

Reflection – a personal perspective

Rajan Madhok

15 March 2023

Edgehill University



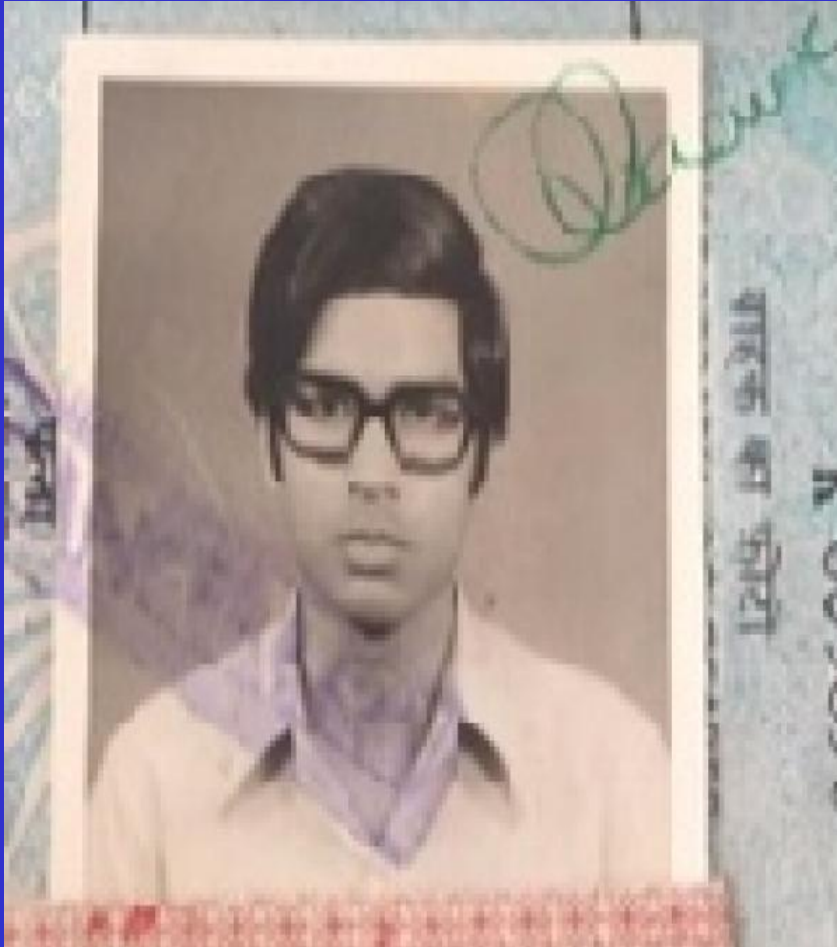
RaMa Reflections



THANK YOU FOR COMING!

I do not know, yet, what brought you to this website. May be someone told you about me or we have been on a session together, and you have something that you need help with? You have been told to do more reflection, go on a leadership course, have a mentor or a coach? Whatever the reason, you are welcome. Have a look around and if you like it then get in touch.

The immigrant



*Leaving for the distant shores
dream come true
going to Britain
new start, new life
excited and daunted
Will I make it
Will it be worthwhile
Will I miss folk back home
Will they miss me
Fast forward four decades
neither Indian nor British
pulled by both
resentful of both
India of youth gone
Britain has changed too
Or is it me
unable to adapt
rootless and restless
the first generation immigrant*

generation.

Listen to Rajan's three oral history interviews below:



Follow the links to the archive, to listen to Rajan's [first](#), [second](#) and [third](#) interview with a written summary accompanying each one.

You will need to be logged in to access this content.

Listen to Rajan reflecting on the pandemic and his message to future generations.



You can take a man out of the NHS, but not the NHS out the man. This may be the best way to sum up Rajan, as he continues in retirement to support the NHS in various ways:



Teach LEARN

For what it is worth

A compendium of reflective writings during a career in the NHS

Rajan Madhok

Compiled by Rajan Madhok as a thank you for the "Outstanding contribution to health services in the NHS and abroad" award, presented at the BAP10 Annual Conference in Cardiff, 9-10 Nov 2013

RaMa Reflections



I have been working with some organisations to promote reflection and add value to their programmes/projects – below is further information but please liaise directly with the relevant organisation to learn more about their specific programme.

◀ PREVIOUS NEXT ▶



SUPPORTING HEALTHCARE LEADERSHIP ACADEMY

I like the idea of leader as a philosopher, which is one of the main pillars of the HLA leadership programmes, and which means encouraging and integrating reflection into everyday practice and life of professionals.

I have conducted some sessions for various audience groups on the HLA programmes and here are two examples:

[- Introduction to reflection](#)

[- Reflections about being a Board non-executive director](#)



Reflection: my journey

Reflective practice, in medicine, is a thought process where doctors consider their work experiences to gain insight into their clinical practice.

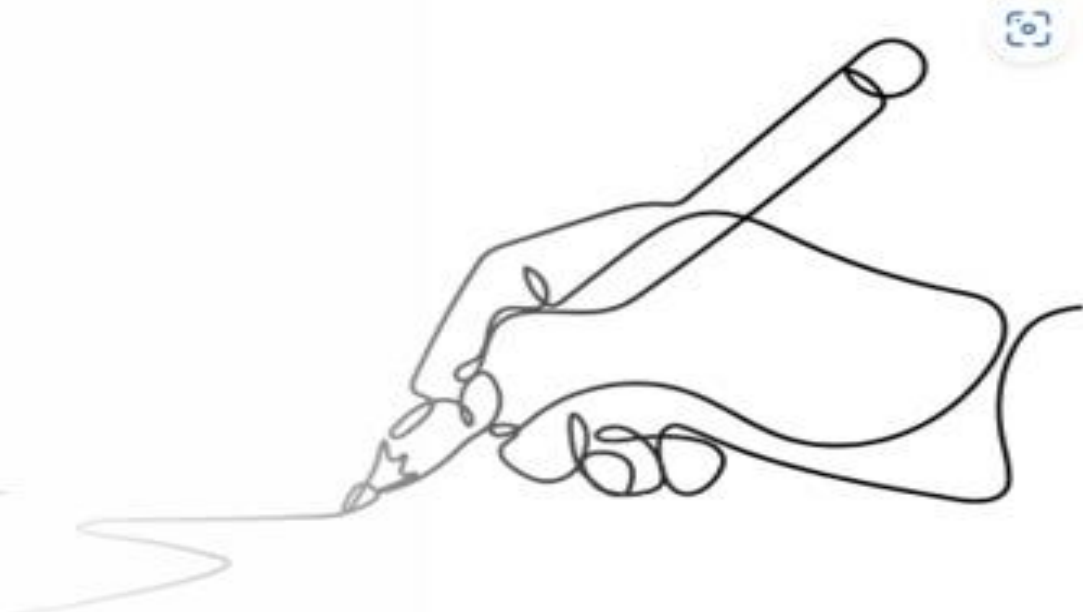
Rajan Madhok, former orthopaedic surgeon and Medical Director at NHS Manchester discusses the impact reflection has had on his career in,

Reflection: my journey

Date: 16/06/2021

Author: GMCUK

Reflective practice, in medicine, is a thought process where doctors consider their work experiences to gain insight into their clinical practice. Writing their thoughts down is a routine part of a doctor's work. It gives them the opportunity to deepen learning and improve



My learning

- **5 lessons from work**
- 5 lessons from life
- So what

Figure 1: Making Policy: The Various Approaches

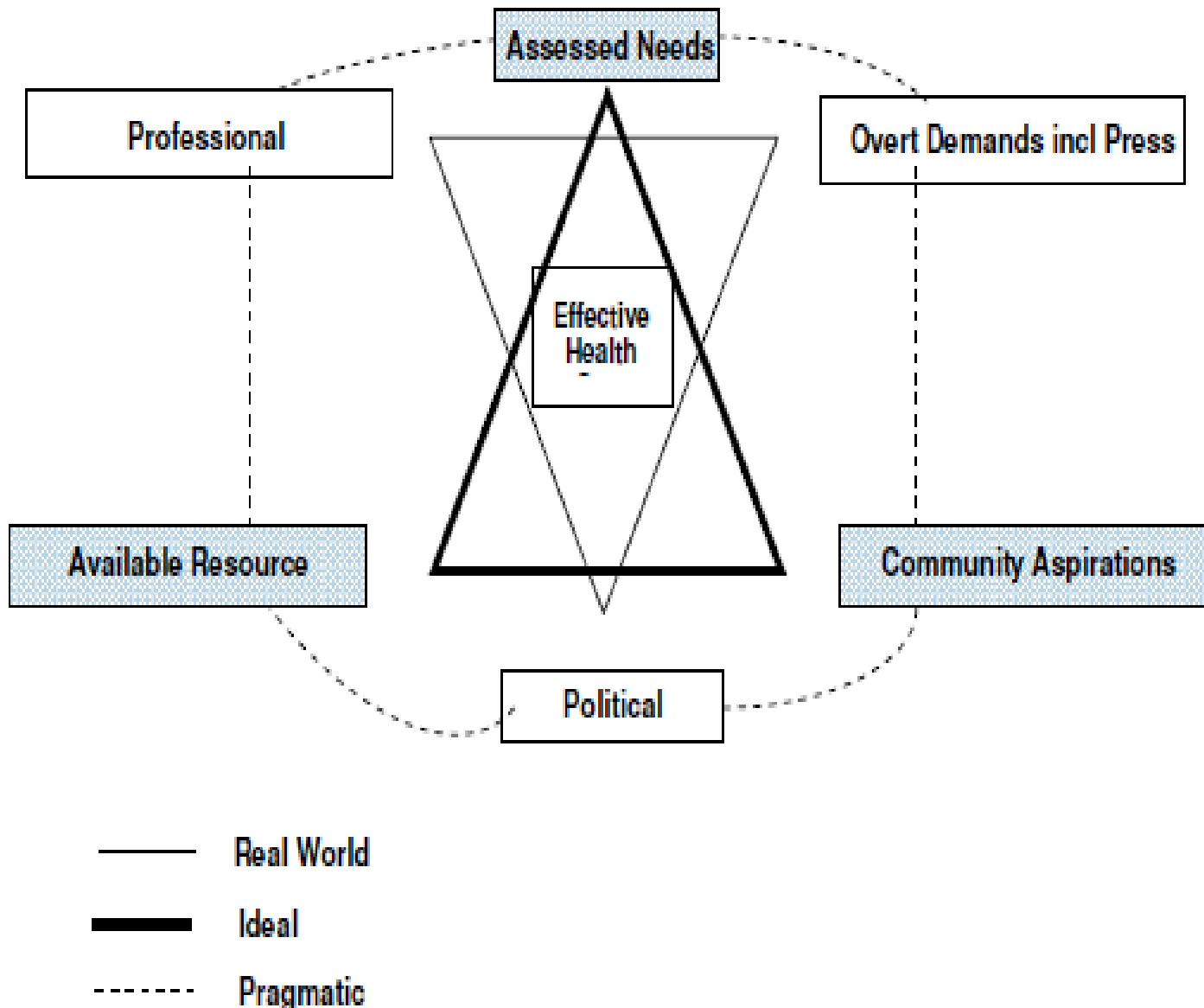


Figure 2: Trajectory Of Progress

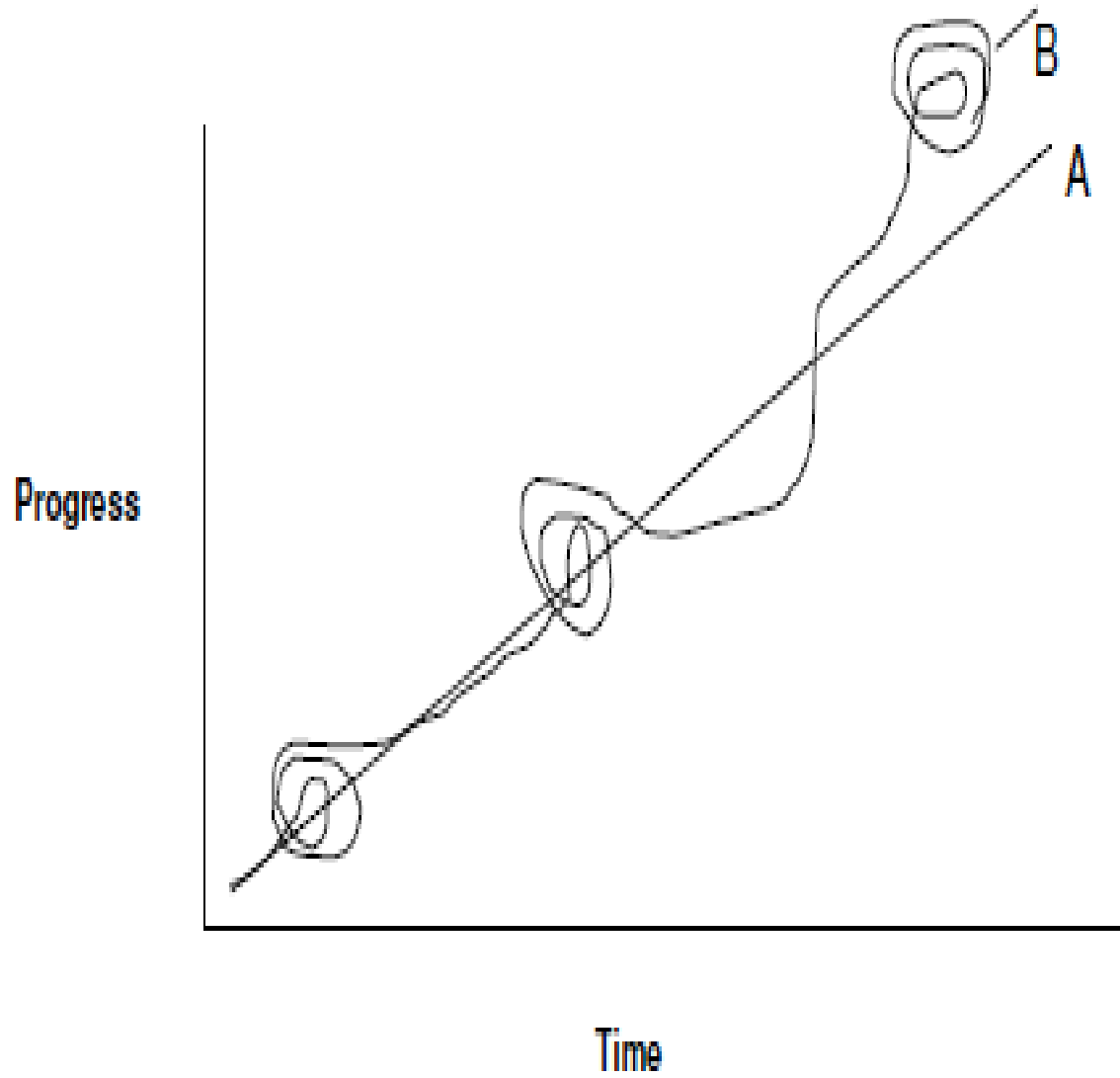


Figure 3: NHS Reorganisations In Manchester

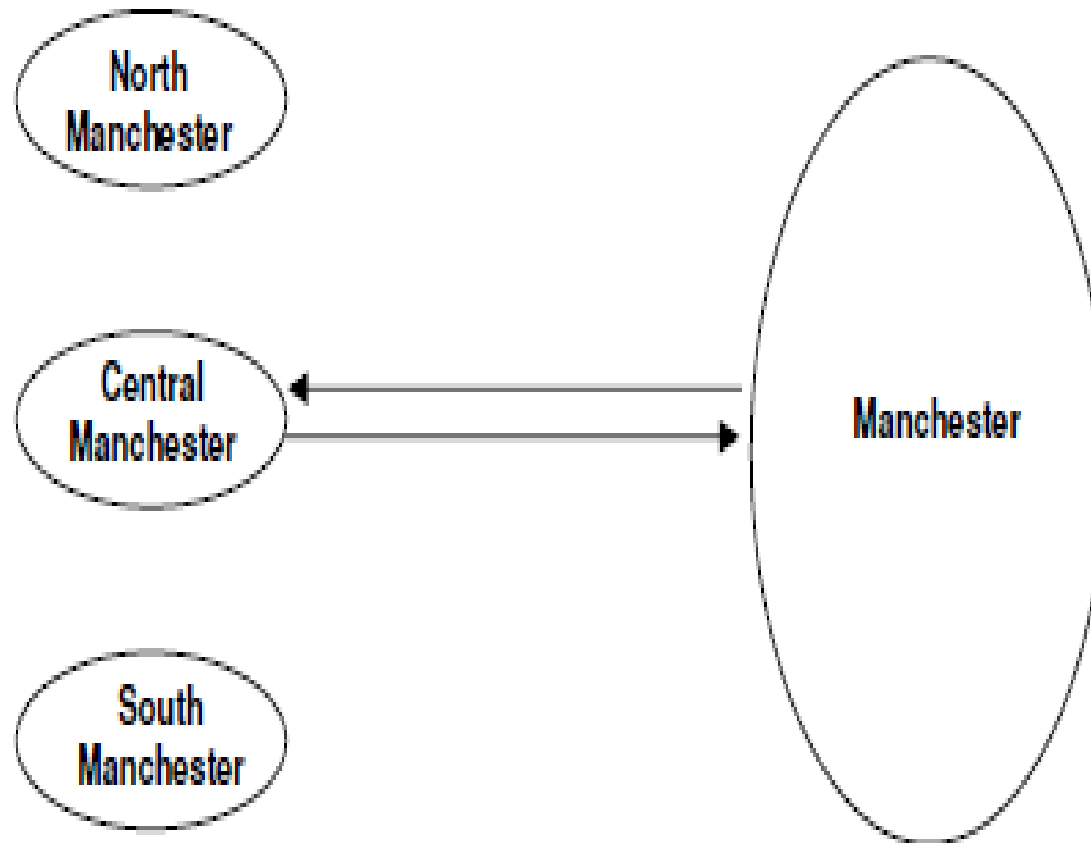
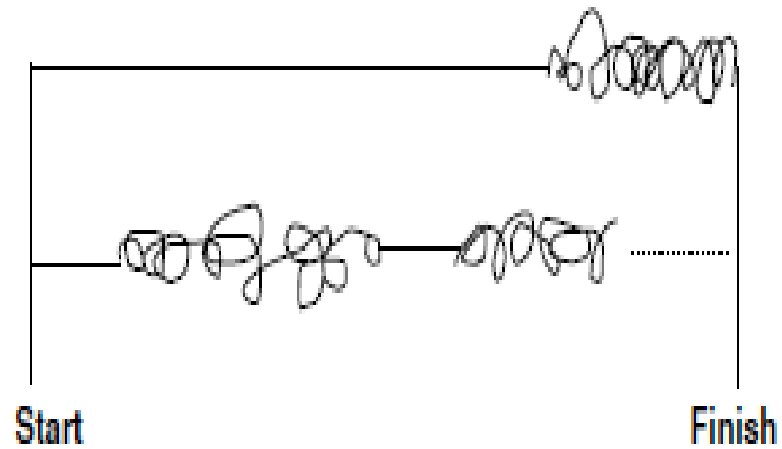


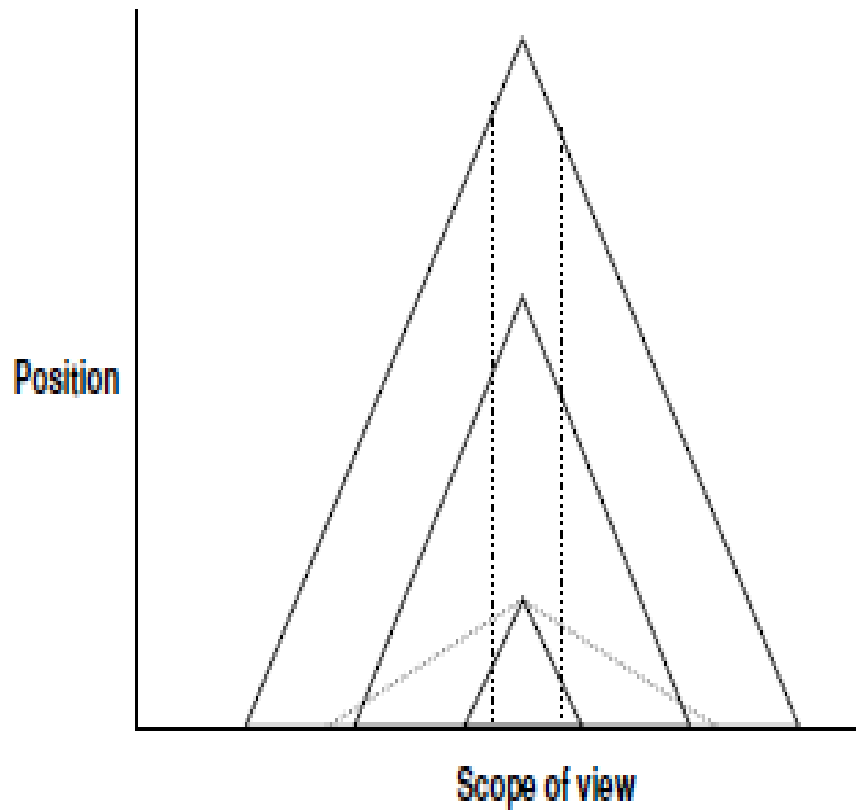
Figure 4: Two Approaches To A Task



— = Planning

☺ = Doing

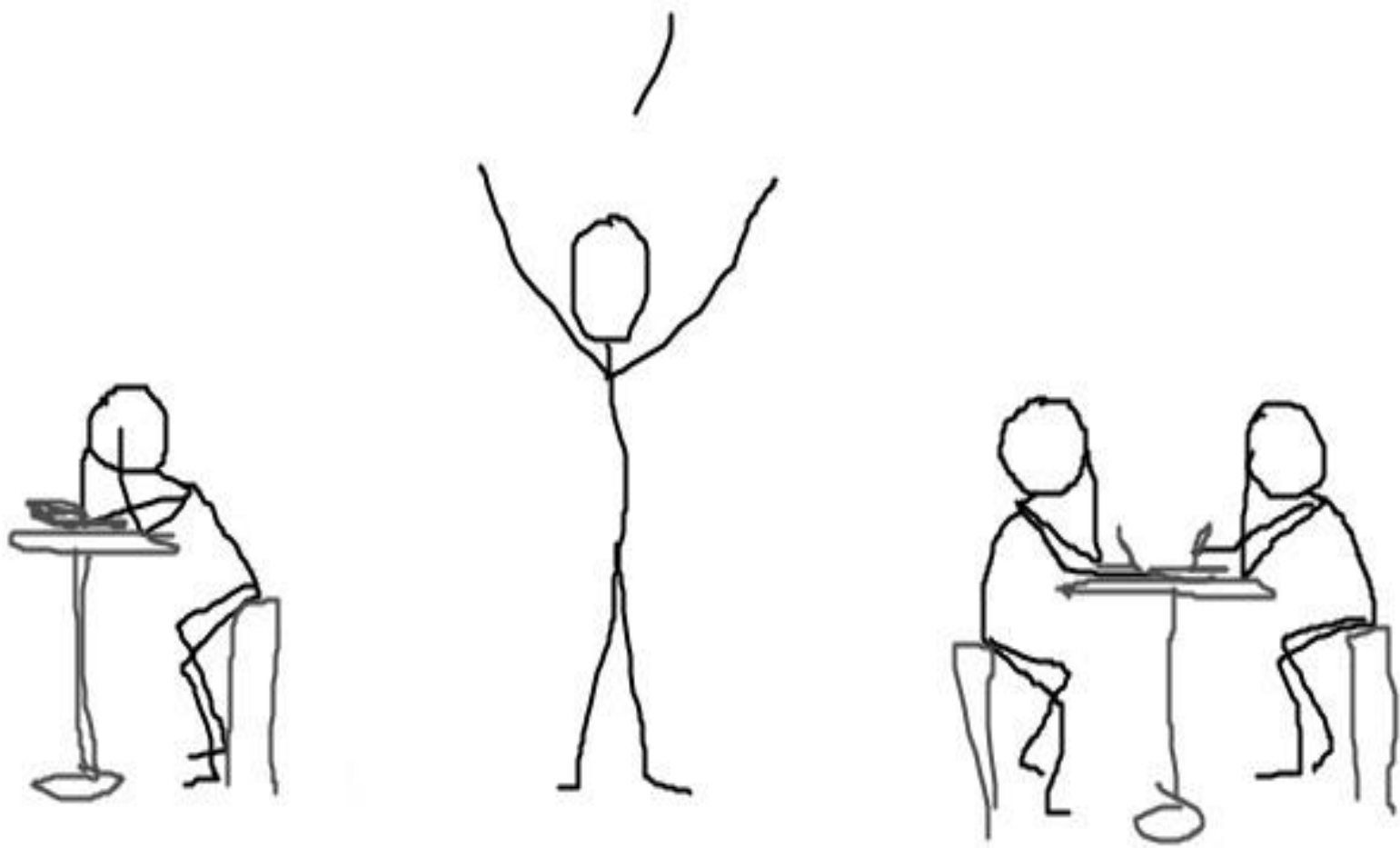
Figure 5: Position and scope of view



—— = Potential Scope of View

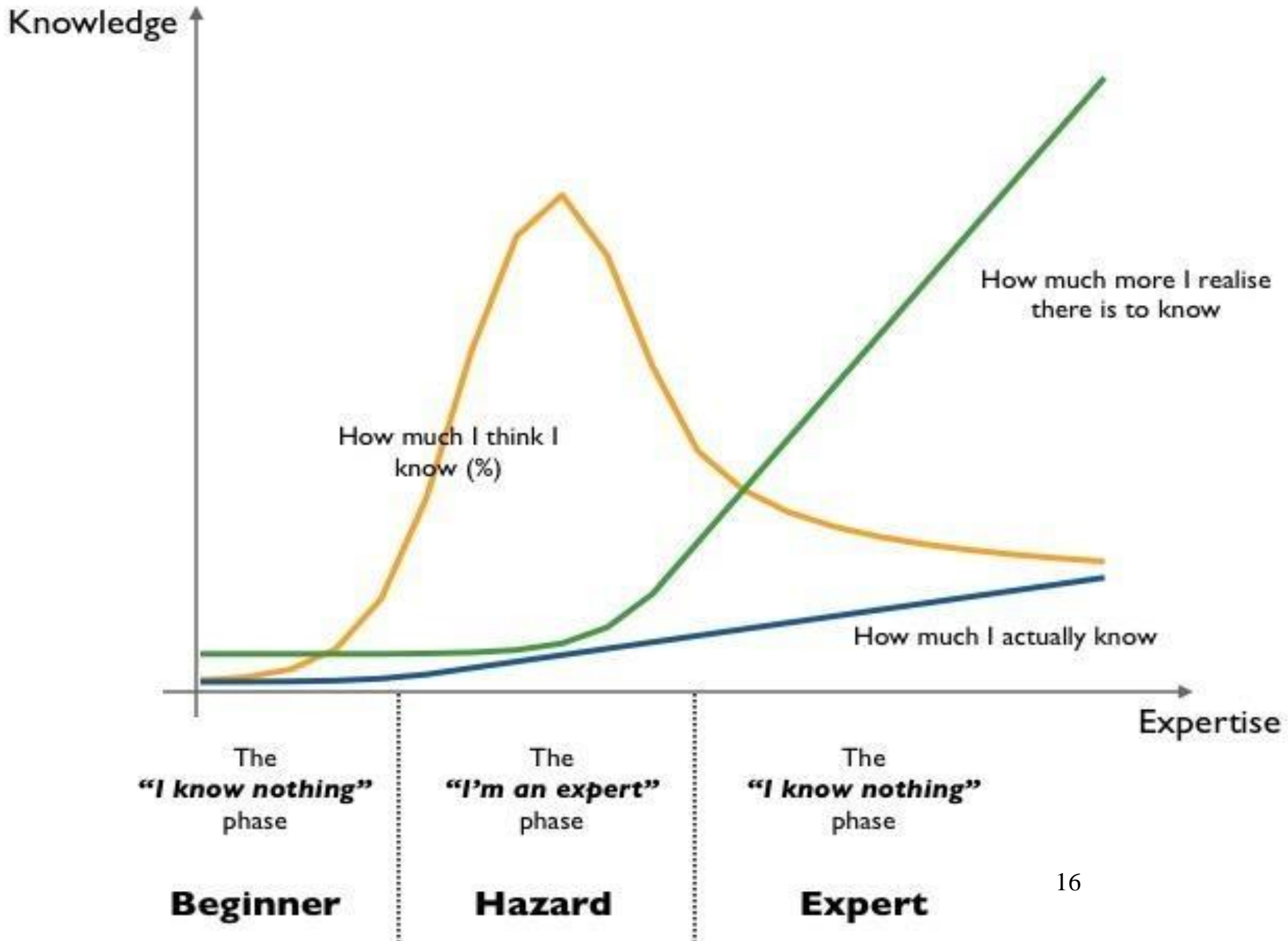
..... = Unusual Scope of View

Who's with me??



PRESENTATION

- 5 lessons from work
- **5 lessons from life**
- So what



Biggest regrets of the dying revealed

London: A palliative nurse who has counselled the dying in their last days has revealed the most common regrets people have at the end of their lives. Among the top most common regrets of the dying has been "I wish I hadn't worked so hard."

Bronnie Ware is an Australian nurse who spent several years working in palliative care, caring for patients in the last 12 weeks of their lives.

She recorded their dying epiphanies in a blog called *Inspiration and Chai*, which

gathered so much attention that she put her observations into a book called *The Top Five Regrets of the Dying*, the *Guardian* reported. The top five regrets of the dying were:

- I wish I'd had the courage to live a life true to myself, not the life others expected of me.
- I wish I hadn't worked so hard.
- I wish I'd had the courage to express my feelings.
- I wish I had stayed in touch with my friends.
- I wish that I had let myself be happier. ANI

History says, don't hope
On this side of the grave.
But then, once in a lifetime
The longed-for tidal wave
Of justice can rise up,
And hope and history rhyme.

Seamus Heaney



**With a lift of his chin and a bit of a grin,
Without any doubting or quiddit,
He started to sing as tackled the thing
That couldn't be done and he did it.**

—Edgar Guest

HOW DO YOU DIVIDE
17 POTATOES BETWEEN
4 PEOPLE?

MASH 'EM.



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PRESENTATION

- 5 lessons from work
- 5 lessons from life
- **So what**

What if everything you knew about education was wrong?



David Didau
@LearningSpy

Forewords by
Robert A. Bjork and Dylan William

Caveat emptor: Why university education is not enough

Rajan Madhok

Visiting Professorial Lecture
University of Salford
21 Feb 2023

At the
end of
the day,
it is
what it
is.

HOW MUCH YOU LEARN

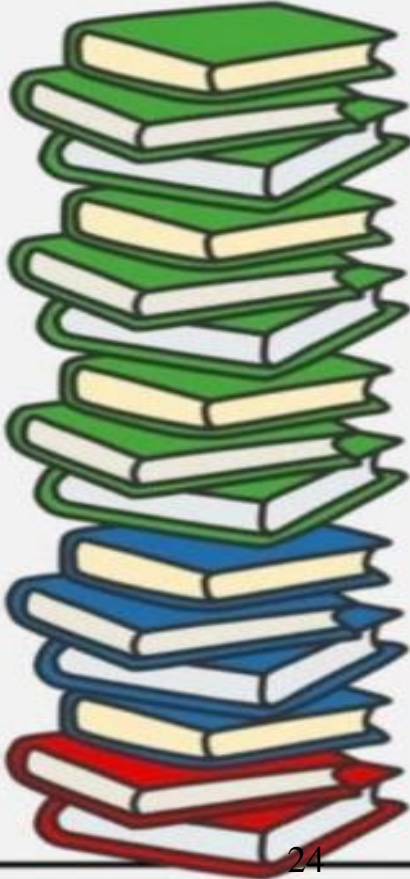
FROM
THEORY

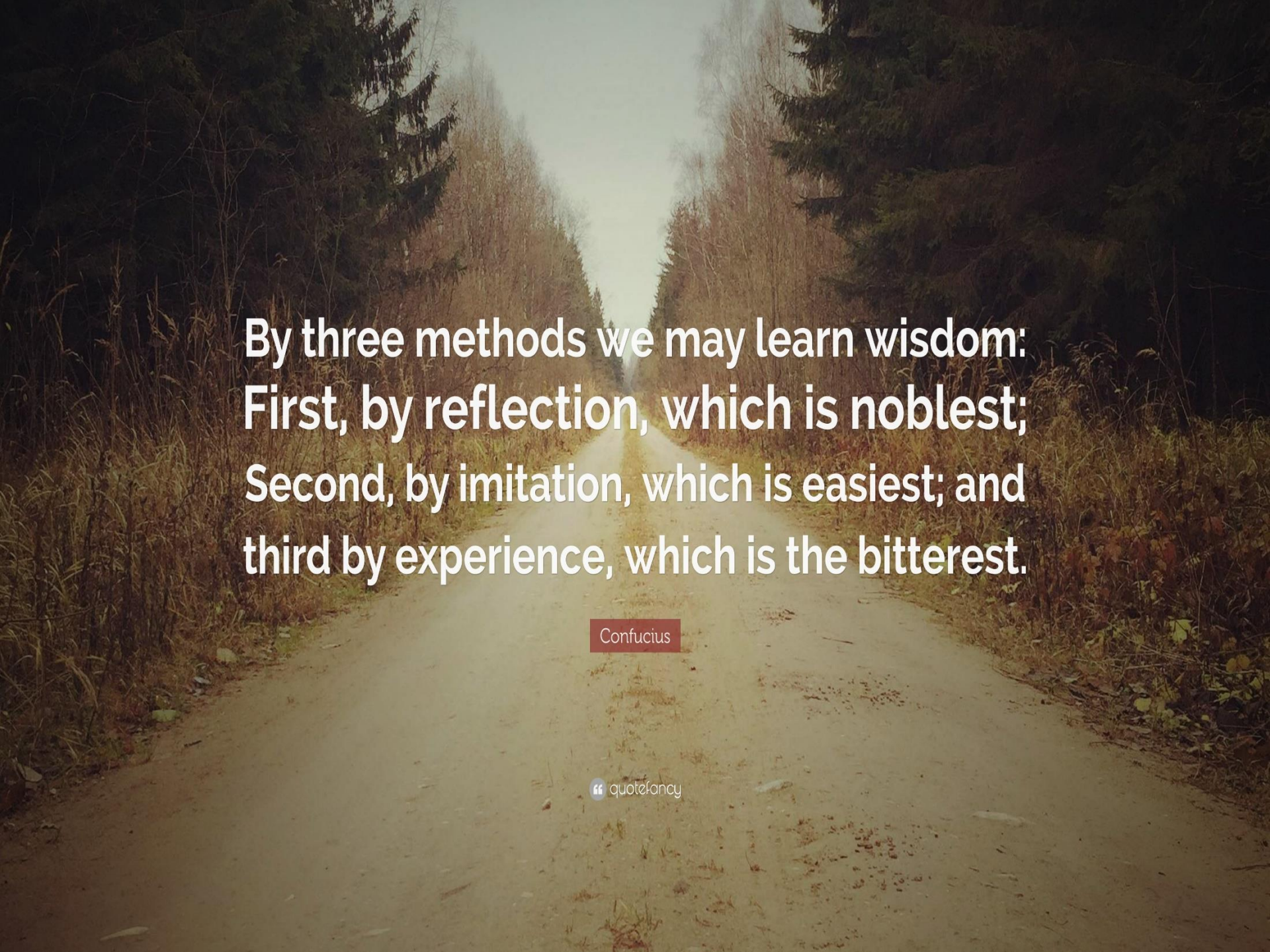


FROM
PRACTICE



FROM
MISTAKES



A dirt road winding through a forest. The road is light-colored and leads into the distance. On either side of the road, there are tall, dry grasses and some evergreen trees. The background shows a dense forest of trees, some with bare branches and some with green needles. The sky is overcast and grey.

**By three methods we may learn wisdom:
First, by reflection, which is noblest;
Second, by imitation, which is easiest; and
third by experience, which is the bitterest.**

Confucius

For the vision of one man lends not its
wings to another man

Khalil Gibran

Action not words

Practise, practise, practise.....

**YOU HAVE YOUR WAY. I HAVE
MY WAY. AS FOR THE RIGHT
WAY, THE CORRECT WAY, AND
THE ONLY WAY, IT DOES NOT
EXIST.**

Friedrich Nietzsche



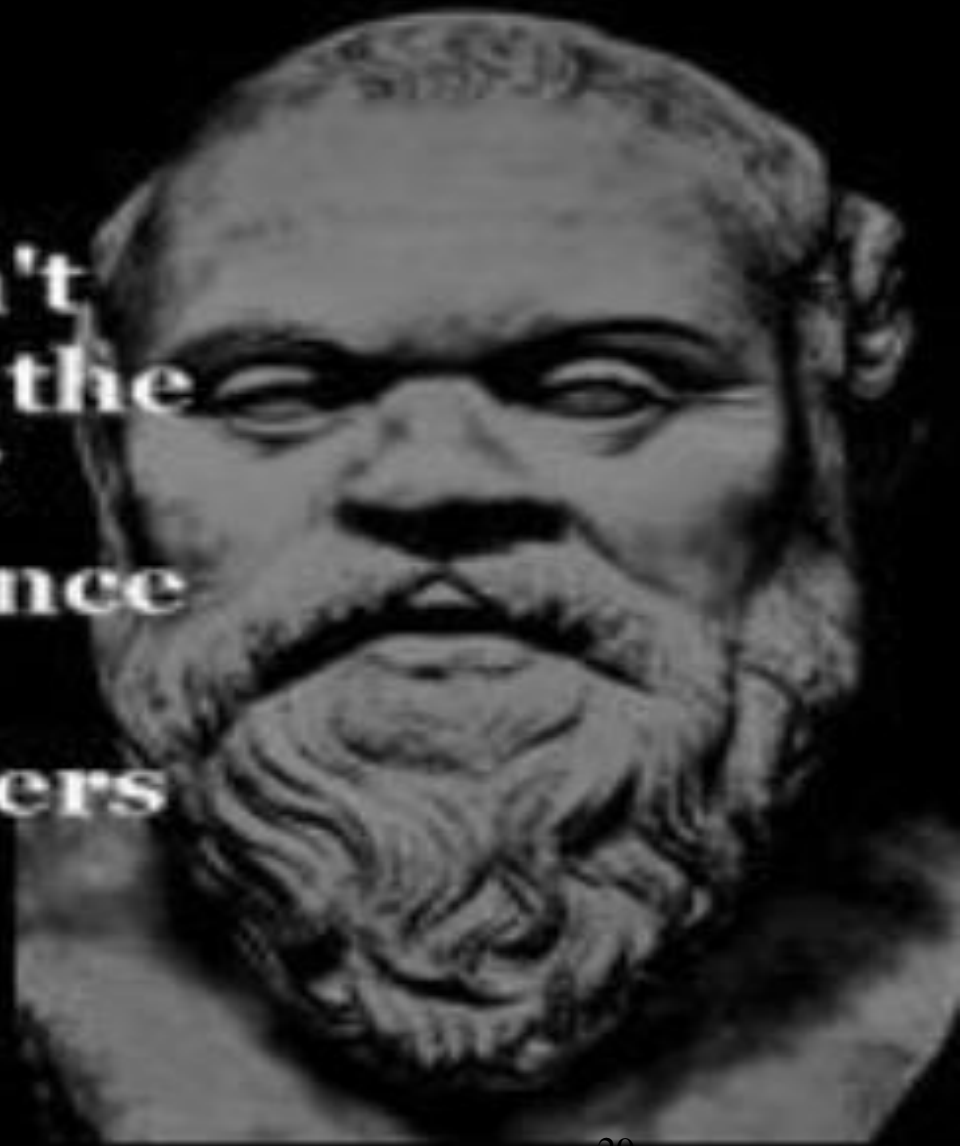
How to be successful in life: Reflection is the way



Rajan Madhok

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I know you won't
believe me, but the
highest form of
Human Excellence
is to question
oneself and others
— **Socrates**



The Road Not Taken

by Robert Frost

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I —
I took the one less traveled by,
And that has made all the difference.