

# You Are Not A Frog

## CPD & Reflection Log



### Episode 7:

#### Podcast notes

In this episode, Rachel is joined by Dr Katie Bramall-Stainer, CEO of Cambridgeshire LMC, GPC and BMA Council member and one of Pulse's Power 50 GPs.

We chat about her journey as an activist in helping make GPs lives better and discuss how things can go wrong so quickly when we try to be too nice and too helpful.

#### Podcast links

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[Cambridgeshire LMC](#)

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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