

# You Are Not A Frog

## CPD & Reflection Log



### Episode 5:

#### Podcast notes

In this episode, Rachel is joined by Dr Adam Harrison, Portfolio GP, Vice Chair Notts LMC and dual-qualified Medical Barrister

We chat about his career journey, how he diversified and found a varied and fulfilling career. We talk about the importance of networking, as many of the jobs we have done weren't advertised. We talk about how to find these jobs using tools such as LinkedIn and good old-fashioned email and phone calls.

Finally, we discuss the power of coaching and how this can transform your career and outlook on life.

#### Podcast links

Notts LMC Portfolio Plus <https://www.nottinghamshirelmc.co.uk/gp-workforce/resource/gp-portfolio-plus/>

LinkedIn <https://www.linkedin.com/in/dradamharrison/>

Follow Adam on Twitter <https://twitter.com/FutureLeadersh2>

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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