



School Leadership Practices and Health - Selected Findings from a Multi-Method Longitudinal School Leadership Study

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This paper aims to report on school leadership practices, school leadership health and helpful ways of self-assessment and coaching. Firstly, the presentation reports what activities 5394 school leaders like, and what they experience as strain. Secondly, it shows what they actually do by analyzing 4430 diaries of school leaders. Thirdly, it demonstrates the impact of individual and institutional factors on the health of school leaders which is operationalised in this study in terms of the job satisfaction, general job strain, and emotional exhaustion as well as of specific job strains (caused by specific leadership activities). It focuses on the predictors of job satisfaction, general job strain and emotional exhaustion based on regression analyses and path modeling with SEM. Additionally, it reports on the size of risk groups using cluster analysis and LCA. Moreover, qualitative in-depth studies contrast two different groups of school leaders. Fifthly and finally, strategies to support school leaders are presented derived from findings working with 800 school leaders in the EU project PROFLEC (Professional reflection through feedback and coaching), particularly focusing on the impact of self-assessment and coaching on various impact levels.



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