

Leadership Mentor Bio's

Name: Alexander Rouse

Job title: Consultant Physician



A little bit about me:

A physician dedicated to providing comprehensive care for patients with Spinal Cord Injury. With a strong commitment to service improvement, education and international development I'm frequently pondering the next challenge. When I'm not exploring opportunities to broaden professional horizons I can be found spending quality time with my wife and four children, often planning the next trip.

A snapshot of my career:

Early in my medical training I aimed to become an Acute Medicine Consultant, until I was sent to a spinal injuries unit as part of that training and saw the lifelong difference that working alongside patients with spinal cord injury could make. That changed my priorities and now I work as a Consultant Physician and Paediatrics Clinical Lead in the National Spinal Injuries Centre. As well as my clinical work I undertake roles in teaching, research and international development.

I like to motivate others by:

Understanding their current position in contrast to their goals as a basis for helping to identify opportunities and current roadblocks to the latter. Identifying the strengths that others have, and sometimes needing to point these out, can allow them to match said strengths to identified opportunities.

A personal value I stand by is:

Honesty...because it allows the formation of trust. All aspects of life have an element of interpersonal relationships and trust facilitates development of these. At times honesty can be a difficult policy but it allows all people involved to have a clear view of each other's understanding and through that find common ground to move forwards.

Others would say my best leadership quality is:

Being decisive. We often operate without all the data we would like to form a conclusion and one of the key roles of senior leadership is to consider what information is available and balance the risks of a decision without a complete picture.

My main strengths, skills and qualities that would benefit a mentee are:

An ability to dispassionately appraise a situation and consider options in an open and honest manner.

Maintaining bigger picture thinking whilst assisting others to manage personal and professional challenges.

Experience in facilitating others to arrive at a reasoned conclusion or next step despite often incomplete data.

My interests outside of work include:

- Boating
- Scuba diving
- Travel: particularly to sites of historical interest but beaches also welcome.
- Classic Fiction