The one I most remember was by Imperial college alumnus, Mr David Nott of “War Doctor” fame, who spoke on the importance of senior doctors demonstrating calm leadership. I didn’t understand it then, but after two months, I understand it now, given how much my mood reflected that of the junior doctors and consultants under whom I worked on a given day.

Good leadership wasn’t limited to the senior clinicians, the kind F1s and nurses took me under their wing and demonstrated patience which was instrumental in me feeling part of the team. Their stress became my stress, whilst their good humour allowed me to express mine. They encouraged me to reflect on my experience and didn’t judge my keen spirit.

COVID has been a learning experience for me as a medical student: it has cemented my desire to pursue a career in medicine, reminded me of the importance of my relationships both at home and at work and shown me up close the importance of good clinical leadership through uncharted waters.