

You Are Not A Frog

Workbook, CPD & Reflection Log



Episode 73: How to Find Your Tribe: The PMGUK story with Dr Nazia Haider and Dr Katherine Hickman

Joining Rachel in this episode are Doctors Nazia Haider and Katherine Hickman. Dr Nazia Haider is a consultant radiologist and founder of the online community the Physician Mums Group UK (PMGUK). Meanwhile, Dr Katherine Hickman is a general practitioner and Tiny Habits coach and mentor. Nazia and Katherine both manage the PMGUK Facebook group.

PMGUK started from a small group of 10. It now has 21,000 members who support each other as fellow physicians, mothers and women.

Nazia and Katherine share why it's important to connect with your peers, support them and let yourself be supported by them. They tell a story of kinship, kindness and gratitude amidst the difficulties of a workplace that can be stressful. Within their big group, they found people with whom they can be honest and vulnerable. They teach us how we can do the same.

Podcast links

- To join PMGUK, check out their [admin page](#).
- [PMGUK's website](#)
- [Resilient GP](#) Facebook group.
- [Frontline Counselling - Trauma Informed Counselling](#)
- [Coaching with Dr Katherine Hickman](#)
- Connect with Nazia: [LinkedIn](#)
- Check out our [Permission to Thrive membership](#) so we can help you thrive at work and in life!
- You Are Not a Frog Episode 2: [Tiny habits, big changes, with Dr Katherine Hickman](#)
- Connect with Katherine: [Twitter](#) & [LinkedIn](#)
- [Email Rachel](#) or reach her on [LinkedIn](#) or [Twitter](#).
- [Sign up here](#) for more FREE resources.
- Sign up for [Thrive membership](#) so we can help you thrive at work and life

QUOTE TO REMEMBER:

'Unfortunately, we are not supposed to talk about things, about our issues, about our vulnerabilities, about stressors or about being a parent. I think that's something which has to change'.

What You Will Learn from the Activity

It can be challenging to juggle responsibilities at home and at work. You may struggle with fears and uncertainties, and be reluctant to open up. Remember: you are not alone. We all have issues we need to contend with, and you don't have to deal with yours on your own.

The activity 'Finding your Tribe' will help you apply Nazia's and Katherine's stories, tips and advice to your work and personal life. The activity starts with normalising and accepting that you are human—thus, it's okay to have difficulty with opening up and sharing your vulnerabilities with your peers. It also includes finding and even creating your peer support group to share this with. Give back the kindness and support you receive out into the world.

It can be scary to share your vulnerabilities and be open and honest, but taking these first steps can lead to the start of a good relationship with others. There's a whole world out there—colleagues who are in situations both different and similar to yours. You are not alone, and this activity will help remind you of that.

Activity: Finding Your Tribe

We often hide our vulnerabilities for fear of being judged and looked down upon. The thing is, we all have these struggles. It's good to acknowledge them and let them out.

Write down the things troubling you recently. What's weighing on your mind and keeping you up at night?

Does writing them down feel cathartic? The next step is to share them. Nazia started the PMGUK group to share her struggles with her close friends. Take that step and list down five people you believe have your back and you could share with.

- 1.
- 2.
- 3.
- 4.
- 5.

Go further and do exactly that, and send a message or start a call with them!

Keep going and find your tribe. To connect with your peers, ask yourself these questions and find the common thread with others who would have similar answers.

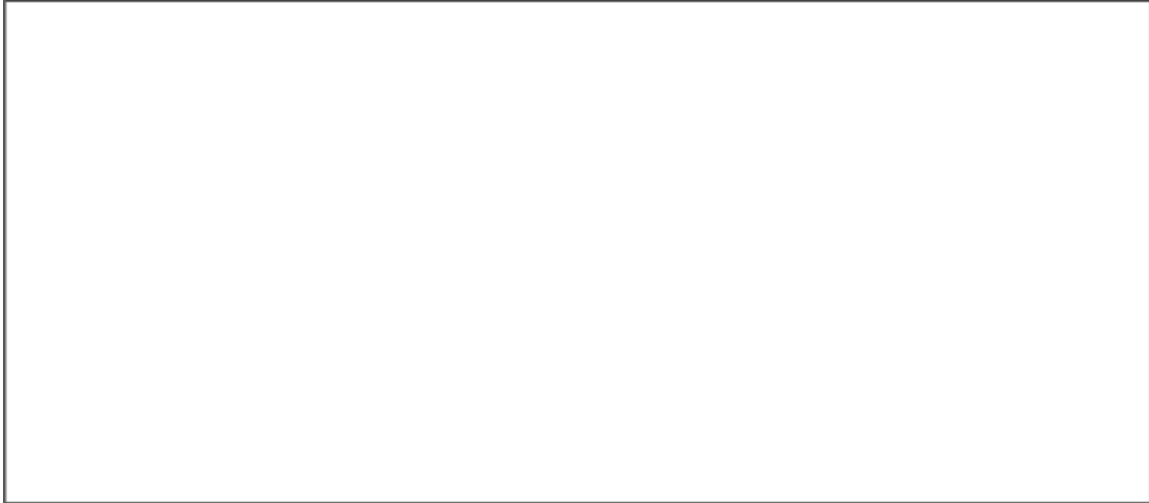
1. What are your core values?
2. What hobbies, activities and topics interest you?
3. What unique issues are you facing at work?

Once you find your peer support group, share with them the vulnerabilities that you listed earlier. Talk about common interests and situations. Sharing a story about a low point in your life can inspire others and help them realise that they are not alone.

Write down a significant story in your life that you could share with others, and that might encourage them to open up with you as well.

Another thing you can do is take that first step of kindness. As Nazia and Katherine said, 'offer the first cup of tea'. Today, do something kind for someone else. It could be something little, like lending a listening ear or offering a helping hand to someone who needs it.

Below, write down or illustrate your little act of kindness. Include the recipient's reaction, the situation and how you feel about it.



Create and nurture your connections through kindness and gratitude. You can do this by supporting your tribe, making plans together and checking up on one another. These small acts go a long way.

Nurture your connections. In the undated month calendar below, make sure to mark at least one time to spend time with your community. Plan to chat with your peers, have a cup of tea (restrictions allowing!) or have a Zoom get together. These acts aren't only for them but you as well. Give yourself time to do this.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

CPD time claimed:

For more episodes of You are Not a Frog, check out our website www.youarenotafrog.co.uk. 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.shapestoolkit.com.