



INCREASED SUSTAINABLE LEADERSHIP PRACTICES

TIME SPENT IN STRATEGY **↑29.2%**
MY LIFE IS CLOSE TO IDEAL **↑14.9%**
RESILIENCE **↑10.2%**
HAPPINESS AT WORK **↑9.1%**
JOB SATISFACTION **↑9.1%**
PSYCHOLOGICAL CAPITAL **↑7.8%**
LIKELIHOOD OF LEAVING THE ROLE **↓8.3%**
LIKELIHOOD OF TAKING LEAVE TO COPE **↓5.1%**

INCREASED EFFECTIVE LEADERSHIP

INCREASED CLARITY & LEADERSHIP IMPACT

TIME SPENT IN COACHING **↑29.7%**
TIME SPENT IN LEADING TEACHING & LEARNING **↑23.1%**
TIME SPENT IN RESEARCH **↑22%**
TIME SPENT IN PEOPLE DEVELOPMENT **↑16.2%**
TIME SPENT IN SCHOOL LEADERSHIP **↑10.5%**

INCREASED SENSE OF ACCOMPLISHMENT & CONTROL

FEELING OVERLOADED BY WORK **↓18.2%**
INTERRUPTIONS **↓35.5%**
TIME SPENT IN ADMINISTRATION **↓18.8%**
TIME SPENT IN CONFLICT **↓25.2%**
TIME SPENT IN CRISIS MANAGEMENT **↓23.4%**
STRESSFUL ISSUES **↓13.4%**

INCREASED WELLBEING

PHYSICAL WELLBEING

SLEEP PROBLEMS **↓19.4%**
HEALTH RISK FOR HEART DISEASE & STROKE **↓16.5%**
BEING OVERWEIGHT DUE TO WORK PRESSURE **↓15.8%**
RECOVERY AT WORK **↑27.6%**
RECOVERY ACTIVITIES AT HOME **↑14.4%**

EMOTIONAL WELLBEING

BOUNDARY STRENGTH **↑54.2%**
MY PERSONAL TIME IS MY OWN **↑32.6%**
WORK FAMILY BALANCE **↑17.6%**
SOCIAL SUPPORT **↑5.8%**
STRESS **↓19.2%**