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.