## Episode 244: How to make the right choice when you aren’t certain*with Dr Claire Plumbly*

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| DateTotal CPD hours |

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| EPISODE SUMMARY |
| What do you do when you’re faced with a big decision? Do you draw up a pros-and-cons list, chat it through with a friend, or flip a coin and hope for the best?As healthcare professionals, we make tough decisions all the time – about our patients, our practices, our careers… but fear of making the wrong choice can leave us paralysed. And sometimes, *not* making a choice is worse than making the wrong one.This week, Dr Claire Plumbly talks about the biases that go into our decision-making, how to handle uncertainty *and*, how not only are you not a frog, you are also not a potato. |

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| IN THIS EPISODE, YOU’LL: |
| * Understand common decision-making biases, and how they affect daily choices
* Learn techniques to increase your tolerance to uncertainty and improve your decision-making skills
* Learn how to manage decision fatigue and choice overload, so you can make more effective decisions
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| LISTEN |
| More episodes of You Are Not A Frog:[Beware Your Kindest Colleagues](https://youarenotafrog.com/episodes/212/) Episode 212[How to Escape the Tyranny of the ‘Shoulds’](https://youarenotafrog.com/episodes/196/) Episode 196, with Charlotte Housden[Only You Can Choose Your Next Move](https://youarenotafrog.com/episodes/216/) Episode 216 |
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| WATCH |
| [Watch the video version on YouTube](https://youtu.be/nt249eNdyqk) Episode 244: How to make the right choice when you aren’t certain |

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| READ |
| [Burnout: How to Manage Your Nervous System Before it Manages You](https://www.drclaireplumbly.com/burnout-book) Dr Claire’s book |

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| DO |
| List three things you have learned from this episode which have had an impact on you |
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| Write down what action(s) you will take as a result of listening |
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| Suggest how these actions will make a difference to you, your colleagues or your patients |
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| Write down how you will know that a positive change has happened - what does good look like? |

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| ADDITIONAL RESOURCES |
| Download [Get Your Life Back](https://www.shapestoolkit.com/getyourlifeback), our 60-minute reset for overwhelmed healthcare professionals!Check out our [Beat Stress & Thrive](https://www.shapestoolkit.com/beat-stress-and-thrive-course-healthcare) course for busy healthcare professionals!Join our [Shapes Academy](https://www.shapestoolkit.com/shapesacademy) membership for leaders in healthcareFind out more about the [Shapes Toolkit Training programme](https://www.shapestoolkit.com/programmes-and-trainings)Check out more free resources from [You Are Not a Frog](https://youarenotafrog.com/resources/)Join our Facebook Group [You Are Not A Frog](https://www.facebook.com/groups/2212687302308522/)  |

HAVE QUESTIONS?

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**6**

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| Email Rachel or reach her on [LinkedIn](https://www.linkedin.com/in/dr-rachel-morris/) |