

# You Are Not a Frog Podsheet

# Episode 244: How to make the right choice when you aren't certain

with Dr Claire Plumbly

#### Date

Total CPD hours

#### **EPISODE SUMMARY**

What do you do when you're faced with a big decision? Do you draw up a prosand-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.

# 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











#### LISTEN

More episodes of You Are Not A Frog:

Beware Your Kindest Colleagues

Episode 212

How to Escape the Tyranny of the 'Shoulds'

Episode 196, with Charlotte Housden

Only You Can Choose Your Next Move

Episode 216

### **WATCH**

## Watch the video version on YouTube

Episode 244: How to make the right choice when you aren't certain

### **READ**

Burnout: How to Manage Your Nervous System Before it Manages You

Dr Claire's book





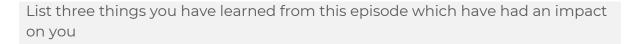








#### DO



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 <u>Shapes Toolkit Training programme</u>

Check out more free resources from You Are Not a Froq

Join our Facebook Group You Are Not A Frog

### HAVE QUESTIONS?

Email Rachel or reach her on LinkedIn









