IMPERIAL

LAIDLAW SCHOLARS

My Laidlaw Journey

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INTRODUCTION

My Laidlaw Journey has provided the incredible opportunity to work with international leaders in education, public health and child wellbeing from Imperial School of Public Health, Johns Hopkins School of Medicine, Bloomberg School of Public Health, Harvard University, the Rales Health Centre, Kaiser Permanente and Attendance Works, a leading USA charity.

LEADERSHIP TRAINING

One of the most rewarding aspect of the Laidlaw Scholars' Leadership and Research Programme is the opportunity to spend time with scholars from a wide range of disciplines, on an immersive retreat and leadership training sessions. Our training took place in the beautiful setting of Cumberland Lodge in Autumn 2025 and at Imperial in Spring and Autumn 2026. Engaging with team-building activities, leadership workshops, case studies, theory and a monk walk was phenomenal.









RESEARCH SKILLS

During the first summer of my Laidlaw Journey, I had the great privilege of spending ten weeks with research experts at Imperial School of Public Health and the Department of Primary Care. The placements offered invaluable exposure to both qualitative and quantitative research, deepening my understanding of research methodologies and their practical applications in public health, child wellbeing and dementia. I was excited to work under the supervision of faculty leads on a range of projects including a peer review of a cross-sectional secondary data analysis, longitudinal cohort research, systematic reviews, narrative reviews, Delphi methodology to gain consensus from multidisciplinary expert stakeholders and public health blogs. These diverse experiences strengthened my passion for public health and academic clinical medicine and demonstrated to me the importance of addressing broader health determinants and inequities in population health through preventative, collaborative, cross-sectoral care. This placement also taught me the immense value of international collaboration in advancing research and population health outcomes. It was an honour to join Imperial faculty at the RCPCH conference and to be selected to present my research at the Laidlaw Scholar's Conference, at Durham University in October 2025.



'ELEVATE' CONFERENCE

The opportunity to attend the Laidlaw Foundation Elevate Conference 2025 at HEC UK House was a phenomenal experience. With a keynote speech from Alexandra Daly, mentoring opportunities, and workshops on leadership, personal branding and circles of reciprocity, it was a wonderful occasion to meet other scholars from Laidlaw, Trailblazers and Women in Business, and to advance personal, professional networking and leadership. I am grateful to the Laidlaw Foundation for selecting me to attend this superb event.



LEADERSHIP IN ACTION





In my second Summer of the Laidlaw Journey, as part of Leadership in Action, I had the privilege of volunteering in US and UK children's charities, working at the Rales Health Centre, KIPP, Baltimore City and collaborating with Nepalese medics on an integrated education-health digital platform. I was honoured to write for Closler, to contribute to a US white paper comparing UK-US school systems, to work with thought leaders from Johns Hopkins, Harvard and Bloomberg, and to consider how to best translate our findings to the new neighbourhood models of health in the UK.

REFLECTIONS

The Laidlaw Programme has provided a fabulous foundation for my research and leadership skills, enabling me to recognise how leadership service, must draw together diverse perspectives, working collaboratively through complexity and navigating competing priorities, to achieve shared goals and lasting change. It has been an honour to be part of the 2025 Laidlaw cohort, and I am so grateful to all the educationalists, health leads, research experts and Laidlaw staff who have supported my progress to this stage of my career. Also, to all the amazing children who have taught me so much.



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