

# You Are Not A Frog

## CPD & Reflection Log



### Episode 3:

#### Podcast notes

In this episode, Rachel is joined by Dr Surina Chibber, Portfolio GP, Red Whale GP Update Presenter and co-Founder of [mylocummanager.com](https://mylocummanager.com) who was named as one of Pulse Magazine's 'Rising Stars' last year. We talk about how the journey Surina has been on from locum GP to the founder of tech company, what she's learned along the way, and the surprising truth that sometimes we find our passions as a result of following our interests, not following our passions. We chat about how to develop your skills in other areas and how GPs can make their lives easier and their jobs more fulfilling.

#### Podcast links

<https://mylocummanager.com>

<https://www.gp-update.co.uk/courses>

For more episodes of You are not a frog, check out our website [www.youarenotafrog.co.uk](http://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](https://twitter.com/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](http://www.shapesfordoctors.com) or for other organisations at [www.wildmonday.co.uk](http://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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