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(Penelope O'Conner DDS)

BURNOUT BEI JUNGEN FÜHRUNGSKRÄFTEN. URSACHEN, VERLAUF UND PRÄVENTION



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GRIN Verlag GmbH Apr 2015, 2015. Taschenbuch. Book Condition: Neu. 211x151x4 mm. Neuware - Studienarbeit aus dem Jahr 2015 im Fachbereich Psychologie - Beratung, Therapie, Note: 1,7, Brand Academy Hamburg, Sprache: Deutsch, Abstract: Die Krankheitstage aufgrund von Burnout sind im letzten Jahrzehnt rasant angestiegen. Insbesondere junge Führungskräfte sind dem Risiko eines Burnouts ausgesetzt. In dieser Arbeit werden die Ursachen für Burnout und der Verlauf eines Burnout-Prozesses dargestellt. Anschließend wird in einem Selbstmanagementkonzept gezeigt, worauf junge Führungskräfte achten können, um Burnout präventiv zu begegnen. 36 pp. Deutsch.



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