it can feel impossible to get your other important work done. So how can you manage your time so that you can do teh stuff that really matters? The stuff that isn't just urgent, but is important to you and your practice?

#### IN THIS EPISODE, YOU'LL:

- Understand how to enhance productivity with a demanding schedule
- Learn about the importance of prioritising strategic thinking and leadership tasks alongside regular patient care duties
- Learn practical strategies to carve out thinking time and manage your workload, so you can reduce stress and improve your work-life balance













## LISTEN

More episodes of You Are Not A Frog:

How to Be REALLY Productive... Without Losing the Plot

Episode 190, with Graham Allcott

The Three-Step Plan for Getting Your Sh\*t Together

Episode 202

How to Say No and Deal with Pushback

Episode 125, with Annie Hanekom

## WATCH

# Watch the video version on YouTube

Episode 241: Does the usual productivity advice work for people seeing patients?

#### DOWNLOAD

# Escape the Urgency Trap

Get your most important work done and still find time to enjoy your life





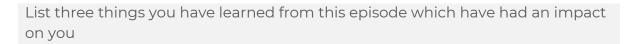








#### DO



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!

Join our <u>Shapes Academy</u> membership for leaders in healthcare

Find out more about the **Shapes Toolkit Training programme** 

Check out more free resources from You Are Not a Frog

Join our Facebook Group You Are Not A Froq

# HAVE QUESTIONS?

Email Rachel or reach her on LinkedIn







