

You Are Not A Frog

CPD & Reflection Log



Episode 2:

Podcast notes

In this episode, Rachel is joined by Dr Katherine Hickman, GP working in Bradford, Respiratory Lead and Tiny Habits® Coach. Katherine has been through her own episode of stress and burnout and we talk about how she got through and changed her life by using the 'tiny habits' technique.

We explore about how these tiny habits can produce huge changes and talk through how you can start to use this technique to help make changes in everyday life, and even at work.

Podcast links

<https://twitter.com/kchickman>

[BJ Fogg Tiny Habits® TED talk](#)

[About Katherine](#)

[The Pomodoro technique](#)

[The forest app](#)

<https://www.headspace.com>

[Katherine's coaching page](#)

[5 day free online coaching](#)

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](#) 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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