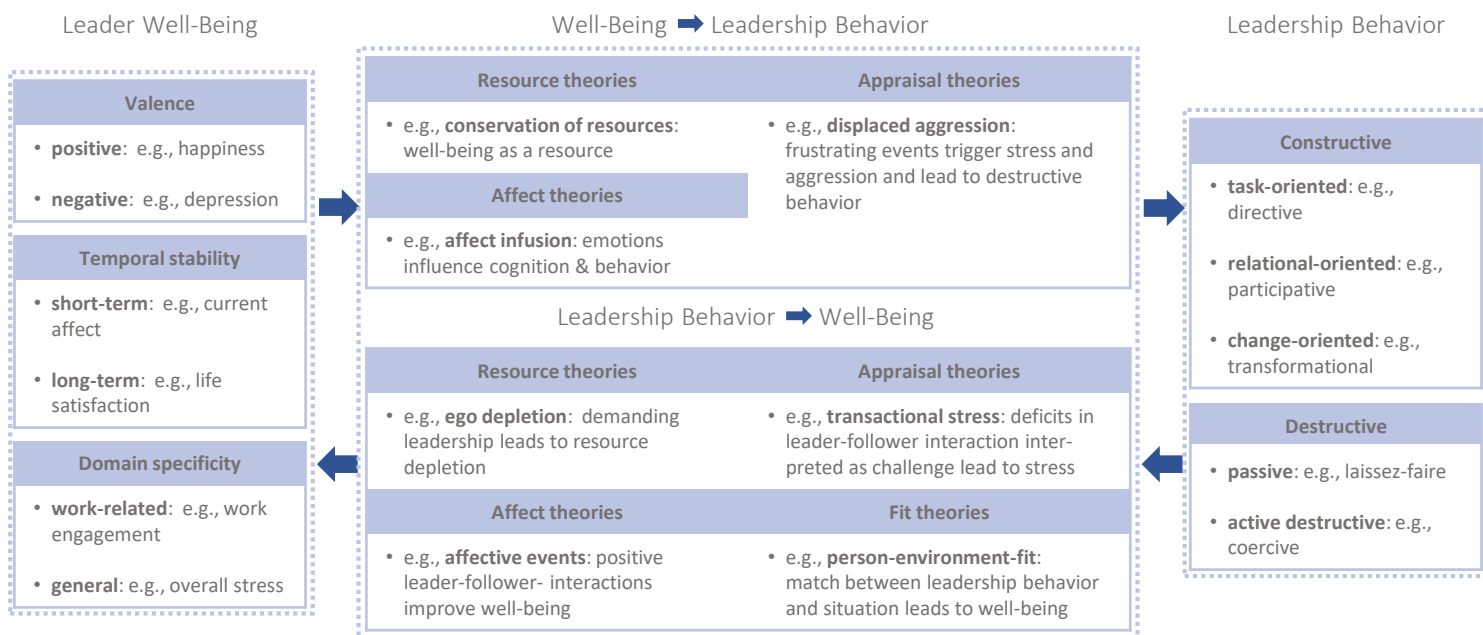


How is the well-being of leaders related to their leadership behavior?

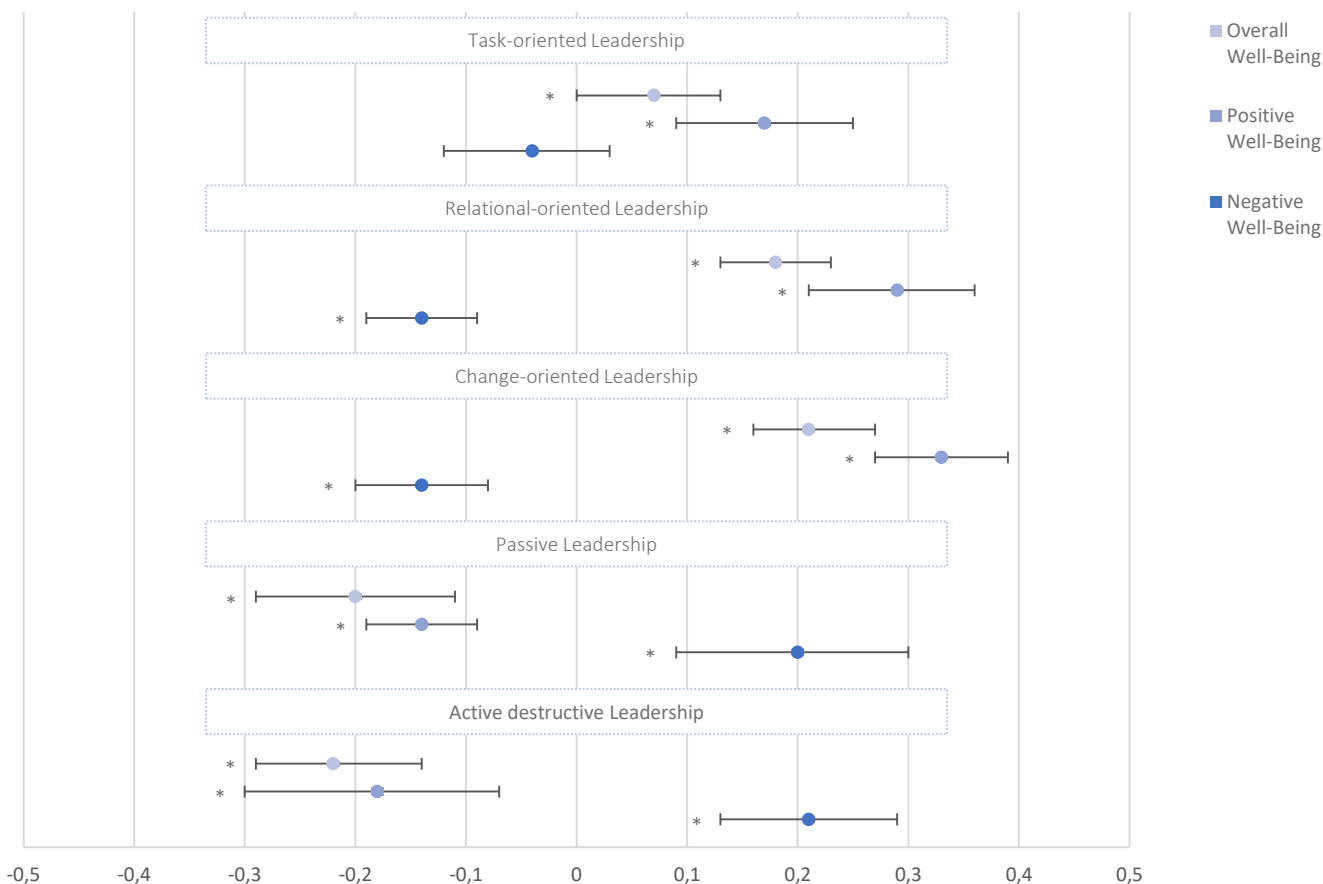
Based on the theoretical model, leader well-being and leadership behavior can influence each other directly and indirectly.

The results of our meta-analysis (95 effect sizes; N = 12,617) confirm a clear relation between how well a leader feels and how they behave towards their employees. Different relations between constructive and destructive leadership behavior with different forms of well-being (for example positive vs. negative) can thereby be identified.

Conclusion: Leaders who are healthy lead better and leaders who lead better are also healthier.



Leadership Behavior and Different Forms of Leadership Well-Being



Note: * = significant relation between leadership behavior and different forms of well-being

Kaluza, A. J., Boer, D., Buengeler, C., & van Dick, R. (2020). Leadership behaviour and leader self-reported well-being: A review, integration and meta-analytic examination. *Work & Stress*, 34(1),34-56. <http://doi: 10.1080/02678373.2019.1617369>