**EPISODE 186: Earn Extra Income, Fire Up Your Brain, and Find A New Direction With Physician Side Gigs**

**With guest Dr. Nisha Mehta**

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NM: “There are all these other reasons why we do side gigs. Some people are just doing it to scratch a creative itch, and yeah, if they can make some money from it, that's great. Whereas other people are really looking to be more intentional about the pathway, create a substantial income stream and potentially even transition to doing that full time.”

HF: Welcome to The Doctor's Crossing Carpe Diem podcast. If you're questioning your career in medicine, you've come to the right place. I'm Heather Fork, a former dermatologist and founder of The Doctor's Crossing. As a master certified coach, I've helped hundreds of physicians find greater happiness in their career, whether in medicine, a nonclinical job, or something else. I started this podcast to help you discover the career path that's best for you and give you some resources and encouragement to make it happen. You don't need to get stuck at the white coat crossroads. So, pull up a chair, my friend, and let's carpe that diem.

Hi there, and welcome back to the Doctor's Crossing Carpe Diem podcast. I'm your host, Heather Fork, and you're listening to episode number 186. Today, I have a very special treat for you. We're going to be diving into a really fun topic with a physician mover and shaker. Our guest is none other than Dr. Nisha Mehta, founder of the very active Facebook group, Physician Side Gigs.

Dr. Mehta started Physician Side Gigs in 2016, and the group is over 111,000 members to date. In addition to being the founder of this group, she is also founder of the Physician Community Facebook group, and she's a practicing radiologist, keynote speaker, physician community builder, and physician advocate. Her work has been featured in numerous international media outlets, including Forbes, CNN, the Washington Post, Bloomberg, and PBS NewsHour.

I'm very excited to have Dr. Mehta talk to us about the wide variety of side gigs that we can do, which offer so many benefits, including a chance to use our brains and skills in a new area, a way to make extra money, the ability to test the waters of a potential career path, options for staying engaged in retirement, and much more.

Dr. Mehta will also be sharing steps you can take to find opportunities and start diversifying your platform. One of the great ways to help prevent burnout and increase our financial security is to try new things and broaden our income base. Are you ready to get started? I am. Without further ado, it is my true honor and pleasure to welcome Dr. Nisha Mehta to the podcast. Hi, Nisha. Welcome.

NM: Hi, Heather. Thank you so much for having me. I have been following your work for a long time and think it's wonderful what you're doing to give physicians different avenues, and I'm really just so honored that you invited me to be on the podcast.

HF: Well, the feeling is mutual, and I love going in your Facebook groups because, hey, I learn a lot because the discussions are really interesting. You cover a great range of topics, and I also like contributing where I can be helpful. Thank you so much for all the work you do to have these groups running and be so vibrant.

NM: Oh, thanks. I think the community has always sort of led us, so we go where they go. And so, yeah, there's always a new topic, depending on what's going on in people's lives and what things they're thinking about. I think we've reached enough people there that there's always something new. So that's what makes it fun for me, too.

HF: Well, it's not every day that someone starts a Facebook group and maintains it and grows it to the heights that you have. I'd love it if you could share a little bit and connect the dots of how you started as a radiologist and then how you have this really dynamic community going.

NM: Yeah, I wish I could say it was an intentional pathway. It was not. I actually had a little bit of downtime between jobs back in 2015. My husband graduated fellowship and we started a new job and unexpectedly moved to a new location. And I started writing just for fun about things that I wanted to see change in medicine while I was waiting for my credentialing to go through at the job that I was about to start. And so, I was just starting to write about all these things about the culture of medicine, changes that I wanted to see, health policy issues.

I think for a number of reasons, I was sort of in the right place at the right time talking about physician burnout. And nowadays, you can't go anywhere without hearing about physician burnout. But at the time, nobody was really talking about it. And so actually, my mentors were emailing me saying, you can't talk about this stuff like “You'll never get a job, you're going to professional suicide.” All these things. And I was about to take a job where I knew that there wasn't a huge pathway to upward mobility.

And so I was kind of like, I'm good. I want to talk about these things. And so I think I hit a nerve sort of at the right time. And I started getting invited to speak at a lot of places or invited to write at a lot of places. And all of a sudden, I found myself in this sort of side gig world that I hadn't ever really intended to be in. I was a pretty conventional doctor all the way through up until then and had been an academic radiologist before then.

And I didn't know a lot about side gigs. One of the things that I wanted to do was pick the brains of other doctors who were doing things outside of medicine to see, “Hey, what is this thing called like a 1099? And what does that mean for my taxes? Or how much should I be paying when they asked me or asking for when they asked me what my rates are?”

At the time, it wasn't like there was an easy way to have a chat group like WhatsApp wasn't being used nearly as much, things like that. I just decided to use a Facebook group because it seems like an easy way to get people together in one place. And I added a few of my friends who are people that I knew of that were doing things outside of medicine that were physicians. And they just started adding their friends that were doing things outside of medicine that were also physicians. And before we knew it, about a year and a half later, we were almost at 15,000 members. And life just kind of changed really quickly in regards to the group.

It really has led me over the past few years where I've sort of had to change my life to revolve around how the group has sort of changed its dynamics. Like you said, I didn't intend on coming down this pathway. I'm not really quite sure exactly how I got there because I've just followed cues.

But we've just changed to reflect what it is that people are looking for. We started out as purely talking about side gigs. And then we realized that in order for people to be successful at their side gigs, they needed to understand business and finance. And those were all things that we hadn't learned about in medical school. So we started talking about those topics as well.

And then when we got big enough, I think somewhere around when we hit 45,000 or 50,000 physicians, all of a sudden we had people in the communities saying things like, “Well, we know that this is about business and finance, but also my mom fell down the stairs in California and I need somebody to see her tomorrow morning. I live in New York. Can somebody help out?” And we were like, “Oh, okay. We're doing a physician lounge now.” And so we added that aspect of things onto our community offerings with that linked group physician community, which now has about 76,000 members in there.

Like I said, we've just been following the cues of the community and trying to respond to what it is that people have been wanting to do. And along the way, I've gotten to learn a lot about a lot of different side gigs, why people make the decisions they do in terms of picking the side gigs that they do and what things are essential for doctors to know about each of those side gigs. And so, it's been really fun for me because I always tell people I feel a little schizophrenic from day to day because one day I could be talking about expert witness work. And the other day I'm learning about my own stuff with speaking. And then the next day I'm learning about buying a franchise. There's just always something new to learn because each of these things could probably be a whole focus area in and of themselves. Yeah, I'm constantly learning alongside everybody else, but it's been a really fun journey.

HF: Your Facebook groups are incredibly well organized, and you've taken a lot of effort and care to curate them well and also have a lot of content that people can go to at length and find additional information. We'll definitely be telling people how to find your Facebook groups, et cetera. But since we are talking about side gigs, I want to start beginning to help people think about this topic. And something that can happen to us is we hear about something, someone says, “Oh, I'm doing this.” And they're like, “Okay, I'm going to do that too”, without really asking a lot of questions about, “Well, is this right for me?” I think you have a great way of helping people start at the beginning and do the thinking for themselves. So how would you like to start us off, Nisha?

NM: Yeah, I think that that is the thing. You have 100,000 something people in that community, and everybody just wants to post, “What side gig should I do?” And the thing is, yes, that is the right question, but that is not the right way to get the answer because the answer for each person is going to be different depending on what they're looking to get out of that side gig. Ostensibly, there are probably a few themes that everybody would ideally want.

Most doctors are looking for extra income through their side gig. Most doctors are looking for some tax advantages, potentially. There are those sorts of things. But then there are all these other reasons why we do side gigs. Some people are just doing it to scratch a creative itch. And yeah, if they can make some money from it, that's great. Whereas other people are really looking to be more intentional about the pathway, create a substantial income stream, and potentially even transition to doing that full time.

And so, that spectrum of how you pick which side gig is right for you is going to depend on what your long-term goals are. The first sorts of questions that I always ask people, I'm like, “Well, what's your why? What is it that's forcing you to think about doing a side gig? Is it just, hey, I'm hearing about other people doing this, and this is just FOMO? Or do I have an actual reason?”

Because the big thing that you really want to keep in mind here is that all of this stuff is additional work for you. This is all going to be stuff that is taking you away from time with your family. You already have a job, presumably.

And so you want to be intentional about why you're spending that time, and you make sure that it's not contributing to your burnout, and that it's getting you to a bigger goal. Figuring out what that bigger goal is. Is it “I need to make X amount of money so that I can pay my student loans off?” Is it “I'm trying to switch to a nonclinical career eventually, and I want to put my foot in the water beforehand?” Asking those questions is going to determine which sort of pathway that you take.

I think the first thing that most people should ask themselves is, “Is this really just a side gig that's bonus money? Or is this something that's a substantial income stream?” Because obviously, there's a different amount of income potential in each avenue. And I could say, hey, most arts and crafts are probably not going to get you money that rivals your physician's salary. But that's not always true. You could have a wildly successful business idea that actually does end up surpassing your physician income.

But if we talk in averages of what most people's typical routes are, most physicians who write a book are not going to be a number one bestseller and then eventually transition their lifestyle into being a writer. Writing jobs will typically pay a little bit less, but they could be something that really brings you happiness or fulfills another purpose or creates your brand so that you can monetize it in other ways. Again, being really, really intentional about what that long term goal is.

Also asking yourself, “How much time do I have for this side gig?” And that is something that's going to vary a lot depending on what your stage of life is and what your reality is. Are you someone that's got 15 minutes a day to learn about something? Or are you someone that has three or four hours a day to dedicate to developing this out? And how much of this work is trading time for money in terms of, “Hey, I have a consulting gig that comes to me. I do it in that moment. I make money and then I move on versus am I building something like a business or something that's a recurring revenue stream that's going to be a more steady income stream, in which case I'm going to have to put time in steadily day to day.”

HF: These questions are great. What are other ones that they should be asking themselves?

NM: Yeah, the other things that I tell people to ask themselves, “Do you have any restrictions from your job?” Sometimes your job is going to regulate what it is that you can and cannot do on the side. Some jobs have restrictions about, “Hey, you can't do anything else on the side.” If you're an academics, there might be some ownership that they might take in any side revenue streams that you have. So taking into consideration those sorts of things in terms of what you're allowed to do and what you're not allowed to do.

Some jobs won't allow you to moonlight, for example. If your side gig was going to be locums or moonlighting, that might be something that's closed off to you if your employer prohibits it.

Again, asking yourself, “Do you have upfront capital to invest in this or is this something that you're starting from scratch?” If you want to start a venture capital firm as your side gig, or if you want to develop a medical device or if you want to buy a business, you might need some money up front and you might need to save up for that. Whereas if you're doing something like writing or speaking, you could start that with no money in your pocket. Asking yourself kind of what you have to invest, not only in terms of time, but also in terms of money, is important.

And then, of course, asking yourself, “What are your advantages in this particular field that's going to make you competitive in this side gig?” One thing that I see a lot of doctors making a mistake on is just doing something because it's in vogue and they see a lot of people being successful in it. And oftentimes, those are the hardest niches to break into.

If you say, I want to talk about burnout, for example, well, nowadays, there's a lot of people talking about burnout. A lot of people will come to me and they'll say, “Well, how can I get some more burnout speaking gigs like you?” And I'm like, honestly, it's really hard at this point, because there's just so many people who want to talk about that. So it's better to create your own niche about something that you're really passionate about that you have a unique area of expertise in, and then the opportunities will come to you and you'll be known as that go-to person in that field, which is a lot easier than trying to compete for the same gigs as everyone else.

That's a similar thing, Heather, I'm sure, as you've seen with physician coaching, for example. You really want to have a niche. Because if you just say, “I want to be a physician coach”, well, in the last five years, there's been this incredible proliferation of physician coaches. And what is it that sets you aside and brings you your business? Thinking about where you have an advantage.

I think those are the big high level questions. And things also like what do you want in terms of tax advantages? Because if you really are doing this because you want tax advantages and things like real estate, things that are going to give you a lot more write offs and 1099 deductions are going to be maybe more important than something like clinical work or moonlighting that might not bring you as many deductions.

Really keeping an eye on what your goals are for the side gig, I think is the first thing that you have to do is just literally sit down and write down. These are all the things that I'm hoping to accomplish from the side gig. I'm hoping to be really famous. I want to be on the board of a company one day. I want to be known as an influencer or a kinky opinion leader in topic X, Y, and Z. Establishing what those goals are is going to help you to narrow down what are a potential field of thousands and thousands of side gigs.

HF: Okay, you came up with a really great list. I'm just going to repeat it so people can jot this down. If you're driving, just come back to this or send the transcript. Number one is, what is your why? And that's what can include how much money do you want to make? Number two, how much time do you have to do this side gig? Number three, do you have any restrictions for doing work outside of your main job? Number four, are you going to need to invest some capital on this to do it? Five, what are your unique advantages that you bring to the table for this area if that's pertinent? And number six, are you needing some tax advantages for this work?

All right, I am super excited to dive into more specifics of these side gigs. But before I just want to share a quick resource with you. Don't go away, we'll be right back with Dr. Nisha Mehta.

I wanted to tell you about my LinkedIn course if you haven't heard about it. This is LinkedIn for Physicians. It is a video course with 22 lessons that help you optimize your LinkedIn profile and create one from scratch if you don't have one already. And this can be great if you're doing side gig work because you can put the side gig that you're interested in or already doing as keywords throughout your profile in different areas.

And you can also have call to actions for people to reach out to you if they're interested in hiring you or talking to you about this area. This can be helpful because you can even be asleep and opportunities can come to you. I've had clients who get AI consulting opportunities this way, doing other types of consulting, chart review work, and other opportunities.

If you'd like to learn about the LinkedIn course, you can go to doctorscrossing.com and at the top of the page, hit the products tab and you can learn more about the LinkedIn course. I'll also have a link for you in the show notes.

Now back to our wonderful guest, Dr. Nisha Mehta, and we're diving into these side gigs. All right, Nisha. I'm sure people are really interested to hear about some of these different opportunities they can do.

NM: Yeah. Let's go concretely into some examples of side gigs that are very popular. I like to start by just approaching these as medical side gigs and non-medical side gigs because I think that already kind of lays out a separation because obviously the number of non-medical side gigs is really vast.

But within the medical side gigs, the advantages of doing a medical side gig are obviously that you already have a skill set that's pertinent. In many of these cases, you don't need to acquire a different skill set. You can just use the skills that you already have and expand the scope of what you do. And generally, the medical side gigs tend to pay more as a baseline amount. Now, the non-medical side gigs may have more of an ability to scale, but in terms of a baseline rate that is at least somewhat similar to what you make as a physician, the medical side gigs are going to give you a better chance at that.

Talking about some of the most common medical side gigs, you've got consulting as a really, really popular one. That's probably one of the most popular that we have on our community. The nice parts about that is that they're flexible. You can do them on your own time during periods of time, your periods of the year that are busier, you cannot do them. And during periods where you have downtime, you might want to take on more of these sorts of things. And you always have the option of saying no.

It's a nice, flexible side gig. It pays very well, generally speaking. Most physicians will make at least $250 an hour consulting, but we've seen people that make up to $1,800 or $1,900 an hour consulting, depending on how niche their expertise is. So that's a very, very popular one.

A lot of consulting gigs can come to you when you're not even expecting. Somebody might reach out to you and say, “Hey, I heard you're a cardiologist and I'm doing this project.” We have a consulting database on our groups. And we regularly, I think this week we're running four projects. So we will regularly connect people to consulting opportunities when companies come to us looking for physicians. And then there's also networking and branding yourself so that more of these come to you more actively.

So really, if there's an area that you want to be known in as a leader, making some effort to set up your own website, to go to conferences where people that are in this field tend to be, and just really doing some intentional networking, and actually speaking of Heather's area of expertise here with LinkedIn and being intentional about who you're networking with on LinkedIn and what you're putting out there to the world on LinkedIn can really lead to a lot of great consulting opportunities. That is one that I think is very popular and really great for physicians because of the flexibility.

A small subset of that is the area of paid medical surveys. And we have a lot of our physicians do that too. Those are sort of love them or hate them because there are some downsides related to them, but they are extremely flexible. Literally you'll get an invitation in your inbox if you've got time to do it. And it seems like something you'd be interested in doing. And it seems to pay what you'd be, if you're sitting in line at carpool and you've got 10 minutes and you can pound out a quick, easy way to make some extra cash for groceries, that could be a really good little side gig for you as well.

Expert witness work is very, very popular amongst our physician community. That is obviously one that you don't need an extra skill set for. You've already got the skills that you need. You are an expert. Obviously you can always hone the business side of things a little bit more and you'll learn that as you go. But that is one that pays very well.

Most of our physicians make somewhere between $350 to $850 an hour doing expert witness work. But again, the sky's the limit on that, depending on how niche your expertise is and how much you get involved in just chart review versus actually testimonials and more detailed things.

Medical writing is very popular. Lots of people looking for content these days. So lots of opportunities to get involved in things like board review or writing for companies or even getting involved on the pharma side of things with some writing. Lots and lots of medical writing opportunities.

Telemedicine. A lot of people really like the idea of working from home and doing telemedicine. I will tell you that that area has gotten a little bit more difficult these days for physicians. There's a lot more requirements. A lot of times you may have to supervise non-physician providers. And so you have to decide whether you're okay with that.

A lot of them are very volume-based and the reimbursement has gone down significantly post-COVID. And so, not as great of an option for many people as it used to be, but certainly still there. And there's always going to be companies evolving in that space and looking for physicians there.

Locums is a great way to make extra money. You just do what you've been doing, but you do it outside of your job. And that pays generally pretty well, especially if you're willing to go into a rural area or someplace where there's demand or holiday coverage, you could end up making a lot in a day.

There's chart review options, which I know that Heather has talked about a lot in other episodes. Product creation, medical device development, clinical research, being a startup advisor for a health tech company or a digital health company in some way, doing things like obesity medicine, health coaching. Those are all patient care navigation. Those are all ways that you can use your skills as a doctor to develop a side gig.

HF: This is a fantastic list. Again, I'm just going to read it so it's fresh in people's minds. You mentioned consulting, being an expert witness, medical writing, telemedicine, locums, chart review, product creation, tech advising for a startup, patient navigation. There was another one I think I missed in there.

NM: Clinical research, obesity medicine, lifestyle medicine. Lots of different health coaching arenas.

HF: You can have a niche practice, you can do coaching and things like that. So I am sure that people are asking a common question, which is, “Well, how do I start? What exactly does a consultant do? How would I even begin?” Now, I know we can't dive into the weeds here, but can you just give a few tips? Because I know you see this all the time for people who are asking this kind of question, how to.

NM: Yeah. We have dedicated sections on each of these on our website. If you go to physiciansidegigs.com/side-gigs you can look and see dedicated articles on each of those and pathways within them. But basically what you're going to want to do in each of these things is to research the available opportunities that are available in them. Some of them are going to come to you because you build a brand. The consulting, the expert witness, a lot of that is getting your name out there.

There are also lots of paid databases and unpaid databases. Ours, we don't charge the physician for at all for using. There's free ones, but there's also paid ones that you can get so that people will bring you opportunities.

I'm a big believer that you create your own opportunities. While these databases are great, I think the more branding you do and the more networking you do, the more of those opportunities you'll get organically and you're not depending on somebody looking to find them. For things like telemedicine, locums, there's lots and lots of different job boards out there that you can search. There's actually organizations for things like chart review. And so, each of them has sort of a niche website or set of places where you can look for those sorts of things.

A really good way is just to talk to people that you know that are doing that thing and they will connect you with opportunities or tell you how they got started. And I think that that's one of the best things about some of these physician communities out there is really the ability to network and be able to find out how people got started and then emulate their pathway.

If you see somebody doing something that you really, really like, or you're really interested in, don't be afraid to reach out to them and say, “Hey, how did you get started with that?” I think that's a pretty good way.

And then for things like medical surveys, we have a site that's just physiciansidegigs.com/medical-surveys. You can sign up for a host of companies and they'll just show up on your inbox. Some of it is just a matter of signing up so that you get opportunities. But in other situations, you really have to create those opportunities. Especially if you want to be a startup advisor or something like that, that's going to take some intentional networking and going to relevant conferences and things like that.

HF: That's a wealth of information. And it really is true, guys, that her Facebook community is excellent with resources and people to help you. So don't let the “how” shut you down, because that often happens. They just say, “What's the next logical step I need to move five inches forward?” And then just do that.

NM: I think that once you get a passion for something and once you decide you're going to do something, we're very resourceful people as physicians. It's really more a matter of deciding what it is that you want to do and what you want to learn about. And then you'll go down the rabbit hole pretty quickly and be connected to things pretty quickly.

HF: Now let's go on to the next category, which is non-medical side gigs.

NM: Yeah. That's such a vast category because you can literally monetize any passion that you have. That's where I would ask you to think about, “Do you want to do something that is pretty cookie cutter following the rules like real estate, for example?” There are very concrete ways to learn how to invest in real estate. And you just follow that algorithm and you do it and you can invest in real estate and create an extra income stream. Investing is the same way. Again, those are tried and true things that we teach in the communities a lot for how to invest, how to invest in real estate, how to invest in the stock market. If you want to get creative and invest in other things like angel investing or venture capital, those are more tried and true sorts of pathways.

But then there's all the creatives. There's if you want to be a speaker, those are those can be extremely lucrative. That's a lot of what I started out with my side gigs with. And you can really make a lot of money as a speaker. As a pharma speaker, you're probably not going to make as much. But if you develop a brand in a niche, you could easily see yourself getting over five figures per engagement pretty routinely. And so, it's really just a question, again, of developing that brand.

Some people really like developing courses. If there's an area that you have expertise in, that's a nice way to create some passive income. After you put that upfront effort into creating the content, then you learn how to market that course. And then you can actually create money while you're sleeping because people will buy your course and they'll take it.

Podcasting is another great way that can be monetized. If you have sponsors or other sort of influencer type content, people on social media all the time. You've got the TikTok stars and the Instagram stars, and they find people that sponsor them and give them brand partnerships. And we see a lot more physicians doing that these days. I think probably everyone listening to this can name off a few people that they've seen on social media that have found ways to monetize that brand.

We talked a little bit about coaching. There's lots of different things that you could coach in. You don't have to coach just physicians. You can coach people in other skill sets that you may have.

Franchise, like buying a franchise. If you wanted to buy a Mathnasium or you wanted to buy a Kumon or you wanted to buy a Dunkin' Donuts or a gas station, those are all great ways to develop some other revenue streams. Just be aware that those really, in a lot of the cases, can be another full-time job and staffing is a real issue.

And so sometimes when people talk about things being side gigs, you have to realize they're side income streams, but they're really another full-time job in and of themselves. This is what I was talking about earlier in terms of really deciding how much time you have to committing to that. We have a lot of writers on the group that are doing things like publishing books or those can be fiction, non-fiction, medical, non-medical, they could be short stories, they could be novels, lots of different ways to monetize writing if that's something that you're interested in.

We have people that have been developing apps, some of them in the health tech space, some of them just for other things that they have an interest in. A lot of doctors have lots of talents. We were all very talented before we got into medical school so that we could get into medical school, and some of the most creative things we see are people coming back to those passions and saying, “Hey, I have an eye for fashion and I want to design a clothing line, or I have a real ability to paint or do photography and I want to monetize that and sell that.” Again, in the non-medical realm, the possibilities are endless. It's really just finding a passion and then finding a way to monetize it.

HF: That's interesting you mentioned all these things because people's minds are probably spinning because we often gave up passions and interests to become physicians, and here's your chance potentially to come full circle and bring them back. I had a client who, while she was working in her full-time practice, started a dessert franchise. It opened during the pandemic and there were lines down the sidewalk, which was phenomenal. She did have a manager running it, so she was able to still do her practice. But you're right, it is a lot of work, but we're used to doing these things.

NM: Some people scale these things and then they turn into their full-time jobs. Sometimes you just never know where chasing that passion is going to go. We've had so many examples of physicians in our community that have started something as a side gig and then turned it into a main gig. I think that's really exciting. Even if it doesn't turn into a main gig, just having, like we talked about before, having multiple sources of income streams so that if you do have some downtime between jobs, you still have some money coming in.

I think that's one of the empowering things about side gigs is the ability to walk away from a bad situation because you're not dependent on one source of income. That's one of the reasons that I'm so passionate about doctors in this healthcare landscape, having options, because a lot of times administrators assume that you have nowhere to go. They use that as leverage against you and they'll use your altruism against you. And if you can say to them, “Listen, I don't need the money. I can be without work for a month or two because I have this other income.” That's a really empowering way to get the life in medicine that you want because you have the ability to say no.

HF: I love that. We are not trapped. They're not golden handcuffs. We can do so many things. I'm really glad you brought that out. All right, we're just about ready to wrap up here. Is there any other side gig that you want to mention that maybe we left out?

NM: Yeah. The other thing to keep in mind is that depending on what your specialty or your situation in life is, there may be niche little side gigs available to you. One of the things that we have on our website is side gigs by specialty and then also side gigs by situation. We often see people going into the section for, for example, what to do if you're a retiring physician or you're looking to cut back. You'll see opportunities there like being a cruise ship physician or actually teaching is a very popular one. For example, for clinicians who are looking to cut back but they have all this knowledge and they could teach for a medical school or teach for a board review course or they could do private tutoring.

Those are all things that could pay very well, actually. I think most doctors know what they've paid private tutors for their kids. They know that that's actually quite lucrative and can actually also be a really fulfilling way to be able to teach the next generation.

Like I said, it's not always about the conventional side gigs. It's about what fills your cup and what's right for you at every stage in life. Thinking about what are those things that are really going to fit those goals and finding those side gigs. We have emergency medicine doctors that do a lot of wilderness medicine side gigs where they go out and lead retreats or take people into the mountains, or they'll do concierge medicine where they're at concerts or things like that.

Lots and lots of different options depending on your exact niche, but certainly take some time to explore the different options that are available to you. See what other people are doing. Find your inspiration and a lot of times you'll find your own tangent or your own spin to put on those things.

HF: Well, this has been so wonderful, Nisha. Thank you so much for coming on and sharing your knowledge. Please, everybody, make sure to check out her Facebook group. A lot of people say, “Well, I'm not on Facebook. I don't do Facebook. I had to shut it down.” But you can literally just have an account to be able to use these physician groups and other resources that are so valuable. Reconsider that if you've been off Facebook for a bit.

All right, Nisha, would you like to tell everybody again where they can find you?

NM: Yeah, absolutely. To your point about not everybody uses Facebook, we're quite aware of that. We're on most social media platforms with that @physiciansidegigs and we have a website. It's just physiciansidegigs.com and that will link you to not only our physician communities, but also so many of these resources. There's a tab there that says Side Gigs and you can actually go through by specialty, by medical, non-medical situation in life with board certification, not with board certification, completed residency, didn't complete residency, retiring, all of those sorts of things. We've probably got something for you to give you some ideas. So, we look forward to interacting with you in whatever way fits your life and where you like to hang out.

HF: All right. Well, thanks again. It's been so wonderful to have you here. To my dear listeners, it's always a delight. Please feel free to share this podcast with anyone. I'm sure there are a lot of physicians out there who would love to know more about side gigs and would like to have some great resources. So, share the podcast far and wide. And as always, don't forget to carpe that diem and I'll see you in the next episode. Bye for now.

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Podcast details

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