

## **Ethical Leadership & Global Citizenship**

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My experience as a Laidlaw Scholar has been such an enlightening one. My two years within the foundation and taking the title as Laidlaw Scholar has shown me the leader I both want to become and am on track to become. The two summers I spent as a scholar and numerous LEAD days have allowed me shape my understanding of ethics, my global role in the world as one of its citizens and my aura as a person.

I applied for the programme with a brief understanding of ethics. Right from wrong. I did however come toward the end of the programme with a much deeper appreciation and understanding of ethics, its principles, the reasons behind actions and the reasons behind inactions. I furthered my personal ability to propose reasons why one individual may have deemed an act ethical and another not. The LEAD sessions were perhaps where I gained the knowledge to come to this understanding. Understanding why people make certain actions or say certain things can have a huge influence on how you manage situations or prevent detrimental scenarios as a leader. I particularly enjoyed LEAD 4/5 where we received presentations from Dong Jin Kim on 'Conflict Resolution and Mediation'. Learning the complexities of conflict is useful in my career as a healthcare profession where both conscious and unconscious decisions must be readily made and often. This presentation taught me that conflict does not always lead to escalation and/or violence but rather through understanding the contradiction, perplexing the parties' attitudes and recognising their potential behaviours, we can work to resolve conflict. I learnt that often a conflict is far more multifaceted than we imagine, calling on interests, values and needs which may be negotiable or non-negotiable. My biggest take away was that conflicting parties must agree on a matter which resolves the central incompatibilities and accepts future existence of the other party and their views.

Implementing this insight into conflict gave me interest in the colonial effects on Puerto Rico – the geographical location of where I spent my Summer 2 as a Laidlaw Scholar. I gained a multitude of fulfilling and eye-opening experiences, one of which was working in a local HIV clinic. I got to see how their healthcare system operated and what the attitudes were toward vs attitudes here in Ireland. It was great both educationally and also in developing my professional aspect of leadership. Working alongside patients and other healthcare professionals alike in a new setting far from

the comforts of home or the English language was hugely important in learning to push through the imaginary barrier stopping me reaching my goals.

The summer experiences served a distinct importance in becoming the leader I wished to be. LEAD sessions were both inspirational and scholastic however true learning I felt took place in the 'field' where learning from LEAD sessions was put into practice. In Summer 1 I led the development and implementation of my research project 'TIDY-UPS' (Tips for Improving Disposal of Your Unused Pills and Potions Safely). My interest for this topic was and still remains exorbitant. I got the opportunity to design a project that took into account both my interests and academic learning whilst remaining in my field of study (Pharmacy). I worked alongside academics such as Dr Tamasine Grimes and Dr Sam Cromie, learning about research, gaining knowledge and most importantly increasing my confidence.

I applied to the programme with hopes of achieving a hybrid model between transformational and coach style leaderships. I feel as though I have been given the skills and opportunities to both learn and practice this leadership style. I believe this will aid me in my future as I aim toward becoming a leading clinician and academic in the healthcare field.

In conclusion, I have thoroughly enjoyed my time as a Laidlaw Scholar and wish I could do it all again. I have acquired so much knowledge, compassion and understanding of concepts I would have never been exposed to without The Laidlaw Foundation's support. I am unbelievably grateful for the guidance in leading ethically and contributing positively to society as a global citizen.

Muchísimas gracias a todos los que me apoyaron,

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