

Ressourcenorientiertes Selbstmanagement Zur Burnout

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~~Zeitmanagement \u2195 Mittel gegen den Burnout Zeitmanagement bezeichnet eine m\u00f6glichst realit\u00e4tsbezogene Arbeits- und Handlungsplanung. Es ist essenziell, die eigenen Aufgaben nach Wichtigkeit und Dringlichkeit zu ordnen, damit am Ende des Tages nicht das Wichtigste liegen bleibt.~~

~~Zeitmanagement \u2195 Mittel gegen den BurnoutHilfe bei Burnout~~

~~Strategien zum Stress- Selbstmanagement zur Burnout- Pr\u00e4vention 48 . Franziska Klenke & Salome V\u00f6gtli 4 Interventionen zum Stress- Selbstmanagement zur Burnout- Pr\u00e4vention 50 Resilienz 50 Implikationen f\u00fcr die Praxis 52 10 Schlussfolgerungen 53 11 Anhang 63 Glossar 63 Zeitplan 65~~

~~Stress \u2013 Selbstmanagement zur Burnout \u2013 Pr\u00e4vention bei \u2013~~

~~Ressourcenorientiertes Selbstmanagement Grundkurs zur Arbeit mit dem ZRM\u2122 \u2195 Training. Zertifizierung durch die \u00c4rztchammer Westfalen-Lippe (\u00c4KWL) wird beantragt! Kurs auch als in-house Schulung \u00fcber 2 Tage zu anderen Terminen m\u00f6glich! Selbstmanagement meint die F\u00e4higkeit, sich in schwierigen Situationen selbst regulieren und ...~~

~~Angebote/Termine \u2014 GUSI@ Akademie~~

~~Der ZRM\u2122-Grundkurs ist der Einstiegskurs in das Thema ressourcenorientiertes Selbstmanagement. Die Teilnehmer/-innen lernen ein einzigartiges Verfahren kennen und erleben, wie sie ihre vorhandenen Potenziale entdecken und nutzen k\u00f6nnen:~~