

# You Are Not A Frog

## CPD & Reflection Log



### Episode 4:

#### Podcast notes

In this episode, Rachel is joined by award-winning Dr Liz O’Riordan, the ‘Breast Surgeon with Breast Cancer’, TEDx speaker, author, blogger, triathlete and all-round superstar who has been nominated for ‘Woman of the Year’.

We chat about what it’s like to receive a devastating diagnosis as a doctor and how hard it can be to be a patient. We talk about our own unrealistic expectations and knowing your own limits. We also chat about how our expectations of ourselves are very different if we have to take time off for other health-related reasons such as stress or depression.

Liz shares how she coped when things got really tough and gives some great, practical advice.

Since this podcast has been recorded, Liz has been awarded first prize at the BMA Medical book awards for her book co-authored with Trisha Greenhalgh ‘The Complete Guide to Breast Cancer’. Congratulations Liz!

#### Podcast links

<http://liz.oriordan.co.uk>

[https://twitter.com/Liz\\_ORiordan](https://twitter.com/Liz_ORiordan)

[The Complete Guide to Breast Cancer: How to feel empowered and take control](#)

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](#) 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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