

A person wearing a red shirt is sitting on a large, dark rock in the middle of a river. The water is white and turbulent, suggesting a rapid or waterfall. The background shows more rocks and some greenery.

What I know now
that I wish I knew then !

.....

Dr Olwen Williams
RCP vice president for Wales
[@OlwenOlwen](#)

Hindsight is a wonderful thing

- if you treat your career as a journey with straight roads, dual carriage ways, motorways facilitating progress, you'll be disappointed - expect junctions, hills, road works and traffic lights which will add to the richness of the experience

My Consultant career



Consultant Genitourinary Physician
1992

GUM & HIV service 1993

Integrated Sexual Health 2005-7

Sexual Assault Referral Centre 2008

Chief of Staff Medicine 2009-14

Prison Sexual Health Service 2015



Diploma in Clinical Leadership

Mindfulness certificate

ILM7 executive coaching & mentoring



Ass Sec MSSVD 1998-2000

President BASHH 2018-2020

Elected member RCP Council 2018-2020

RCP vice president 2020 1998-2000



BBC Audience Council

EHRC Wales

NSPCC Champion

National AIDS Trust Trustee

Media profile



The things you are never taught

Professional Jealousy

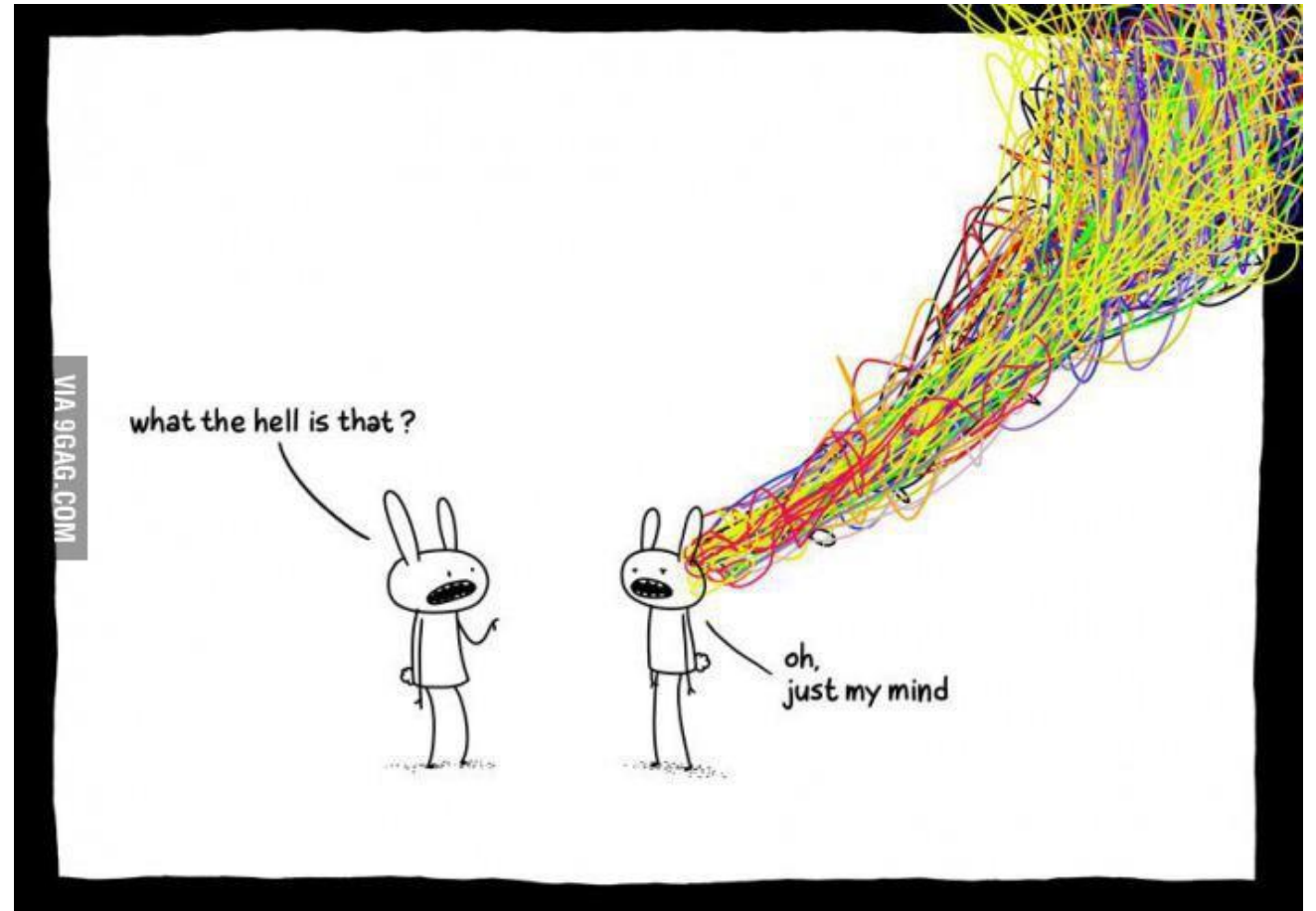
Its lonely at the top

Nowt as Queer as Folk

The Tea fund

Death & Disaster

The Greatest Gift



Professional Jealousy

Purpose

‘what puts fire in your belly’

<https://metro.co.uk/2018/09/12/can-professional-jealousy-ever-be-a-force-for-good-7915905/>



Its lonely at the Top

Self awareness

Diagnostic tools

Myers Briggs

Belbin

360 Leadership tools

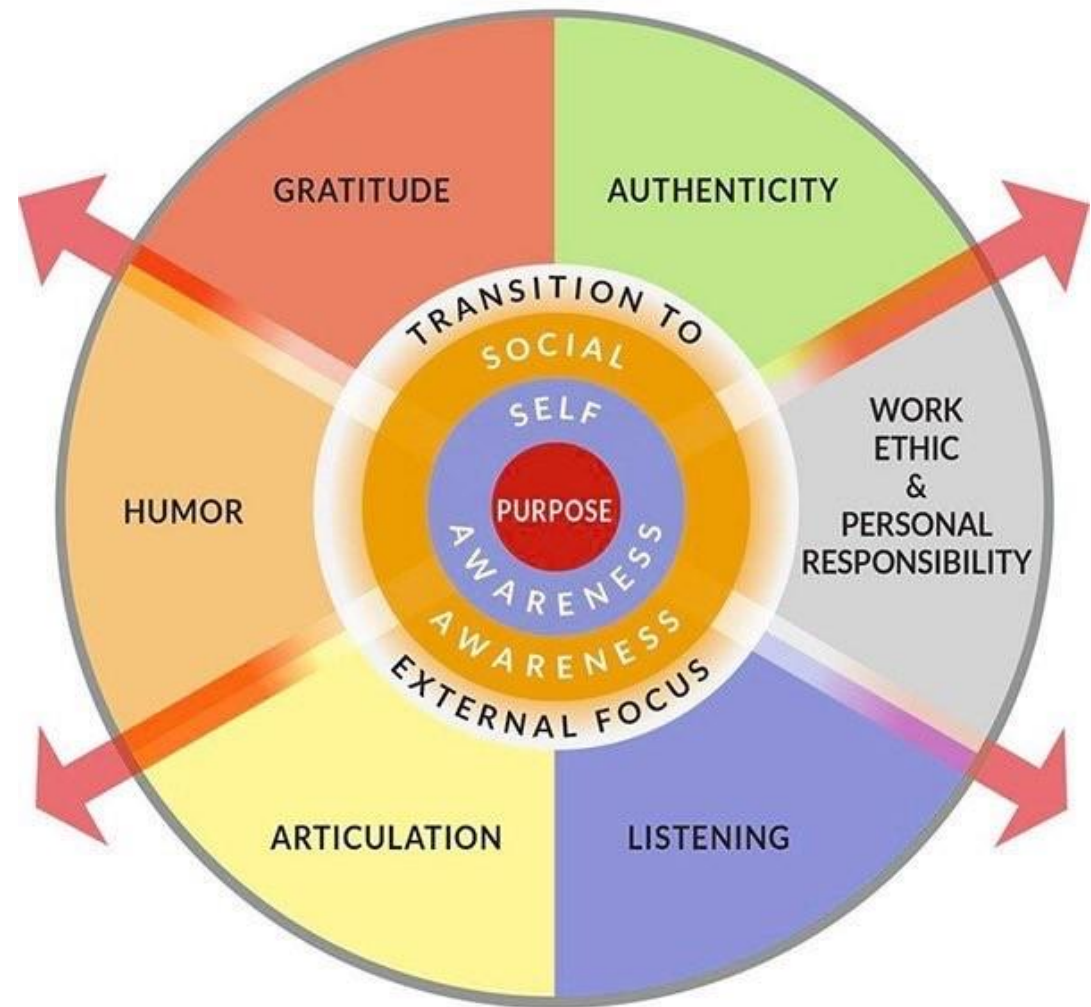
Evolution of Leadership Styles

Heroic Leadership

Transformative Leadership

Authentic Leadership

Compassionate Leadership

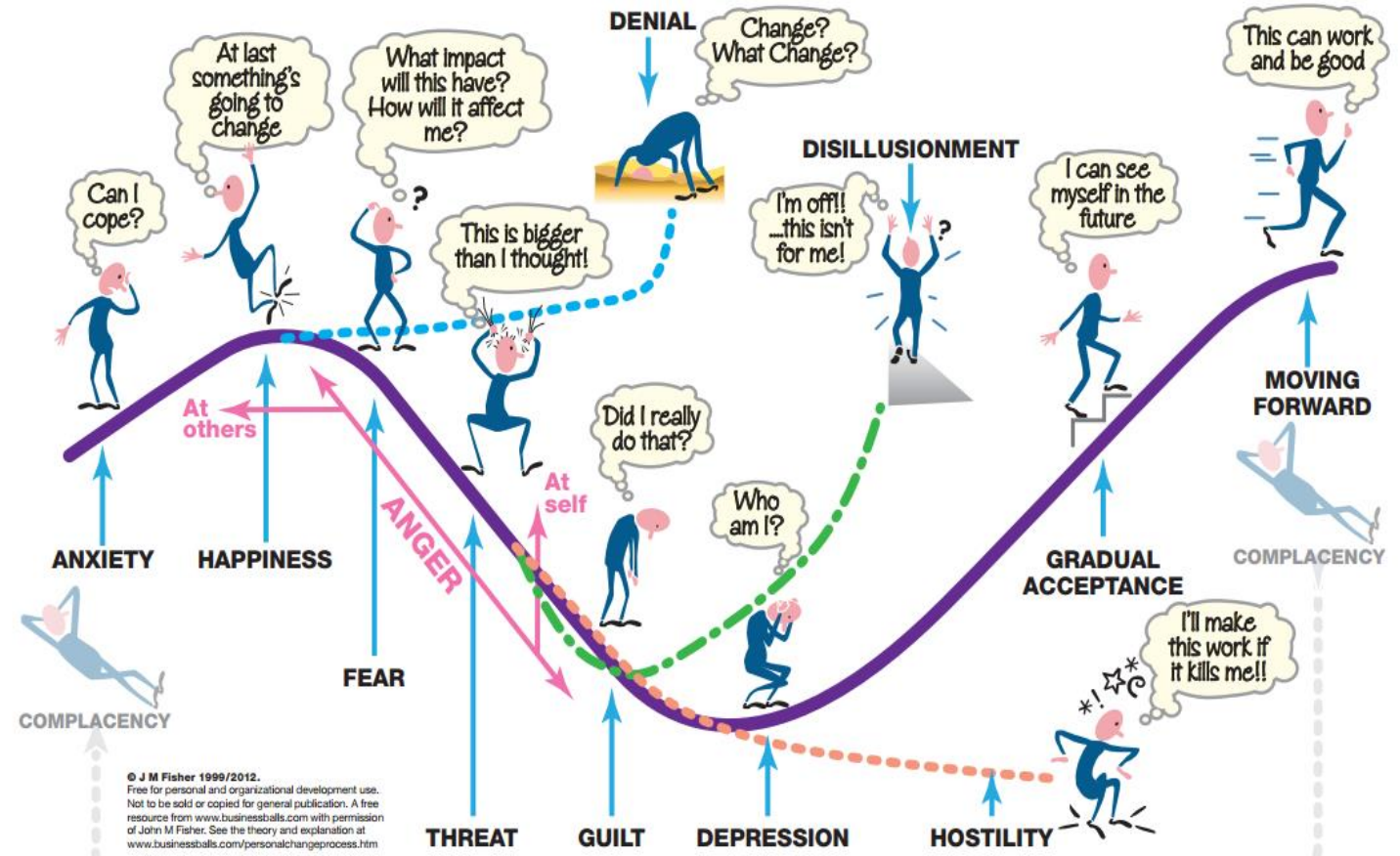


<https://nhs.wales/leadershipportal.heiw.wales/compassionate-leadership>

Nowt as queer as folk

Managing change

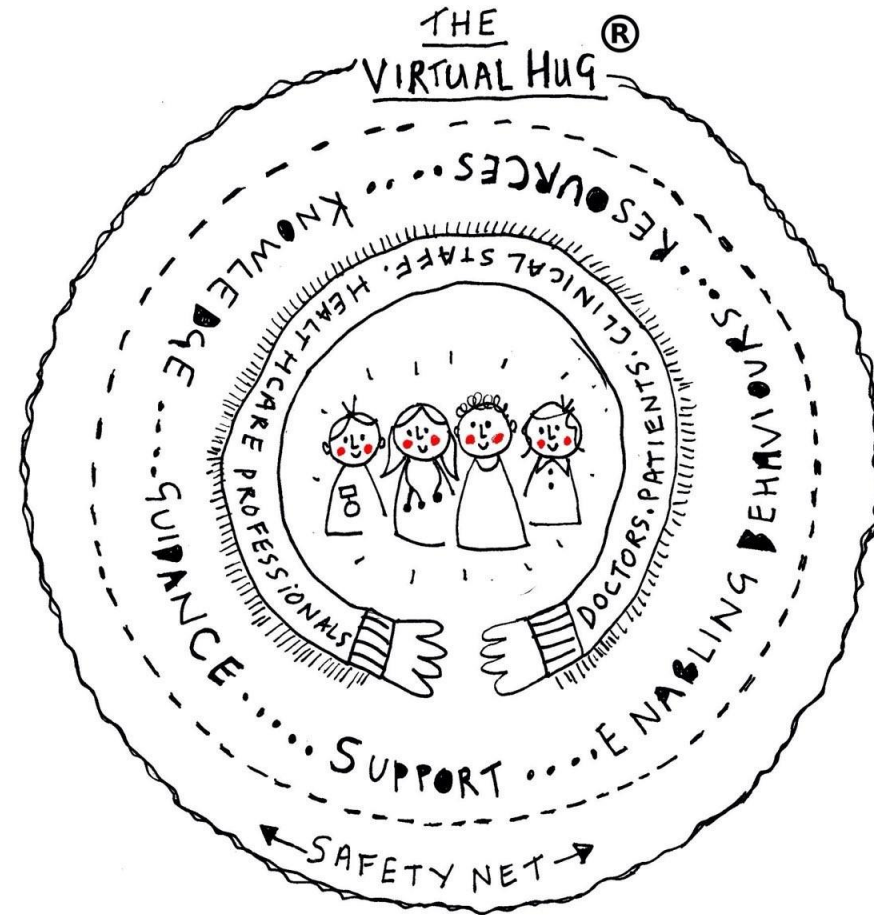
Coach
Mentor
Sponsor



<http://academiwales.gov.wales/pages/coaches-and-mentors-intro>

Death & Disaster

Actions speak
louder than words



<https://www.rcplondon.ac.uk/projects/mental-health-and-wellbeing-resource>

The Tea Fund

When team dynamics are failing

www.acas.org.uk/dispute-resolution

<https://www.rcplondon.ac.uk/education-practice/courses/doctors-leaders-individual-leader>



The Greatest Gift

Is to say 'Thank You'



Final Thought

No one ever looks back & says
'I wish I'd spent more time at work'

