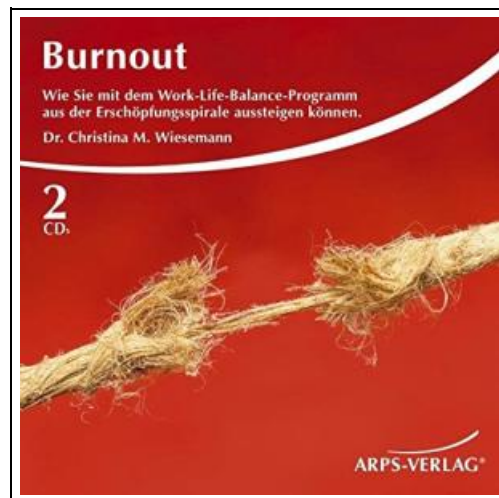


Burnout



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ARPS Verlag Ltd. Mrz 2010, 2010. Audio-CD. Book Condition: Neu. 12.4x14.2x cm. Neuware - Wie Sie mit dem Work-Life-Balance-Programm aus der Erschöpfungsspirale aussteigen können. Nach Schätzung fühlt sich ca. 15% der deutschen Bevölkerung wegen ihrer Arbeit ausgebrannt. Burnout ist ein Zustand körperlicher und emotionaler Erschöpfung, der mit verminderter Leistungsfähigkeit einhergeht. Vor allem engagierte Menschen sind betroffen, weil es ihnen in ihrer Leistungsbereitschaft nicht gelingt, das richtige Maß zu finden. Mit Hilfe des Work-Life-Balance-Programms lernt der Hörer, sein persönliches Burnout-Risiko realistisch einzuschätzen und mit Hilfe der angeleiteten psychologischen Übungen aus der Erschöpfungsspirale auszusteigen. Die zwei CDs und das 20-seitige Booklet beinhalten neben einem Burnout-Risiko-Test wirksame psychotherapeutische Übungen, um eine ausgeglichene Balance herzustellen, die dem eigenen Leben wieder Werthaltigkeit und Sinn vermittelt. 20 pp. Deutsch.



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