

You Are Not A Frog

CPD & Reflection Log



Episode 52:

Podcast notes

The week's episode is a special one as the Frog celebrates a year of podcasting! It's been quite a year - including charting in Apple's Top 100 Business Podcasts in the UK! This episode turns the table as YANAF regular, Dr Nik Kendrew, puts the spotlight on Rachel. They talk about everything from what this experience has taught Rachel, to the power of 'F**k It', how Nik's inner chimp attacks in the supermarket and one guest's squeaky bum time!

Through her work running resilience training programmes for doctors and other high stress professionals, Rachel meets a wide range of people all who have great stories to share and benefits from hearing other people's experiences and ideas. Already a fan of podcasts herself, Rachel's lightbulb moment came following a course - why not create a wider conversation through a podcast, and You Are Not A Frog was born!

Rachel has enjoyed learning from her expert guests as much as you have, whether it's conflict management or equal pay in the workplace. As we progress through our careers, we may start to realise how many more skills we need, in addition to our technical training, and how many issues surrounding work we have had minimal teaching about..

Creating a place where you as a listener can get an insight to some of these subjects as you commute, go for a run or cook your dinner has been really rewarding for Rachel and the guests she's interviewed.

It's been an interesting year to be growing and developing a podcast series that's dedicated to helping doctors, healthcare professionals and executives in high stress jobs. Nik notes that as well as being very busy, some of these jobs can be very lonely places. Rachel's been really pleased to hear how many people have fed back that the podcast has not only given them useful advice but the recurring phrase "**it makes me feel like I'm not alone**".

It's perhaps no surprise that the most popular episode this year has been on COVID fatigue with Dr Caroline Walker. During the COVID crisis, this podcast has been a great way to reach out to and connect with people when stress, loneliness, fear and uncertainty have been prevalent across all sections of society and industry.

Sharing stories is often one of the most helpful things for all of us to feel less alone in moments of difficulty or uncertainty. Nik shares a really poignant example of how sharing our stories can not only help others, but can save lives.

So as a sign off to a great year of episodes, Rachel is inviting you to help shape future Frog episodes. What would you like to hear more about, what have you enjoyed and what more can we do to help you realise that you are not a frog? You can get in touch using the links below.

And of course, she always appreciates a good rating and review wherever you get your podcasts from!

Useful Tools and Resources:

[Sign up here](#) to receive a link to the CPD form downloads for each podcast which you can use for reflection and to submit for your appraisal. <https://www.shapestoolkit.com/podcast-CPD-forms>

Looking for resilience training for your team, your organisation or your CCG or GP Training Hub? Find out more about her [online and face to face courses](#) for doctors and other professionals on surviving and thriving at work. <https://www.shapestoolkit.com>

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 <https://www.shapestoolkit.com/free-team-wellbeing-toolkit>

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

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>

[The NHS Practitioner Health Programme](#) - <https://www.practitionerhealth.nhs.uk/>

Podcast Links:

Download the free [‘Stop, Start, Continue Checklist’](#) tool here

Contact Rachel

LinkedIn [@Dr-Rachel-IMorris](#) <https://www.linkedin.com/in/dr-rachel-morris/>

Twitter [@DrRachelMorris](#)

rachel@wildmonday.co.uk

www.shapestoolkit.com

Listen to Nik’s brand new podcast ‘Boggled Docs’ here <https://www.buzzsprout.com/1300702>

Contact Nik

Twitter [@nikkendrew](#)

What three key things have you learned from listening to this podcast?

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| 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](#).