



# 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 the 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

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!

Join our [Shapes Academy](#) membership for leaders in healthcare

Find out more about the [Shapes Toolkit Training programme](#)

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## HAVE QUESTIONS?

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