

You Are Not A Frog

CPD & Reflection Log



Episode 13:

Podcast notes

In this episode, Rachel is joined by Dr James Thambyrajah, a portfolio GP and the outgoing South West Thames Faculty RCGP First5 lead.

We chat about how James approaches his work, and the difference in outlook between newly qualified GPs and those of us who are in their mid or late career.

We talk about healthy ways to approach our work and the importance of maintaining a good life – work balance, making time for what is important.

Mental health problems and burnout are also prevalent in First5 GPs and we talk about how a supportive peer group can help in dealing with the stress. We discuss how work can become bearable when we have good connections at work and how we can build these connections even in the midst of a busy schedule.

Since recording this podcast, James and his wife have had a new baby – congratulations James!

Podcast links:

Follow James on twitter @JThambyrajah

RCGP First 5 <https://www.rcgp.org.uk/first5>

[Sign up for downloadable CPD reflection forms plus more tools and resources](#)

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 about thriving at work.

Follow Rachel on twitter [@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.shapestoolkit.com

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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