

MAJ.MUNISH CHAUHAN

MBBS, MRCS, DMCC, PGDIP, RAMC

AMS SU, RMA Sandhurst, Camberley

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My journey is a testament to my unwavering commitment to personal and professional growth, underpinned by qualities essential for exemplary leadership. Beginning with a Diploma in Computer Science in 2005, I embarked on a remarkable path that led me to serve in the British Army as a commissioned officer. With a deep-seated interest in medicine, I pursued my dream of becoming a doctor, earning my MBBS from St George's University of London. Currently, I am a surgical registrar in the British Army and proudly carry the Membership of the Royal College of Surgeons (England).

In addition to my medical career, I have made significant contributions as a guest speaker, sharing insights on leadership, diversity and inclusion, team building, coaching, and motivation through various media outlets. My dedication to promoting positive cultural values has garnered numerous awards and recognitions, highlighting my commitment to service and excellence.

While excelling in my medical role, I am also pursuing a Masters in Coaching and Mentoring from The University of Wales Trinity Saint David. With a vision to expand my career horizons to include executive coaching, mentoring, resilience development and leadership development, I am poised to make a lasting impact on individuals' lives. I also serve as a Senior Research Fellow at the Centre for Army Leadership in the British Army.

My rich and diverse work experience has honed key leadership qualities such as:

- **Visionary Thinking:** Able to set and communicate a clear vision to inspire and guide teams towards achieving organizational goals.
- **Strategic Planning:** Demonstrated expertise in developing and implementing effective strategies to drive success.
- **Effective Communication:** Skilled in articulating ideas and fostering open dialogue to ensure cohesive teamwork.
- **Emotional Intelligence:** Capable of understanding and managing my own emotions while empathizing with others to create strong, positive relationships.
- **Adaptability:** Proven ability to navigate high-pressure situations with precision and adaptability.
- **Commitment to Diversity and Inclusion:** Passionate about creating inclusive environments that respect and value diverse perspectives.

These qualities, combined with my experience in leadership, coaching, implementation plans, teamwork, career development, strategy, project management, and organizational development, position me to excel in senior leadership roles. I am particularly interested in roles such as Director of Operations, where I can contribute to transformative change and drive continuous improvement in both healthcare and other industries.

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OBJECTIVES

I am a dedicated General Surgery Registrar and Senior Research Fellow with a background in medical leadership and military service. I have consistently aimed to drive organizational excellence, foster inclusive environments, and champion self-leadership. With experience navigating high-pressure situations with precision and compassion, I seek to bring my blend of medical expertise, strategic leadership, and operational skills to senior leadership roles. I am particularly interested in roles such as Director of Leadership and Management in healthcare and other industries, where I can contribute to transformative change and continuous improvement.

EDUCATION

Senior Research Fellow @ Centre for Army Leadership	Sep 2023
Member of Royal college of Surgeons	Feb 2023
Masters in Coaching and Mentoring	Sep 2022 - ongoing
Diploma in Medical Care of Catastrophes	Mar 2021
Post Graduate Award in Leadership and Management	Aug 2020
FIFA Football medicine online Diploma	Apr 2020
Diploma in Leadership and Management	Mar 2020
Medicine Degree (MBBS): St George's University, London	Jul 2017
Diploma in Computer studies	May 2005

WORK EXPERIENCE

Senior Research Fellow, Centre for Army Leadership	Sep 2023 - Present
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Develop research initiatives, publications and presentations focused on leadership, diversity, and inclusion, contributing to the advancement of leadership practices within the Army.

This role underscores thought leadership and academic contribution to key leadership areas, shaping policies and fostering inclusion within the military. It highlights the ability to translate research into actionable insights that influence organisational culture.

General Surgery Registrar, Oxford Deanery	Oct 2023 - Present
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Provided surgical care and training in a high-pressure environment, demonstrating exceptional clinical skills and commitment to patient care.

Reflects a mastery of surgical procedures in a demanding academic setting, balancing clinical excellence with the responsibility of mentoring junior colleagues.

General Surgery Registrar, Frimley Park Hospital	Jan 2023 – Oct 2023
General Surgery SHO, Frimley Park hospital	Aug 2021 – Dec 2022

Delivered comprehensive surgical support and care, honing technical proficiency, and enhancing patient outcomes in a busy clinical setting.

Demonstrates consistent professional growth, showcasing adaptability, precision, and teamwork in a fast-paced hospital environment while prioritising patient safety and outcomes.

General Surgery, British Army	<i>Oct 2021 - Present</i>
Served as a general surgeon within the Army, integrating medical expertise with military operations, and contributing to both clinical care and strategic medical planning.	
Highlights the unique integration of surgical practice with operational readiness, requiring a blend of technical expertise, leadership, and strategic thinking to deliver care in both combat and peacetime scenarios.	
General Duties Medical Officer, British Army	<i>2019 - 2021</i>
- Demonstrated operational experience in diverse environments, including Ex TALLINS DAWN (Germany), Op CABRIT (Estonia), and Op RESCRIPT (British Army Covid Op), showcasing leadership, adaptability, and versatility. - Successfully completed the Professionally Qualified Officer Commissioning course at the Royal Military Academy Sandhurst, highlighting a commitment to professional development and leadership. - Specialized in managing high-pressure situations within the military medical field, effectively performing under extreme conditions and critical circumstances.	
This role illustrates the ability to lead under pressure while navigating complex medical and logistical challenges. The Sandhurst training underscores a solid foundation in leadership principles and military discipline.	
Medical Support Officer – British Army Reserves	<i>2016 - 2019</i>
Focused on transitioning from reserve to active duty, showcasing the readiness to take on advanced medical and leadership responsibilities in military contexts.	
Combat Medical Technician, British Army	<i>2007 - 2011</i>
Developed a solid foundation in medical planning at various deployment levels, significantly contributing to the coordination and execution of medical support in complex military operations.	
Showcases the groundwork of my career, emphasising the hands-on experience in providing medical care under challenging conditions, which laid the foundation for the advanced roles.	

KEY SKILLS

○ Attention to detail	○ Leadership	○ Coaching and Mentoring
○ Communication	○ Problem-solving	○ Strategy thinking
○ Healthcare management	○ Organisational Development	○ Motivational speaking
○ Critical thinking	○ General surgery	○ Clinical Research

CONFERENCE AND KEYNOTE SPEAKER

Actively contributed to thought-provoking panel discussions on leadership, diversity, and inclusion, showcasing commitment to fostering insightful conversations on crucial topics. Presented on leadership at various stages, highlighting expertise and willingness to share valuable insights with diverse audiences. Engaged in forums to promote effective leadership and create inclusive environments.

Multiple TV appearances and presentation about self-leadership and motivational speaking	<i>2014 onward</i>
Self-leadership journey and Metacognition podium presentation	<i>Jul 2024</i>
Cultural leadership and Constructive Discomfort presentation	<i>Jun 2024</i>
Guest speaker at Medical Leadership Conference	<i>Mar 2024</i>

Leadership presentation – Brigade educational day – British Army	<i>Feb 2024</i>
Defence Safety conference – Panel Member	<i>Oct 2024</i>
Guest Speaker at PGIMER, Chandigarh	<i>Aug 2023</i>
Guest Lecturer at Panjab University, Chandigarh	<i>Aug 2023</i>
Oral presentation – Gut Malrotation – KSS deanery conference	<i>Aug 2022</i>
Multiple poster presentation – Army international surgical conference	<i>Sep 2022</i>
Multiple Poster presentation at RCS England Future Surgery Conference	<i>Nov 2022</i>
Oral Presentation at a Regional Meeting/Conference in Birmingham	<i>Feb 2018</i>
Multiple Oral Presentations at Local NHS Trust	<i>Sep 2018</i>
Developed a New Teaching Programme for Medical Students on Hospital Placements	<i>Jan 2018</i>
Taught at a National Level Teaching Event at 254 Field Hospital	<i>Nov 2018</i>
Multiple Local Case and Audit Presentations at Worcester Hospital	<i>2017 -2019</i>

LEADERSHIP POSITIONS

Lead 100km charity walk – covering 3.5M steps as a team	<i>Mar 2024</i>
Memorial Gates Charity - Council member	<i>Apr 2023 - Current</i>
Vice Chair Young Defence Network	<i>Aug 2020 – Aug 2022</i>
Vice Chair JDF at Frimley Park hospital	<i>Sep 2021 – Sep 2022</i>
West Midland South Deanery FY1 rep	<i>Aug 2017 - July 2018</i>
Safe working committee FY1 and FY2 rep	<i>Aug 2017 - Aug 2019</i>
Clinical Effectives Committee	<i>Aug 2017 - July 2018</i>
Completed and lead multiple important clinical audits for quality improvement at Worcester Royal hospital	<i>Aug 2017 - July 2019</i>

CLINICAL AUDITS AND RESEARCH

I have been involved in multiple local audits for departmental and trust quality improvement. Furthermore, I have led and taken part in multiple international and national clinical collaborative audits. These audits reports have been published in various prestigious journals. The full list of audits can be provided if required, and below is a list of a few latest audits that I have led.

PANDORA - Acute Pancreatitis National Audit of Practice	<i>Nov 2025</i>
ALLIGATOR - Appendicitis Global Outcomes Study	<i>May 2025</i>
Hospital Audit – Documentation of appropriate consent and discussion	<i>Jun 2025</i>
GECKO - Global Evaluation of Cholecystectomy Knowledge and Outcomes	<i>July 2023</i>
HIPPO - Hernias, Pathway and Planetary Outcomes for Inguinal Hernia Surgery	<i>Jan 2023</i>
MAGIC – Management of Acute Surgical Abscesses	<i>Sep 2022</i>
CASCADE (CardiovaSCuLAr outcomes after abDominal surgEry)	<i>Feb 2022</i>
Antibiotics prescription in Acute cholecystitis	<i>Jan 2022</i>
IMAGINE (Ileus Management International)	<i>Apr 2018</i>

AWARDS AND ACHIEVEMENTS

Recommendation for National Awards – Lord Bilimoria, House of Lords	<i>Apr 2024</i>
Fellowship in leadership – British Army	<i>Nov 2023</i>
Clinical Excellence Award – Frimley Park NHS Trust	<i>Sep 2023</i>
Achievement certificate – PGIMER Hospital, Chandigarh, India	<i>Aug 2023</i>
Pride of Punjab – SSP of SBS Nagar, Punjab, India	<i>Aug 2023</i>
Appreciation certificate – Addt. Advocate General, Punjab, India	<i>Aug 2023</i>
Dr B.R. Ambedkar Achievement award – House of Parliament, London	<i>Apr 2023</i>
Award of Excellence (Doctor as a Professional) – St Georges University London	<i>Jan 2015</i>

PUBLICATIONS

Extended pharmacological thromboprophylaxis and clinically relevant venous thromboembolism after major abdominal and pelvic surgery. https://pubmed.ncbi.nlm.nih.gov/40067192/	Mar 2025
Global anaesthesia practice using inguinal hernia surgery as a tracer condition: https://pubmed.ncbi.nlm.nih.gov/40923367/	Sep 2025
Resilience redefined: the cultural myth of ‘toughness’ in the NHS. https://publishing.rcseng.ac.uk/doi/epdf/10.1308/rcsbull.2025.22	Dec 2024
Can the NHS Shift Towards Adaptive Leadership Like the Army? https://www.army.mod.uk/media/3sjhk30d/cal-leadership-insight-no57-army-and-nhs-leadership.pdf	Oct 2024
The difference in leadership between the British army and NHS surgical training. https://publishing.rcseng.ac.uk/doi/10.1308/rcsbull.2024.127	Sep 2024
Management of subcutaneous abscesses: prospective cross-sectional study (MAGIC). https://pubmed.ncbi.nlm.nih.gov/39162333/	Aug 2024
Association between multimorbidity and postoperative mortality in patients undergoing major surgery. https://pubmed.ncbi.nlm.nih.gov/39101671/	May 2024
Access to and quality of elective care: a prospective cohort study using hernia surgery as a tracer condition in 83 countries. https://pubmed.ncbi.nlm.nih.gov/38797188/	May 2024
30-day Morbidity and Mortality after Cholecystectomy for Benign Gallbladder Disease (AMBROSE). https://pubmed.ncbi.nlm.nih.gov/38348652/	Feb 2024
Impact of postoperative cardiovascular complications on 30-day mortality after major abdominal surgery: an international prospective cohort study. https://pubmed.ncbi.nlm.nih.gov/38303634/	Feb 2024
Exploring Metacognition - The Key to Exceptional Leadership https://shorturl.at/uKSW8	Jan 2024

Reducing the environmental impact of surgery on a global scale https://pubmed.ncbi.nlm.nih.gov/37079880/	Jun 2023
Abstract 148 - A rare case of recurrent ductal carcinoma in situ inside a fibroadenoma in a young female. https://pmc.ncbi.nlm.nih.gov/articles/PMC9993174/	Jan 2023
Abstract 149 - Duodenal intussusception and gastric outflow obstruction secondary to duodenal polyp. https://pmc.ncbi.nlm.nih.gov/articles/PMC9993174/	Jan 2023
Actinomycosis Simulating Malignancy on CT: A Case of A Long-Forgotten IUD https://mail.austinpublishinggroup.com/obstetrics-gynecology/fulltext/ajog-v9-id1208.php	Nov 2022
Validation of the OAKS prognostic model for acute kidney injury after gastrointestinal surgery. https://pubmed.ncbi.nlm.nih.gov/35179188/	Jan 2022
Timing of nasogastric tube insertion and the risk of postoperative pneumonia: an international, prospective cohort study. https://pubmed.ncbi.nlm.nih.gov/34092023/	Sep 2021
Safety of hospital discharge before return of bowel function after elective colorectal surgery. https://pubmed.ncbi.nlm.nih.gov/31976560/	Jan 2020
Safety and efficacy of non-steroidal anti-inflammatory drugs to reduce ileus after colorectal surgery. https://pubmed.ncbi.nlm.nih.gov/31595986/	Oct 2019
Cubital Tunnel Syndrome https://pubmed.ncbi.nlm.nih.gov/30855847/	Feb 2018
Ramipril https://pubmed.ncbi.nlm.nih.gov/30725804/	Jan 2018

MEDIA PRESENTATIONS AND ACHIEVEMENTS

As a spokesperson for the British Army, I have consistently engaged with various Asian television and radio networks, as well as within the Asian, Hindu, and Sikh communities throughout the United Kingdom. In these appearances, I have spoken extensively on topics such as self-leadership, self-awareness, insight development, and motivational speaking. My involvement in these media presentations has allowed me to share valuable insights and inspire diverse audiences.

Additionally, I actively participate in community engagement initiatives organized by the Army Engagement Team, further promoting positive cultural values and leadership principles.

I led a team of Commonwealth soldiers on a 100km weighted march from Brighton to London to honor the Commonwealth soldiers who lost their lives during the World Wars. This event was highly appreciated by many High Commissioners of Commonwealth countries, the Secretary-General of the Commonwealth organization, and Members of Parliament.

References are available if required.

Major Munish Chauhan MBBS, MRCS, DMCC, PGDip, RAMC

General Surgery Registrar – British Army

Senior Research Fellow – The Centre for Army Leadership

Executive Coaching – Develop Self-awareness, Insight, Resilience and Leadership

I hold three distinct yet interconnected roles that allow me to lead, mentor, and develop future leaders across military, medical, and academic fields. As a General Surgery Registrar in the British Army, I combine clinical expertise with leadership in high-pressure environments. In my role as a Senior Research Fellow at the Centre for Army Leadership, I contribute to leadership development through research and thought leadership, focusing on self-awareness, resilience, and psychological safety. Additionally, as an Executive Coach, I guide individuals in developing self-leadership and resilience, fostering future leaders in both military and medical settings. Below, I expand on each of these roles in detail.

General Surgery Registrar – British Army (Royal Army Medical Corps)

Role Summary: As a General Surgery Registrar in the British Army, I am entrusted with the dual responsibilities of delivering surgical care and leading medical teams. My role encompasses a broad spectrum of surgical expertise, encompassing both elective and emergency procedures in diverse settings, from NHS facilities to combat zones.

Key Responsibilities:

- **Surgical Practice:** Be ready to perform a range of surgical procedures, specialising in trauma, gastrointestinal, and transplant surgeries, ensuring adherence to the highest clinical standards.
 - This highlights the need for expert-level surgical skills and continuous professional development to handle complex cases confidently. It also underscores the responsibility to set and maintain exemplary clinical standards as a leader in the field.
- **Comprehensive Patient Management:** Oversee patient assessments, surgical planning, and postoperative care, with a commitment to optimising outcomes and minimising complications.
 - Reflects the importance of adopting a patient-centred approach, ensuring thorough preoperative evaluation and precise surgical execution to reduce risks and improve recovery. This also implies active involvement in follow-up care to monitor progress and prevent complications.
- **Emergency Response:** Deliver critical surgical interventions in high-pressure environments, demonstrating adaptability and decisive leadership in emergency situations.
 - Emphasises the ability to stay composed and make swift, life-saving decisions under pressure. It also showcases resilience and leadership in unpredictable or resource-constrained settings.
- **Multidisciplinary Team Leadership:** Collaborate with anaesthetists, nurses, and allied health professionals to provide integrated care, fostering a team-oriented environment.

- Highlights the importance of effective communication, emotional intelligence, and leadership skills to ensure all team members are aligned and working towards a common goal of delivering high-quality care.
- **Operational Readiness:** Ensure medical teams are prepared for deployment, maintaining readiness to provide surgical care in both peacetime and combat scenarios.
 - Stresses the importance of strategic planning, continuous training, and adaptability to perform at peak efficiency in both routine and high-stakes environments. It also underlines the need for logistical foresight to manage resources effectively in dynamic situations.

Key Areas:

- **Field Surgery and Adaptation to Combat Environments:** Performing surgeries in makeshift or mobile facilities, ensuring surgical readiness in unpredictable environments.
- **Clinical Governance and Patient Safety:** Ensuring that all procedures meet the strict governance frameworks of both the NHS and the Army Medical Services.
- **Operational Medical Leadership:** Leading and managing surgical teams during military operations, ensuring that all medical personnel are trained and prepared for rapid deployment.

Achievements:

- Successfully led surgical teams in various high-stakes situations, contributing to positive patient outcomes and team cohesion.
- Implemented training programmes for junior medical personnel, focusing on resilience and effective leadership in the field.

Senior Research Fellow – Centre for Army Leadership

Role Summary: As a Senior Research Fellow at the Centre for Army Leadership, I focus on advancing leadership development through research and training initiatives. My work integrates the principles of self-leadership, psychological safety, and resilience to cultivate effective leaders within the military context.

Key Responsibilities:

- **Research and Development:** Conduct and publish research on leadership models and self-awareness, contributing to the academic discourse on military leadership and personal development.
- **Training Facilitation:** Design and deliver leadership training programmes, emphasising metacognition and resilience to enhance the capabilities of military leaders.
- **Presentations and Public Speaking:** I regularly present research findings at high-profile events such as national conferences, Army leadership forums, and even the House of Lords. These engagements allow me to share practical insights with a broad audience, further establishing myself as a thought leader in military leadership.

- **Metacognitive Leadership Models:** Writing leadership articles that enable individuals to think critically about their decision-making processes and leadership styles.

Achievements:

- Developed and implemented leadership workshops that have positively influenced the leadership capabilities of military personnel.
 - Presented research at prominent conferences, establishing a reputation as a thought leader in military leadership development.
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Executive Coach

Role Summary: As an Executive Coach, I specialise in self-leadership and resilience development, guiding individuals, and teams to enhance their performance and achieve their professional goals. My coaching philosophy is centred on fostering self-awareness and empowering others to take ownership of their leadership journeys.

Key Responsibilities:

- **One-to-one Coaching and Mentorship:** Provide tailored coaching to individuals in leadership roles, healthcare professionals and soldiers, focusing on personal growth, emotional and social intelligence, insight, resilience, and effective decision-making.
- **Leadership Development Programs:** Design and implement coaching-oriented leadership that promote resilience and self-leadership skills among military personnel and healthcare professionals.
- **Presentations:** Presentations that encourage reflective practice and self-assessment, helping participants identify their strengths and areas for growth.

Achievements:

- Successfully coached numerous individuals to enhance their leadership capabilities, leading to improved team performance and morale.
 - Developed a series of impactful presentations that have been well-received across various military and healthcare settings.
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Career Highlights and Achievements

Over the course of my career, I've had the privilege of contributing to a range of impactful initiatives within both military and healthcare sectors. Some of my key achievements include:

- **Presentations at the House of Lords:** I've been invited multiple times to present my research on self-leadership, resilience, and psychological safety at the House of Lords. These engagements have allowed me to influence leadership discussions at a high level.
- **TV and Radio Appearances:** I've spoken on TV and radio platforms to discuss leadership development and mental resilience, reaching broader audiences and helping promote the importance of self-leadership.

- **100km Charity Walk Leadership:** I led a team of soldiers on a 100km charity march, carrying 15kg bergens, resulting in a collective achievement of 3.5 million steps. This event raised significant funds for charity and showcased the power of teamwork and resilience.
 - **Fellowship in Leadership – British Army (2023):** Recognised for my contributions to leadership development, I was awarded a fellowship by the British Army, highlighting my efforts to promote self-awareness and resilience in leadership.
 - **Clinical Excellence Award – Frimley Park NHS Trust (2023):** My work as a General Surgery Registrar earned me this award, recognising the high standards of care I consistently deliver.
 - **Development of Leadership Training Programs:** I've developed and delivered successful leadership workshops that focus on resilience, self-awareness, and coaching, which have been implemented across military and healthcare settings.
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