

# 2025 Australian School Leader Occupational Health & Wellbeing Survey



## DESIGNED FOR:

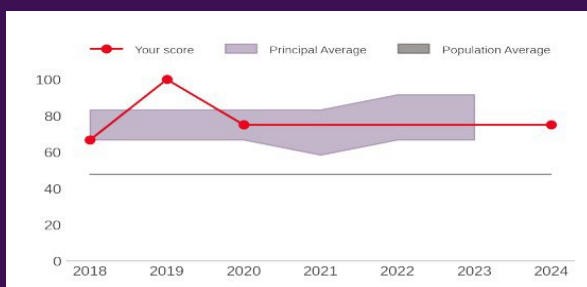
Any kind of school leader positions, including

- Principals
- Deputy/Vice/Acting/Assistant Principals
- Retired/On-leave Principals
- Head Teachers
- Teaching Principals
- Wellbeing Leaders

## GET YOUR PERSONAL REPORT

After completing the survey, you'll receive a personalised health and wellbeing report. Your report includes graphs (example below) comparing your results with those of other school leaders and the general population and allowing you to track your progress against previous scores. Easily view individual data points and monitor your wellbeing journey.

**Complete the survey!**



**IF YOU WISH TO PARTICIPATE TO GET YOUR  
INDIVIDUAL REPORT -  
please register at our website  
<https://healthandwellbeing.org>**

## RESEARCH IMPACT

Our research addresses concerns about the growing demands and complexities impacting Australian school leaders' health and wellbeing. By providing robust evidence to policymakers, we reveal the real costs and benefits of initiatives such as changes to accountability systems, informing better decision-making and healthier school environments.

## ABOUT THE SURVEY

Researchers from the Institute for Positive Psychology and Education (IPPE) at ACU conduct this survey, independent of all employer groups, professional associations and unions. Individual survey responses are kept strictly confidential: no individual or school will be identifiable in any reported results. Participants are being recruited for research purposes. This study has been approved by the ACU Human Research Ethics Committee.

## REGISTERED/TAKEN THE SURVEY BEFORE?



Please check your email inbox — an email has been sent to you.



We've updated the design and layout of our survey and personal report access.



Need help or have questions? We're here to assist! Please don't hesitate to contact us for any clarification regarding these updates.

<https://healthandwellbeing.org>

E: [admin@healthandwellbeing.org](mailto:admin@healthandwellbeing.org)

This research serves as a valuable resource in tackling the critical issue of Australian school leader wellbeing - a key priority highlighted by the Department of Education highlighted in the **Education Ministers Meeting**.

Thank you to the following funding partners whose invaluable contributions allow ACU to research the occupational health, safety and wellbeing of school leaders: **Catholic Schools New South Wales (CSNSW)**, **Catholic Secondary Principals Australia (CaSPA)**, **NSW Secondary Principals' Council (NSWSPC)**, **Australian Catholic Primary Principals' Association (ACPPA)**, **Australian Primary Principals Association (APPA)**, **Victorian Principals Association (VPA)**, **Australian Secondary Principals' Association (ASPA)**, and **Association of Heads of Independent Schools of Australia (AHISA)**.