IP BEST PRACTICES

The Healthy Leadership Check

A best practice shared by Cornelia Schlatt.

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The Healthy Leadership Check

Enables sustainable high performance by embedding mental health into how leadership, work and organizations are designed, rather than treating wellbeing as an individual issue.

Key steps

Define healthy leadership as creating conditions where people can perform at their best without sacrificing their mental health.

Take systemic responsibility by shaping structures, culture and routines that support recovery, fairness and sustainable workloads.

Use a Healthy Leadership Self-Check to regularly reflect on leadership behaviour and its impact on team wellbeing, and anchor the practice through regular reflection formats: leadership self-checks, leader round tables and team dialogues to build trust and shared responsibility.

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