

You Are Not A Frog

CPD & Reflection Log



Episode 22:

Podcast notes

In this episode, Rachel is joined by Nicky Odgers, an Educational Psychologist, an ex-teacher and one of her go-to people for practical and sound advice!

We chat about how a fixed mindset can impact us, from increasing perfectionism to a fear of failure which can paralyse us, stop us from giving our best at work and can be incredibly stressful. We chat about how this fixed mindset may have come about – particularly if you grew up in the 80's or 90's, and we discuss how we can foster a healthier growth mindset in ourselves and others.

Whilst no-one wants to be criticized or to fail, this is where real growth occurs for us and we talk about how to take failure as 'feedback' and why, if you're not failing at something regularly, you might not be developing at all.

Podcast links

[Carol Dweck TED talk](#)

[Mindset: Change the way you think to fulfil your potential](#) - a book by Carol Dweck

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

[To let me know the 2 things that keep you awake at night please click here](#)

Here's some more information about the [Beat Stress and Thrive Tribe!](#)

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 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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