



Gesunde Führung: Impulse für den Mittelstand (essentials) (German Edition)

Simon Hahnzog

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Dieses Essential greift den Leitgedanken des Betrieblichen Gesundheitsmanagements „Gesunde Mitarbeiter gestalten ein gesundes Unternehmen“ auf, um diesen auf das Konzept der „Gesunden Führung“ zu übertragen. Es richtet sich explizit an Führungskräfte in mittelständischen Unternehmen. Unter Einbeziehung der vier Wirkungsebenen der betrieblichen Gesundheit wird der Leser in zahlreichen Übungen zur Reflexion seiner eigenen Führungsarbeit angeleitet. Eine Einführung in die systemisch-lösungsorientierte Haltung und eine Diskussion des Verständnisses von Führung und Gesundheit bilden die Basis für diese praxisorientierten Ausführungen.

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