



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 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.

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

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](#)