

# You Are Not A Frog

## CPD & Reflection Log



### Episode 14:

#### Podcast notes

In this episode, Rachel is joined by Dr Jamie Wyllie co-author and presenter of the Red Whale Lead. Manage. Thrive! Course.

This is an 'Ask the Frog' episode where we chat about a question that we are often asked by GPs – how do I influence someone who is set in their ways, resistant to change and autocratic? We discuss the need to get on the same branch as them, to recognise what their thoughts and feelings are and ultimately, understand what their needs are.

We discuss what it is to be a partner (not just in the legal sense of the word) which includes creating a shared purpose, the right to say no, joint accountability and absolute honesty – something that, if we are honest, very few of us really achieve. We talk about ways to improve relationships in the team and the fact that only thing we have full control of is ourselves.

Please [click here for a free download](#) of cringe-free activities to develop your team - for use in partnership meetings and away days.

#### Podcast links

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[The Five Dysfunctions of a Team, Patrick Lencioni](#)

[Stewardship: Choosing Service Over Self-Interest, Peter Block](#)

[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](http://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](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](http://www.shapesfordoctors.com) or for other organisations at [www.shapestoolkit.com](http://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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