



# **Ganzheitliche Karriereplanung: Ein Leben in Balance (German Edition)**

*Sascha Schmidt*

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## **Ganzheitliche Karriereplanung: Ein Leben in Balance (German Edition)** Sascha Schmidt

Wenn Sie wissen wollen, wie Sie Ihre persönliche Karriereplanung im Einklang mit Ihren Bedürfnissen ausrichten, liefert Ihnen der erfahrene Coach und Personalberater Sascha Schmidt Antworten und Hilfe. Auf Basis einer ganzheitlichen Sichtweise beschreibt er, wie Sie Ihre berufliche Biographie aktiv und sinnvoll gestalten können. Zahlreiche Beispiele aus der Praxis verdeutlichen die Anregungen. Konkrete Tipps zur Umsetzung helfen Ihnen, Ihren Beruf neu zu betrachten und besser in Ihr Leben einzuplanen.

Aus dem Inhalt:

Karriereplanung: Was Sie beeinflusst

Profilschärfung: Fokus auf persönliche Stärken

Vorstellungsgespräch: Erste Hilfe für mehr Gelassenheit

Arbeitsvertrag: Grundlagen für erfolgreiches Verhandeln

Arbeitsvertrag: Persönlicher Sicherheitscheck vor der Unterschrift

Achtsamkeit: Damit der Karriereschritt kein privater Stolperstein wird

Time to say goodbye: Der richtige Abschluss mit dem alten Job

Die ersten 100 Tage: Tipps für den Start im neuen Job

Führungskompetenz: Wie Sie Autorität und Charisma gewinnen

Coaching: Worauf Sie achten sollten

Wie Work-Life-Balance zur Life-Balance wird

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