



Lalith Wijedoru

Social Health Consultant

Founder, Behind Your Mask

Former Consultant Paediatric Emergency Physician, NHS

Dr. Lalith Wijedoru is a strong advocate for employee wellbeing and the promotion of social health — the quality of human connection within workplaces and communities. His work focuses on creating more humanised work cultures through the sharing of authentic personal stories in psychologically safe and reflective spaces.

He was nominated for the UK Welldoing Inspiration Award (2024) in recognition of his work in staff wellbeing across both the corporate and public sectors. Through his consultancy and educational work, he supports organisations in developing compassionate, connected, and sustainable workplace cultures.

Dr. Wijedoru is a former Consultant Paediatric Emergency Physician in the United Kingdom's National Health Service (NHS). During his time at Alder Hey Children's Hospital in Liverpool, he was part of nationally recognised award-winning teams in staff engagement and wellbeing, including recipients of the Health Service Journal (HSJ) Staff Engagement Award (2020), the Point of Care Foundation Award for Most Powerful Schwartz Round (2021), and the HPMA Excellence in People Award for Employee Engagement (2021).

He previously served as a Clinical Lecturer in Global Child Health at the Liverpool School of Tropical Medicine and worked as a clinical educator and researcher with the University of Oxford's Tropical Medicine Research Units in South and South-East Asia.

Dr. Wijedoru continues to facilitate workshops on authenticity, compassion, and reflective leadership for the NHS Leadership Academy, supporting healthcare professionals and leaders in fostering psychologically safe environments and meaningful professional connection.

He has also contributed to public understanding of healthcare realities through BBC Radio 4 documentaries, including *Lockdown Legacy: The Medics* (2025), exploring the impact of COVID-19 lockdowns on children, and *Medical Emergency* (2026), focusing on physician suicide and mental health within healthcare professions.

