

You Are Not A Frog

CPD & Reflection Log



Episode 38:

Podcast notes

In this episode, Rachel is joined by Ebonie Allard, an award-winning life and business coach, author of *Misfit to Maven: The Story of AARCH to AAHH* and host of the popular podcast 'Adulthood with Ebonie'

We chat about how to live lives that feel as good on the inside as they look on the outside which includes taking just the right amount of responsibility for yourself and for others. We discuss the control problems that people in high stakes, high stress jobs often have – either taking too much control or not enough control and think about the core values that will help us to filter all our decisions and determine what our success is in life.

Once you know what your core values are, it becomes much easier to decide what to say 'yes' and what to say 'no' to.

Ebonie's three top pieces of advice are:

1. Become curious about stuff in your life – without judgement
2. Get clear on what you actually want. What are your needs? What are your desires?
3. Know your BATNA (Best Alternative To a Negotiated Agreement). What's your next best option if Plan A doesn't look like it's going to work...?

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

Get the [COVID Team Wellbeing Toolkit](#) which includes instructions on how to run a team check in chat here - <https://shapes-toolkit.mykajabi.com/free-team-wellbeing-toolkit>

Listen to Rachel's interview on 'Adulthood with Ebonie' here <https://adulthoodwithEBONIE.com/the-one-about-fight-or-flight/>

Here's Ebonie's podcast <https://adulthoodwithEBONIE.com>

Find out about Ebonie's work here <https://ebonieallard.com>

Follow Ebonie on [twitter](https://twitter.com/ebonieallard?lang=en) - <https://twitter.com/ebonieallard?lang=en>

[Misfit to Maven: The story of AARCH to AAHH](#) book

View our recent Shapes Webinars on how to support your teams through the COVID crisis and sign up for the forthcoming webinar here <https://shapes-toolkit.mykajabi.com/support-your-team-webinar>

24 hour support for NHS staff: Call 0300 131 7000 between 7am and 11pm or text FRONTLINE to 85258 24/7.

[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](https://shapes-toolkit.mykajabi.com/podcast-CPD-forms) - <https://shapes-toolkit.mykajabi.com/podcast-CPD-forms>

For more episodes of You are not a frog, check out our website [You Are Not A Frog Podcasts](https://youarenotafrog.com/podcasts/) - <https://youarenotafrog.com/podcasts/>

[Sign up to our mailing list here](https://shapes-toolkit.mykajabi.com/sign-up-to-free-resources-and-5-things) for loads of useful resources about thriving at work - <https://shapes-toolkit.mykajabi.com/sign-up-to-free-resources-and-5-things>

You can also join the [Shapes Collective Facebook group](https://www.facebook.com/groups/2212687302308522/) where we chat about the hot topics and regularly post interesting articles - <https://www.facebook.com/groups/2212687302308522/>

Follow Rachel on twitter [@DrRachelMorris](https://twitter.com/drrachelmorris) - <https://twitter.com/drrachelmorris>

Follow Rachel on [LinkedIn](https://www.linkedin.com/in/dr-rachel-morris/) - <https://www.linkedin.com/in/dr-rachel-morris/>

Find out more about her online and face to face courses for doctors on surviving and thriving at work at <http://www.shapesfordoctors.com/>

Or for other organisations at www.shapestoolkit.co.uk - <http://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](#).