

CAROLINE ROOK

Caroline is a Lecturer in HRM and Leadership at Henley Business School. Her research relates to creating healthy and productive workplaces through exploring the links between leadership and well-being in organisations. She investigates in particular how to manage executive stress, how to maintain authentic functioning at work and the role of coaching for creating resilience for positive leadership.

She has been involved in research and practice related to the topics of leadership, well-being, authenticity and coaching for some years at Lord Ashcroft International Business School (UK), INSEAD (France) and University of Exeter Business School, Centre for Leadership Studies (UK).



Caroline has not only worked in different academic environments but also has experience in the field of human resources management and consulting from internships at Kienbaum Management Consultants GmbH and Porsche Cars Great Britain Limited and from consultancy work conducted for Lord Ashcroft International Business School.

Caroline produces scholarly works with the KDVI research group and is involved in conceptual and empirical research on how personal growth and resilience are supported in work environments as part of leadership and team development.

Caroline holds a degree in Psychology (majors: Clinical Psychology, Organisational Psychology, Communication Psychology) from Friedrich-Schiller-University, Jena (Germany) and obtained her PhD from the University of Exeter (UK).