

You Are Not A Frog

CPD & Reflection Log



Episode 19:

Podcast notes

In this episode, Rachel is joined by Tara Humphrey, Founder and CEO of THC Primary Care and host of the podcast 'The Business of Healthcare with Tara Humphrey'

We chat about the main mistakes GPs and other professionals make when trying to run a business, either trying to do everything themselves or not paying enough attention to the business side of things. Even if we don't run a practice, many of us are self-employed and are running ourselves as a business!

Time is often our limiting factor and there just isn't enough time to get everything done that we need to. This can be profoundly frustrating and lead to all kinds of stress. Tara chats about the need for strategic planning both in our own lives and for our businesses and partnerships and how setting goals not just for the day but the next 90 days can be vital. We also discuss how getting help can be a life-saver, be it admin support or coaching to help you set priorities.

Tara's top tips:

- 1) Write down your priorities for the next 90 days
- 2) Plan your day before you start work
- 3) Block off time to do things that refuel you
- 4) Ask for help when you can

Podcast links

Contact Tara tara@thcprimarycare.co.uk

Tara's website can be found here: <https://www.thcprimarycare.co.uk/>

Here is the link to all Tara's Business of Healthcare Podcast episodes:

<http://thebusinessofhealthcare.libsyn.com/>

Find THC on twitter: [@THCPrimarycare](https://twitter.com/THCPrimarycare)

And linkedin: <https://www.linkedin.com/in/tarahumphreythc/>

Read our blog where we share leadership insights on how to improve the delivery of your projects:

<https://www.thcprimarycare.co.uk/blog>

And listeners can sign up to our newsletter and we'll send them the blog and podcast each week along with more in-depth insights and advice designed to improve business and project performance:

<https://tarahumphreyconsulting.us13.list-manage.com/subscribe?u=805734b0b541a7d55f8e6c712&id=db44a86c96>

Essentialism by Greg McKeown <https://www.amazon.co.uk/Essentialism-Disciplined-Pursuit-Greg-McKeown/dp/0753555166>

Eat that Frog <https://www.amazon.co.uk/Eat-That-Frog-Important-Things/dp/1444765426>

Amy Porterfield podcast on boundaries <https://www.amyporterfield.com/2020/01/296/>

The Boy, The Mole, The Fox and The Horse by Charlie Mackesy

<https://www.amazon.co.uk/Boy-Mole-Fox-Horse/dp/1529105102>

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For more episodes of You are not a frog, check out our website www.shapesfordoctors.com/podcasts/ 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

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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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