

Unlocking Excellence: Mental Health, Ethical Leadership, and the Power to Rise

*Harnessing the Bio-Psycho-Socio-Spiritual Model for Scholarships
and Career Success*

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Founder, Pursue Excellence

Outline

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- Biological Considerations
- Psychological Considerations
- Social Considerations
- Spiritual Considerations
- Identifying Opportunities
- Crafting a Strong Application
- Awards/Fellowships/Live links
- Conclusion

Introduction

Unlock Your Potential

- Early career period sets foundation for lasting impact and mentoring future generations.
- Many struggle to develop skills for securing scholarships and training opportunities.
- Bio-psycho-social approach addresses biological, psychological, and social factors influencing success.
- Benefits:
 - Unlock potential
 - Enhance competitiveness
 - Maximize impact
- Bio-psycho-socio-spiritual (BPSS) approach can empower long-term success.

Biological Domain: Health and Wellbeing

- **WHO Definition:** Health is a state of complete physical, mental and social wellbeing.
- **Interconnectedness:** Physical and mental health are crucial for productivity, prosperity, and realising potential.
- **Prioritisation:** Intentional self-care, effective time management, and healthy habits are essential for mental wellbeing and productivity.
- **Benefits:**
 - ☐ Lead a more fulfilling life
 - ☐ Build resilience
 - ☐ Enhance productivity
 - ☐ Achieve long-term success
- Prioritise your physical and mental health to unlock your full potential

Psychological Domain: Unlocking Potential

Key Points

- **Growth Mindset:** Believe that your abilities can be developed through hard work and dedication.
- **Self-Awareness:** Understand your strengths, weaknesses, and passions to pursue your goals with confidence.
- **Resilience:** Develop perseverance and coping strategies to overcome obstacles and setbacks.
- **Confidence:** Build self-confidence to take risks and pursue opportunities with conviction.
- **Examples of a negative mindset:** “certain examiners or clinical cases would inevitably lead to failure”; my experience with the **COMET-G** project.

Psychological Domain: Unlocking Potential



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Results of the COVID-19 mental health international for the general population (COMET-G) study



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Psychological Domain: Unlocking Potential

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Social Considerations

Building Professional Networks

- Attend conferences to expand your network
- Join professional networks to stay updated on industry developments
- Build relationships with mentors and peers for guidance and support
- Leverage networking opportunities to advance your career
- Example of personal experience networking in a Cairo ECP conference!

Social Considerations

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DOI: [https://doi.org/10.1016/S2215-0366\(20\)30314-X](https://doi.org/10.1016/S2215-0366(20)30314-X)

Spiritual Domain: Faith as a Source of Strength

- Divine Guidance: Trust that God directs your path and success.
 - Confidence Through Faith: Let your belief empower bold action.
 - Resilience: Overcome fear of victimization or discouragement.
 - Empowerment: Faith fuels ambition and courage.
 - My Story: Pursued opportunities during residency despite warnings — passed exams on first attempt!
- “No one can determine your future except God. Faith + preparation = unstoppable.”

Identifying Opportunities

Turning Ambitions into Reality through Networking

- **Attend conferences:** Meet people who can open doors to new opportunities
- **Build relationships:** Discuss your career plans with senior colleagues
- **Explore funding opportunities:** Use simple Google searches to discover scholarships and fellowships
- **Stay organized:** Manage your time effectively and meet deadlines

Crafting a Strong Application

Key Strategies

- **Do Your Homework:** Research the scholarship program and understand the eligibility criteria, application process, and selection criteria.
- **Introspect and Reflect:** Identify your strengths, skills, and experiences that align with the scholarship requirements.
- **Craft a Compelling Essay:** Articulate your thoughts coherently and demonstrate evidence of careful thought.
- **Consistency is Key:** Ensure that your application components mutually reinforce each other.
- **Proofread and Edit:** Correct grammatical and spelling mistakes to showcase a polished application

ChosenforChevening: 1 in 8,000 Nigerian Applicants

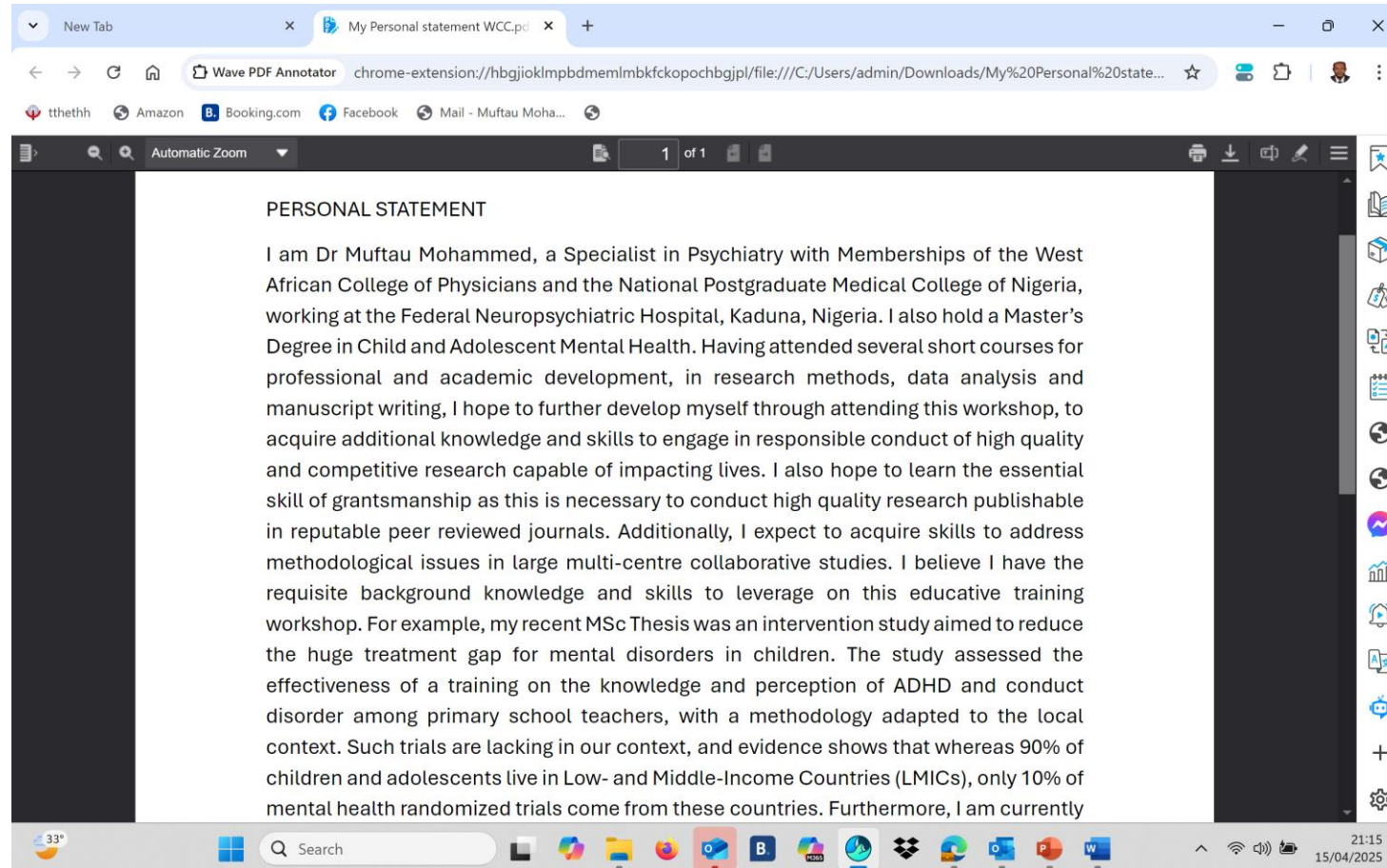


Crafting a Strong Application

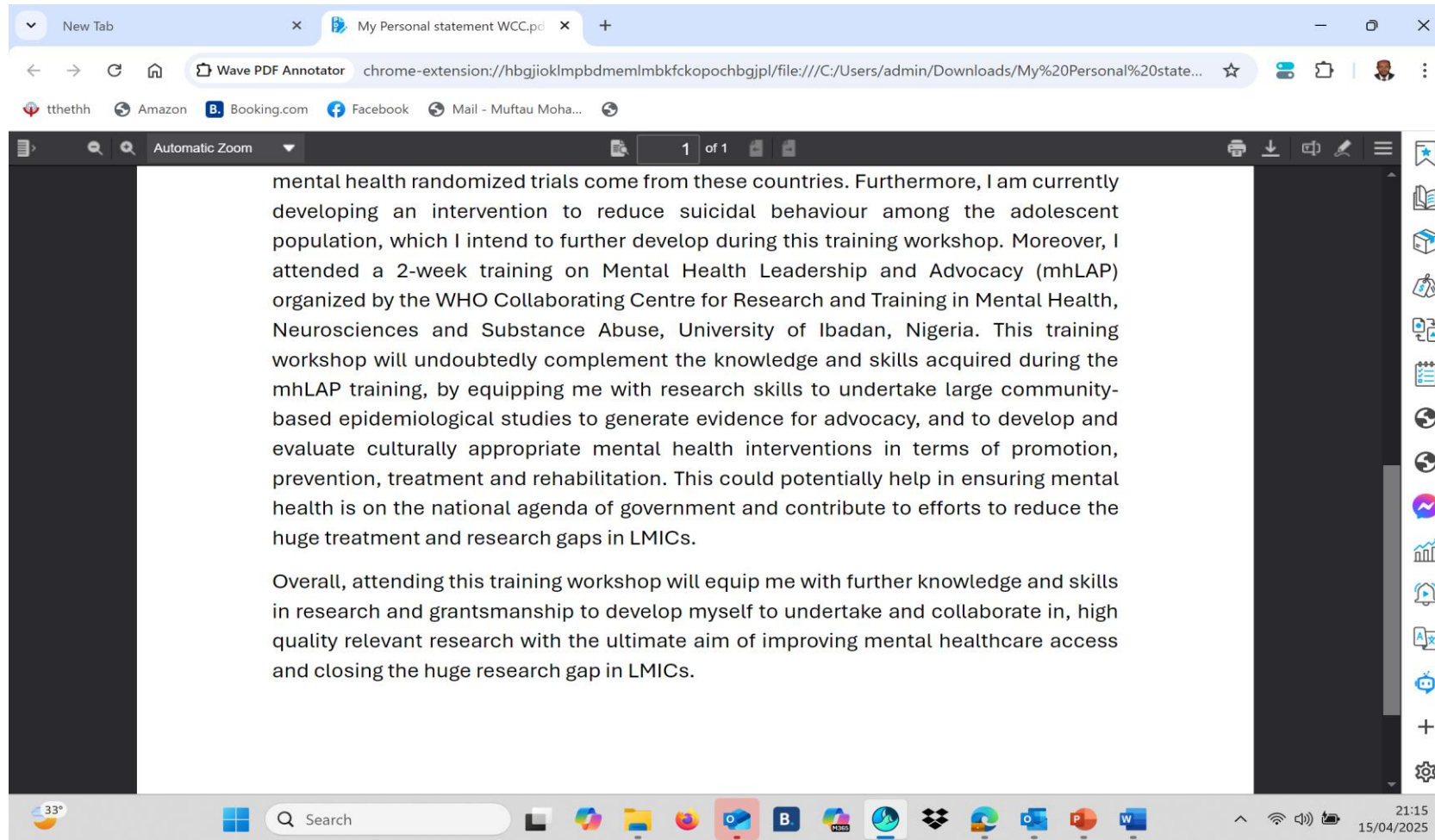
Tips for Success

- Demonstrate originality and passion in your application
- Show evidence of careful thought and planning
- Ensure consistency throughout your application
- Get feedback from others and incorporate it into your application

Crafting a Strong Application- Sample



Crafting a Strong Application- Sample



Ethical Leadership: The Story of a Young Doctor



Scholarship/Fellowships/Awards/Links

- Chevening scholarship: <https://www.chevening.org/scholarships/>
- LSHTM Funding: <https://www.lshtm.ac.uk/study/fees-and-funding/funding-scholarships/masters-funding>
- Commonwealth Shared Scholarships
<https://cscuk.fcdo.gov.uk/scholarships/commonwealth-shared-scholarships-2022/>
- Commonwealth Scholarships
- Johnson and Johnson Global Mental Health Scholarship
- Kofi Annan Global Health Fellowship

Conclusion

Key Takeaways

- Prioritise their overall wellbeing and believe in yourself
- Develop a growth mindset and resilience
- Build meaningful relationships and networks
- Craft strong applications that showcase your strengths
- Seize opportunities and achieve your goals

Conclusion

Top tips for scholarship applications from Chevening Scholar, Muftau

18 October 2022

- [Top tips for scholarship applications from Chevening Scholar, Muftau | LSHTM](#)



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Muftau's Mirror-

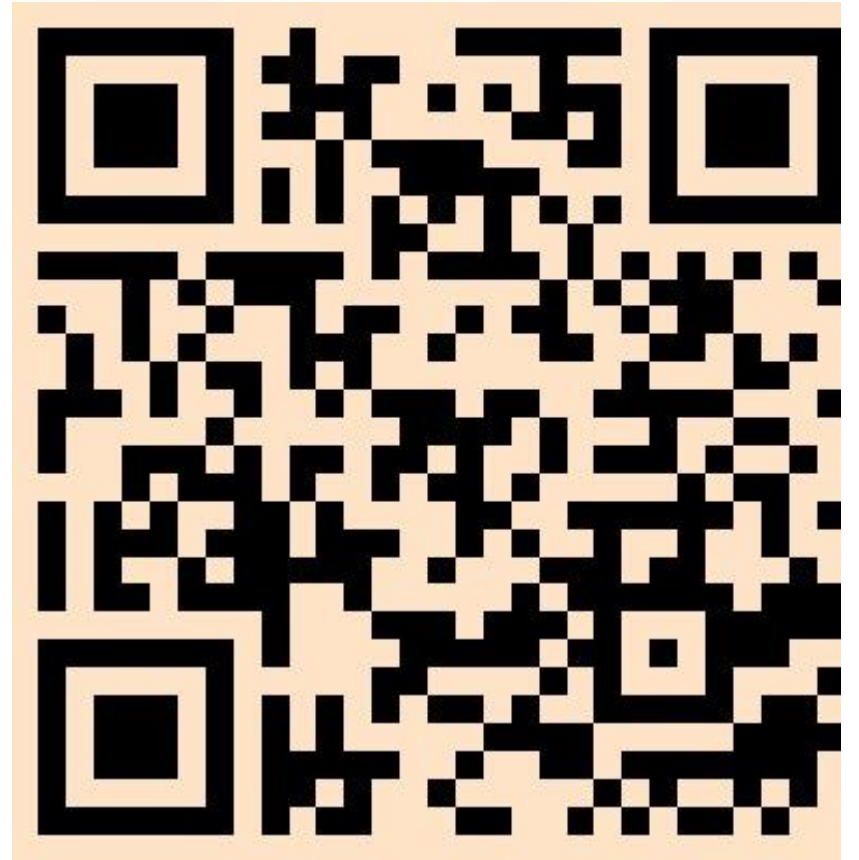
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