

You Are Not A Frog

CPD & Reflection Log



Episode 32:

Podcast notes

In this episode, Rachel is joined by Corrina Gordon Barnes, a Certified Professional Coactive Coach (CPCC), facilitator of The Work and trained teacher.

We chat about how, during the coronavirus crisis, some of our thoughts and ways of thinking can be causing us needless suffering. Corrina has discovered a practice called 'The Work' which has been transformational in her life and now uses this approach to help people question their thoughts and limit the suffering that they may be experiencing as a result.

So often in our lives we are plagued by thoughts of 'it shouldn't be this way', 'it's not fair', 'they should do this or that'. Corrina explains why arguing with reality is never successful and talks us through the simple yet profound process that can free us from these anxious thoughts.

Corrina is facing the loss of her grandmother and we use the work to talk through this scenario; she also shares how this process has helped her to come to terms with the loss of her baby son Alfie over the last couple of years.

We are sending out a weekly email with new resources, tips and useful content especially for doctors and healthcare professionals throughout the COVID-19 crisis. If you'd like to receive this and other resources about thriving at work then [please sign up here](#)

You can [watch this podcast episode on YouTube here](#)

Podcast links

Find out more about Corrina's work here <https://corrinagordonbarnes.com>

Here's Byron Katie's website all about The Work <https://thework.com>

[BMA Wellbeing Service](https://www.bma.org.uk/advice/work-life-support/your-wellbeing) <https://www.bma.org.uk/advice/work-life-support/your-wellbeing>

[The NHS Practitioner Health Programme](https://www.practitionerhealth.nhs.uk/) <https://www.practitionerhealth.nhs.uk/>

[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. You can also join the [Shapes Collective Facebook group](#) where we chat about the hot topics and regularly post interesting articles

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:

For more episodes of You are not a frog, check out our website www.shapesfordoctors.com/podcasts follow Rachel on twitter @DrRachelMorris and find out more about her online and face to face courses on surviving and thriving at work at www.shapesfordoctors.co.uk

Get more reflection forms and useful stuff about thriving at work by signing up to the [Shapes Collective Facebook Page](#).