

You Are Not A Frog

CPD & Reflection Log



Episode 1:

Podcast notes

For this episode, Rachel is joined by Dr Nik Kendrew GP Partner, Red Whale GP Update presenter and GP media guru.

We chat about what happens when we get ill and discuss why is it that we are so slow to recognise when we shouldn't be at work? Why do we find it so hard to take time off and why do we find it so hard to admit when we're not really coping?

Follow Nik at [@nikkendrew](https://twitter.com/nikkendrew)

Podcast links

[This is going to hurt: Adam Kay](#)

[Red Whale GP Update Courses](#)

For more episodes of You are not a frog, check out our website www.youarenotafrog.co.uk and [sign up to our mailing list](#) here for loads of useful resources and tools for thriving at work.

Follow Rachel on twitter [@DrRachelMorris](https://twitter.com/DrRachelMorris) or [LinkedIn](#) and find out more about her online and face to face courses for doctors on surviving and thriving at work at www.shapesfordoctors.com or for other organisations at www.wildmonday.co.uk

What three key things have you learned from listening to this podcast?

Is there anything you can use from this podcasts that will help you to help others?

What are you going to do now?

How will you know if this has made a difference?
CPD time claimed:

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