You will probably work over 90,000 hours in your lifetime. How many of them will you remember fondly?

**What do I hope to achieve?**
- If ‘leadership is in the eye of the beholder’ then our leaders’ self-awareness affects their ability to promote our wellbeing.
- I want to improve leadership development and leaders’ ability to create thriving workplace environments.

**What are my research objectives?**
1. Identify the leadership behaviours that impact follower wellbeing.
2. Explore the perception gap regarding these behaviours.
3. Investigate the impact this perception gap has on followers’ wellbeing, including individual characteristics that explain why it exists.

**What methods will I use?**
- Interview participants to identify wellbeing-relevant leadership behaviours.
- Anonymous questionnaires to quantify the perception gap for these behaviours, before and after training.
- Forum discussions of anonymised results to gain a richer insight, from the perspective of participants.

Questions you might want to ask me:
- What motivated you to look into this?
- Why have you chosen these research methods?
- How can I continue this conversation with you?

References:
*van Knippenberg & Sitkin, 2013
**also known as ‘self-other disagreement’ or ‘rater incongruence’ (Vogel And Kroll, 2019)