

You Are Not A Frog

CPD & Reflection Log



Episode 42:

Podcast notes

In this episode, Rachel is joined by Dr Jamie Wyllie, GP and Red Whale Lead. Manage. Thrive! Course presenter. We chat about lockdown, what's we've hated about it, how it's affected us but also the things that we've learned about ourselves, our families and our work.

Many of us have found we've had more time and space as activities have been cancelled, many of us have found that we have no time and space at all (depending on our home circumstances) but it's fair to say that most of us have struggled with the lack of contact with people. We discuss how this lack of informal interaction can erode relationships with work colleagues as we've lost the small check ins which mean we can trust each other more and sort out small issues with minimal fuss.

We talk through the Stop Start Continue model where we learn lessons from what's gone on and plan how we're going to do things differently.

Jamies's top 3 tips are

1. Take stop start continue seriously and invest time in thinking about it
2. Write it down
3. Collaborate – talk it through with friends and colleagues.

You can [download our Stop Start Continue Checklist tool](#) here

We are sending out a regular 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>

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

Sign up for the Preparing for Life After VTS for GP Mums: Getting the Balance Webinar here <https://event.webinarjam.com/register/31/k3r5li2q>

Podcast links

You can [download our Stop Start Continue Checklist tool](#) here

You can [download our Thrive Week Planner](#) here

[The Ruthless Elimination of Hurry](#) John Mark Comer Book

Get the [COVID Team Wellbeing Toolkit](#) which includes instructions on how to run a team check in chat here

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>

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

[BMA Wellbeing Service](#)
[The NHS Practitioner Health Programme](#)

[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 <https://youarenotafrog.com/>

[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

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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 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

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