

**Lonely-ship:
The Emergence and Experience of Leader Loneliness**

Doctoral Thesis Propositions

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1. The value of this thesis is a moral statement: I want to raise organisational and societal awareness of the emotional challenges of leaders at work. (Chapter 1)
2. There is an urgent need to synthesise and evaluate the literature to develop a parsimonious and analytical understanding of leader loneliness and to provide directions for future research on this topic. (Chapter 2)
3. Leaders who have multiple internalized leadership styles and are adept at switching them according to the demands of the day-to-day routines can make sense of their loneliness stories with different story lines. (Chapter 3)
4. Employees with a strong sense of power are more likely to share personal, sensitive information with both superiors and followers, but upward disclosure seems more effective in preventing workplace loneliness than downward disclosure. (Chapter 4)
5. Writing about leadership challenges and emotions at work could help resolve unfinished business, refocus one's mind on just one issue at a time, and raise self-awareness on their values, assumptions, and beliefs. (Chapter 5)
6. "Nobody cares how much you know, until they know how much you care." (Theodore Roosevelt)
7. "Why am I afraid to tell you who I am? Because, if I tell you who I am, you may not like who I am – and that's what I have." (John Powell)
8. "I believe we all have a lot to say, but finding ways to say it is more than half the battle." (Criss Jami)
9. "Follow your heart, but take your brain with you." (Alfred Adler)
10. "Good friends are like stars. You don't always see them, but you know they're always there." (Anonymous)
11. Kindness is a choice. May every kind thing you do *be out of love, not for love.*