

WINNING INSIGHTS: LEADERSHIP, ENGAGEMENT, AND WELL-BEING IN HIGH- PERFORMANCE BUSINESS AND SPORT

Brief summary of the project

Effective leadership in high-performance environments is vital for peak performance and engagement in both sport and business. The similarities between successful leaders in sport and business have been frequently cited, however, these links have often been unidirectional (sport to business), and anecdotal in nature. As well as performance-related issues, recent media reports and research studies have highlighted the importance of leadership upon staff well-being in both sectors.

As such, the project aim is to: ***identify what high-performance Welsh business and sport leaders can learn from one another to create and sustain well-being, engagement, and performance.***

To achieve the aim, the project will comprising three stages:

- 1) Interviews with Leaders from high-performance Welsh businesses and elite sport;
- 2) Targeted, statistical analysis of leadership and its influence upon staff well-being, engagement, and performance;
- 3) Interviews with the wider leadership group/support staff to explore the relationship between leadership, well-being, engagement, and performance.

Benefits of the project

The project is aiming to make a significant impact in business, sport, and academia, while providing business and sport organisations:

- A platform to share, learn, and develop.
- Opportunities to engage with like-minded individuals.
- Cross sector learning and development opportunities.
- A commitment to the promotion of well-being.
- Support for Wales and Welsh business.
- Opportunities to work with an experienced research team.
- Feedback from the project findings to staff and leaders.
- Best practice guidelines based upon the project findings.
- Potential organisational advancements through engagement, well-being, and performance.