



Die 38-Stunden-Woche für Manager: Optimale Work-Life-Balance durch gute Führung (German Edition)

Daniel Walther

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Der Arbeitstag ist immer zu kurz, um alles zu schaffen, was man sich vorgenommen hat – das gilt umso mehr für Führungskräfte. Wie können sie ihre Ziele erreichen, ohne ihr Privatleben zu vernachlässigen? Welche Strukturen müssen dafür im Unternehmen und im Team vorhanden sein, was können Führungskräfte selbst tun, um ihren Alltag und die Zusammenarbeit mit ihren Mitarbeitern effizient und erfolgreich zu gestalten?

Dieses Buch ist eine Hilfestellung für Manager jeder Hierarchieebene, um die eigene Work-Life-Balance zu verbessern. Basierend auf einer grundlegenden Untersuchung aller Bereiche der Führung werden konkrete Handlungsempfehlungen zur Umsetzung gegeben. Eine Pflichtlektüre für Führungskräfte und alle, die es werden wollen.

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