

You Are Not A Frog

CPD & Reflection Log



Episode 24:

Podcast notes

In this episode, Rachel is joined by Laurence McCahill, co-founder of the Happy Startup School, an alternative business school and thriving community of entrepreneurs that put happiness before profits.

We chat about the importance of knowing what we really want before setting vision and goals. What would life be like if we designed how we want to live and then created careers that work around this?

We discuss how to create your ideal working week. Download my free 'Thrive Week' tool in the podcast links below. By getting real about how much time we are spending on certain things and making some difficult decisions that will help us feel less overloaded. One of the questions we should ask ourselves whenever we are exploring a new opportunity or asked to take on new work is 'at what cost?' – and remember to measure this not just in monetary terms but in terms of energy, enjoyment and fulfilment.

Podcast links

[Download our free Thrive Week tool](#) to help you design your ideal week.

<http://www.thehappystartupschool.com>

Contact Laurence at laurence@happystartup.co

The online course and membership community [Beat Stress and Thrive Tribe](#)

[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 [You Are Not A Frog 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.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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