

You Are Not A Frog

CPD & Reflection Log



Episode 8:

Podcast notes

In this episode, Rachel is joined by Dr Haidar Al-Hakim, the Third Eye Doctor, Podcaster, Speaker, Ophthalmologist and author of the book Physician on Fire.

We chat about emotions and vulnerability, are they helpful or not, and why we sometimes find it so difficult to understand what we really need, and who we really are. We discuss the importance of finding someone who really gets you, who you can talk things over with and some strategies to get back to ourselves.

*Caution, this episode contains some strong language

Podcast links

<https://www.thethirdeyeddoctor.co.uk>

[Physician on Fire](#) book

[Surgical Spirit](#) Podcast

<https://www.thenarrativeinitiative.com/about-us>

Follow Haidar on [twitter](#) or [LinkedIn](#)

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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 or for other organisations at www.wildmonday.co.uk

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? |
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| What are you going to do now? |
| |
| How will you know if this has made a difference? |
| |
| CPD time claimed: |
| |

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