

# You Are Not A Frog

## CPD & Reflection Log



### Episode 39:

#### Podcast notes

In this episode, Rachel chats with Annie Hanekom, Leadership and Team Facilitator and Coach and Certified Enneagram Practitioner

We chat about the Enneagram – an ancient way of understanding ourselves, our personality and our responses to others. This has been a very powerful way that people have understood themselves and others over hundreds of years which has enjoyed a resurgence recently. We discuss why it can be such a powerful tool for self-awareness and chat about the insights it can bring – on a really deep level.

Health warning! Remember – the enneagram is a lens of looking at the world. No model is absolutely true but models can be helpful!

We talk about the 9 different enneagram types and how each type may be responding in the Coronavirus crisis. We explore the key areas for development and what the opportunities are now for each type to live life in a fuller and more meaningful way.

Annie's top tips to get more self-aware are:

1. Take the time to notice what your instant reaction to something is...interrogate what's really going on.
2. Ask, is this the most useful thing I could do?
3. Then ask, what's a better way to respond?

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

[https://www.youtube.com/playlist?list=PL4ByYnP5ro\\_\\_Q5r\\_PxgBXYGUAuS8TM7N](https://www.youtube.com/playlist?list=PL4ByYnP5ro__Q5r_PxgBXYGUAuS8TM7N)

Sign up for the Preparing for Life After VTS for GP Mums: Getting the Balance Webinar here

<https://event.webinarjam.com/register/31/k3r5li2q>

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 - https://shapes-toolkit.mykajabi.com/free-team-wellbeing-toolkit](https://shapes-toolkit.mykajabi.com/free-team-wellbeing-toolkit)

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

Podcast links

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

Connect with Annie on LinkedIn <https://www.linkedin.com/in/annie-hanekom-99591b/>

Contact Annie [Annie@proteus.training](mailto:Annie@proteus.training)

[Integrative 9](https://www.integrative9.com/enneagram/) Enneagram info -

[https://www.integrative9.com/enneagram/?gclid=Cj0KCQjwrIf3BRD1ARIsAMuugNvgpa\\_eJHM1FE2eN4ZUOA8fyfbJ0XT3ASSp5NKyFf-iV3b0QJQkybwaAgPNEALw\\_wcB](https://www.integrative9.com/enneagram/?gclid=Cj0KCQjwrIf3BRD1ARIsAMuugNvgpa_eJHM1FE2eN4ZUOA8fyfbJ0XT3ASSp5NKyFf-iV3b0QJQkybwaAgPNEALw_wcB)

Podcast The Road Back to You – all about the different Enneagram types.

<https://www.theroadbacktoyou.com/podcast>

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/>

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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 and healthcare professionals on surviving and thriving at work at <https://www.shapestoolkit.com/healthcare> and for other organisations at <https://www.shapestoolkit.com/organisations>

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](http://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](http://www.shapesfordoctors.co.uk)

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