**EPISODE 197 ChatGPT: An Incredible FREE Resource For Your Career Transformation**

**With Dr. Heather Fork**

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HF: “Are you wondering what a physician does in a nonclinical job day to day? What are my options? How to make your resume stand out for a specific job? How do I answer this question? Tell me about yourself. Perhaps you want to do a side gig or even start a business, but you're stymied because you just don't know where to begin and it seems too overwhelming. This episode's for you.”

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.

Hey 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 197. In preparation for this episode, I've gone down memory lane to remember some times in the past when my mind has been blown by new technology, because today we're diving into the mind-blowing artificial intelligence tool, ChatGPT.

One of my earlier memories of having my mind blown was in the 70s when I was a kid and kind of dating myself, but I had a best friend and her name was Bonnie Liet, and her family was always getting the newest gadget or whatever the thing was to buy. And I was over at her house, and she said, “Heather, we have a microwave.” And no one had microwaves at that time. We went ahead and we put some ice cream in the microwave with some fudge sauce on it, and we turned it on. And I remember watching that ice cream go around and around and starting to melt and the chocolate started melting. I just thought that was the most amazing thing ever.

Another mind-blowing development was the word processor. Now, I don't know about you, because I'm older than a lot of you, but when I was in college, we used typewriters and erasable bond paper. Writing a term paper was such an ordeal because you might get halfway through and realize you want to change the order of things, and you had to retype everything, and it was messy, and you couldn't just do a spell check on it. And so, when the word processor came along, that was another amazing, mind-blowing advance in technology.

And then, of course, we have the computer, the cell phones, and now we have artificial intelligence. And as with any of these developments, there are pros and cons, but we definitely don't want to stay away from them because there are a lot of advantages. And you may already be using ChatGPT or a different AI tool, but if not, or if you want to learn more about how this tool can help you in your career journey, this episode's for you.

I'm curious if any of these things are challenging you right now at the crossroads, are you wondering, what are my options? I have no idea what I can do. Are you wondering what a physician does in a non-clinical job day-to-day? Perhaps you might be curious how to make your resume stand out for a specific job, or maybe you're at the interview stage and you're wondering, “Well, what questions are they going to ask me? How do I answer this question? Tell me about yourself.” Or perhaps you want to do a side gig or even start a business, but you're stymied because you just don't know where to begin and it seems too overwhelming.

Oh, yes. Another area that’s helpful that we may not even think about is how to have a challenging conversation. Maybe there's something you need to talk to your partners about, or you need to give feedback to your MA, or maybe your spouse is doing something that's irritating you. You can ask Chat, how do I connect this conversation?

I affectionately refer to Chat as Einstein meets Da Vinci meets Dear Abby. And this speaks to the incredible knowledge base, creative abilities, and capacity to help with emotionally challenging situations that Chat is capable of. And for simplicity going forward, I am just going to say Chat instead of ChatGPT.

Without further ado, let's dive into a deeper look at how specifically Chat can help you with these situations that I mentioned above. Pobably the most common question that I get, and that I also see in physician nonclinical Facebook groups, is “What are my options?” Chat can really help you out here because you can go onto the site, chatgpt.com, and it's free. We'll talk a little bit later about the paid version, but you can just go on and put in a prompt.

You can enter in a little bit of information about yourself, your specialty, how long you've been in practice, even some interests that you might have and say, “Can you give me a list of 10 different nonclinical options?” You can also say, ‘What might be some ways I can diversify my clinical platform to do something different? It doesn't have to be nonclinical, obviously, it can be anything.”

And then Chat will give you a list. You can then look at the list, and if one area interests you in particular, say, well, can you give me more details about this particular sector? And then you can dive into compensation. What are the qualifications? What's a typical day like? You could even say, give me a sample job description. There's no end to the kind of questions you can ask. And I did an earlier podcast episode, 147, and I'll link to that in the show notes. 147, where I spent a lot more time giving specific prompts that you can use for these types of questions and the kind of answers that you get from Chat. That will give you a lot more information for this type of area. That will give you a lot more detailed information for this kind of questioning at the crossroads.

Let's say that you've narrowed down a job sector that you're interested in, and you want to convert your CV to a resume. Well, you can start by asking Chat, “What's the difference between a CV and resume?” You can also put in your CV and ask Chat to make a resume template. In my own experience, at this point, I like to have my clients create their own resume template first, and then Chat can help with the summary statement and having bullet points that describe your accomplishments and your skills and competencies.

You can also have Chat proofread your resume and check the formatting. Always get the caveat, though, that double check Chat, because Chat's not perfect. Chat is known to hallucinate, which is makeup information sometimes, and it's not always 100% accurate and proofreading. Always double check everything.

Once you have your resume done the way you want it, you can customize your LinkedIn profile, and Chat can be helpful here. One of the things that challenges people is writing their summary statement on LinkedIn. You can look at some examples on LinkedIn, and then you can come up with your own, and you can give it to Chat and say, how might you improve this? Or this is really what I want to emphasize about my skill set. Or help me be more engaging in my summary statement. So Chat can help you with that.

Another really great use of Chat on LinkedIn is helping you craft messages that you're going to send when you reach out to people to network with them, to invite them for informational interviews. For example, you could give some information to Chat about this person's profile. You can copy and paste some information and say, “Chat, please write a 300-character message to reach out to this person.”

Because what I see happening so often in so many of these things is we get stuck just getting started. We stare at a blank screen or a blank piece of paper. We don't know what to put in the message or the email or start with our resume. And so, we just don't do it. But if you use Chat to get that parked car into gear, you can start rolling down the road and get moving.

And another thing that's pretty phenomenal is when you ask Chat to write you a cover letter. You can put in your resume, and then you can put in the job descriptions. You're going to be attaching and uploading these documents or copying and pasting them into Chat. And then you say, please write me a sample cover letter. And then you hit Enter. And it's phenomenal. Right away, boom, Chat is writing this cover letter for you. And then you can read it.

And you might want to say, “Okay, I like this, but I want you to put more enthusiasm into this letter. Or I want you to emphasize this project that I did.” And obviously, you are not going to just send this cover letter off when you apply. This is to help you make it your own, something to work with. But you never want to sound like you've used AI on any of your documents. I know that just goes without saying.

All right, this next area is even more phenomenal, which is interview prep. It's not uncommon for you to apply to a job. I don't mean you personally. But apply for a job, and you don't really expect to hear from anyone. But then your phone, you see someone calling on your phone, and you pick it up. And it happens to be a recruiter. And they catch you off guard. And they might even start to ask you some questions right then. Or they want to schedule something for the next day or two and you're not prepared.

Well, if that happens to you, what do you do? You say, “Okay, let me call you tomorrow.” And then you go on ChatGPT, and you put in a job description, and you say, “Chat, give me 20 interview questions that they might ask you.” And you get all these great questions. And you can also have Chat give you feedback to your answers.

For example, there might be a question such as, “Tell me about a time when there was conflict at work and what you did to address the situation.” And so, you put in your answer and say, Chat, give me feedback on this answer. And then Chat will. The neat thing about Chat is it's so interactive. It's really like interacting with a human being that's really smart, really fast, compassionate, and always has your best interests in mind in terms of it's not going to be critical or make you feel stupid or dumb or anything like that. Yes, you can use Chat for real-time interactive feedback on preparing for your interviews.

Now, I had mentioned earlier that Chat can help you out if you need to have a difficult conversation with someone. And I have an example here. I was working with a client, and he said I could share this example. He was in a group practice, and he really felt like the partners were devaluing him. They weren't really appreciating him. He was working hard, and he had good patient reviews, but his compensation was actually going to go down.

He was very upset about this, and he wasn't sure whether he just wanted to leave or whether it was worthwhile to address it. I said, okay, well, let's open up Chat here, and we're going to put in the information about your situation and ask for advice. We're sitting there on Zoom watching in real-time. Chat come up with an amazing response where Chat offers a lot of sympathy at first for your situation. That's the Dear Abby part, too, and then really helped him look at his situation but also explore the perspective of the partners and then give him a framework and talking points for addressing what was going on. And when he saw this, he felt more empowered that, “Okay, if I decide to do this, and this does seem more doable, I have a plan.”

Another way that you can use Chat as Dear Abby in a sense, is say you're struggling with anxiety. You're worried about a case that you have tomorrow, or maybe you just dealt a long time with imposter syndrome. I kid you not, you just got to give this a try to let Chat know what's going on and see what suggestions Chat has. And even though it may not be anything new to you, there's something about being able to have this neutral entity give you some feedback and give you some help, give you some structure, and give you some empathy.

Now, this obviously should not replace a therapist or talking to human beings or anything like that, but I would be really curious for any of you who just try this out. I'd love to see what your response is and if you find it helpful at all.

Another area that I often see folks getting stuck is starting something that's a bit out of their comfort zone, perhaps doing a side gig or a business. That's a big new thing to do and it's not uncommon to have an idea about doing something like this and months and years can go by because it seems like too difficult to figure out the steps. Perhaps you might want to look into being an expert witness or a consultant or doing some freelance medical writing.

Maybe you would like to start a direct primary care practice or a weight loss clinic or maybe a coaching business, a llama farm, or a donut franchise. Like, who knows? It doesn't matter. Maybe it's a doggy daycare business. It doesn't matter what it is, but it can be fun to dream about it but seem impossible to even figure out where to begin.

Well, I know you know the answer to what I'm going to say. So, I'll just give you an example. I had a client and he wanted to start his own practice that was going to be a combination between traditional medicine and integrative approaches. We went on Chat and we started brainstorming a name for the business. And then, because we were on the paid version, we also were experimenting with a logo because the paid version, which is $20 a month, can create images, graphics for you, whereas the free version, the 3.5 version, is text only.

And then we had Chat give him the steps to set up this business entity and look at different corporate structures. And then he had a date when he wanted to have his opening for the business. We said, Chat, give us a week-by-week schedule of all the things that he needs to do to be able to start this business on this date. And then, boom, there was the outline. And obviously, this is not going to be exactly what you're going to use, but it helps you go from overwhelm and procrastination to clarity and forward movement.

I had a client I was working with and she said, I could share this too. She wanted to have her first day-long wellness retreat. And her assignment for homework was to come up with the program, what she wanted to have during this day-long retreat. And when we met the next time, she had not really gotten that done. And I know she said, “Oh, okay, it's kind of just hard. I'm just too busy and I haven't gotten to think about it.” I said, okay, let's go to Chat. And she had not used it before. And so, we put in a little description of, can you give us this day-long wellness retreat? Hit enter. And at femtosecond, there was a day planned out. It started with some meditation and some yoga and she could give a talk on mindfulness. And then, there was a healthy lunch and some walking meditation and then some different things in the afternoon, some Q&A. And she just started cracking up.

She's Nigerian and she has this amazing infectious laugh. So, we were just cracking up. And I loved how just thrilled she was with this. And we also did the same thing with her, where we had Chat give her a week-by-week outline of the steps you would need to do to have this wellness retreat done by this specific day. And then, she cracked up again when she saw that come out so fast.

I know that I'm stating the obvious here, but as helpful as Chat can be, and you can tell that I love it, we, of course, don't want it to be a crutch and we don't want to become overly dependent on it. Just as microwaves are very convenient, it's not a great idea to be microwaving all of your food.

You can use Chat as a learning tool and use the results to improve your own abilities. For example, if you want Chat to help you brainstorm, start by generating some ideas on your own and then see what Chat can add to your list. If you use chat to finesse your writing, study the recommendations it provides and incorporate the elements you like into your future work.

A question you might be wondering is, “Well, what about privacy issues using ChatGPT?” All communication between your device and chatGBT is encrypted. All personal information and it's anonymized to protect your identity. And you can delete all chats when you are done with them. As I mentioned above, you can find ChatGPT at chatgpt.com. I will link to it in the show notes.

The free version, which is 3.5, is really adequate for almost anything you could use. The paid version, 4.0, is $20 a month and you can use it for creating images and graphics. Sometimes it's a little faster and quicker to use than the free version, but I haven't encountered any issues with the free version.

Lastly, I wanted to mention my resume kit and the LinkedIn profile. These are resources that could be helpful for you. As I mentioned, I have not found Chat to be that helpful in creating a resume from your CV. That could change because artificial intelligence is improving all the time. But for now, if you want help with creating your resume, my resume kit walks you through step by step how to convert your CV. And it does that by giving you templates that you can use. There are videos with instructions. The resume kit also comes with a cover letter bonus that gives you samples of cover letters and a template on how to write your cover letter. This would be a great way to get started and then you can use Chat to customize your resume for specific jobs.

The LinkedIn course is great for you if you have never been on LinkedIn or if you want to optimize your profile. It has 22 videos which are short and sweet and come with cheat sheets that walk you through step by step every section of your LinkedIn profile. It shows you how to send messages, edit sample messages for reaching out to others. There are also instructions for how to search for jobs and apply for them and all sorts of goodies, including how to search anonymously when you're on LinkedIn.

If you would like to explore either of those, simply go to the doctorscrossing.com website and go to the products tab at the top of the page. I will also have links for the resume kit and the LinkedIn course in the show notes and they come with a money-back guarantee.

All right, my dear listeners, thank you so much for being here. I really appreciate you. I think of so many of you as I'm sitting here at my microphone in my studio and I know it can be really hard out there and I do this because I want you to be happy and I want your career to be at least a 7 out of a 10 and hopefully higher. Please share this podcast with anyone that you think could benefit from it.

I love ChatGPT as you can tell. It's a game-changer. It can save you hours and hours and also really help you with finessing any changes that you want to make, doing them sooner, doing them well and having fun in the process.

As always, my dear friends, 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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