

You Are Not A Frog

CPD & Reflection Log



Episode 16:

Podcast notes

In this episode, Rachel is joined by Dr Hussain Ghandi aka Dr Gandalf, GP, PCN Director, creator of eGPLearning and host of the popular eGPLearning Podblast

We chat about how to be more efficient and effective by making those tiny, incremental changes which, when added up will save us a whole heap of time. We delve into Ghandi's daily routine to find out how he can fit so much in and discuss simple productivity hacks that GPs, doctors and people in other busy jobs can use – no tech needed!

Ghandi shares his top 3 tips for GPs: Do the biggest and most unpleasant tasks first, batch up your tasks so that you do the same things at the same time and – the quickest and easiest to do – turn off your notifications! This helps you to avoid the trap of multitasking (or attention diversion as it's otherwise known).

Podcast links

<https://egplearning.co.uk>

Dr Rachel Morris video interview about resilience on the [eGPLearning podblast](#)

Follow Ghandi on twitter [@drgandalf52](#) [@egplearning](#)

<https://hbr.org/2019/11/how-remote-workers-make-work-friends>

<https://calendly.com>

<https://todo.microsoft.com/tasks/>

[Ike to do app](#)

[The Miracle Morning: The 6 habits that will transform your life before 8am](#) book

[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:

For more episodes of You are not a frog, check out our website www.youarenotafrog.co.uk follow Rachel on twitter @DrRachelMorris and find out more about her online and face to face courses on surviving and thriving at work at www.shapesfordoctors.co.uk Get more reflection forms and useful stuff about thriving at work by signing up to the Shapes Collective here