

My Personal Journey through the Laidlaw Programme

Being a Laidlaw scholar has thus far been one of my proudest achievements at university. The opportunities I've been provided with, the people I've met and the lessons I've learnt have now laid the bedrock of the leader and professional I hope to be in the future.

Despite having been in leadership positions prior to being a Laidlaw scholar, never had I experienced an emphasis on leadership teaching like I did in the programme. The way it culminated in an LiA as well, to help one utilise what they've learnt, was a very good approach.

There are several ways I developed as a good and ethical leader from the programme. The first is that I learnt how to balance being a leader within a team as well as letting others take control when it is in the best interest in the group. During the sessions with Adair and Daniella, there were multiple exercises where different members of the group I was in would be more suited to taking charge. Recognising this and having the humility to relinquish control when the time is right is a skill I most definitely honed over the past two years. This was particularly important when I was on my LiA and learning from other members of the medical team. Individuals like scrub nurses and biomedical engineers taught me a great deal on my LiA despite being in different roles to me. Having the patience to listen and the drive to learn helped me so much on my LiA and I credit the programme's leadership educational structure for that.

Another way my leadership developed was learning how to best negotiate. This again came from a session with Daniella and Adair and was particularly useful on my LiA. The exercises and tips we learnt from them proved useful on my LiA when conversating with patients trying to convince them that a certain management strategy would be of benefit to them. This would be difficult with a patient population who largely were not educated on their diagnoses and were driven by cultural taboos and norms over science.

Being a global citizen is something I've always strived to achieve in the future. Being a Laidlaw Scholar has enabled me to explore that deeper. Being a global citizen entails wanting to stretch my impact beyond the community I directly interact with on a day-to-day basis and to ensure that my work can transcend borders and help those in communities across the world. The Laidlaw programme has enabled me to do that by granting me a research opportunity which can lead to further work in the field and its application globally. Furthermore, the LiA itself was an opportunity to work in my desired sector in an underequipped system foreign to my own. Charity work is what I'd envision as reaching the pinnacle of my career in years to come and this felt like a taste of that and has inspired me even further to achieve that goal.

Going forward, I shall keep on remembering to stay humble and patient in leadership roles for the most desired outcome to be achieved. I shall remember to show empathy to those in my team and those I am helping and will always remember to stay vigilant in driving my team forward to achieve a goal.