

Why Do Educational Leaders Need Maintenance?

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ABSTRACT Leadership maintenance through psychological, sociological and physiological parameters generates an environment conducive in educational settings. Leadership maintenance is an ongoing process that entails understanding oneself through cognitive complexity and relational approaches towards understanding the followership. Maintenance is required for leaders and followers. This refers to maintaining the following aspects in particular, including, psychological, sociological, and physiological states of being. Assimilating the psychological, sociological and physiological parameters generates leadership competences by enriching the wellness of leaders and creating well-being for others. The well-being of followers offers wellness to leaders by creating a harmonious organizational climate through reflexive behavior, in the process resulting in the mirror effect generated to and from leaders to followers, and vice versa.