

Work-life-balance -theorie Oder Wirklichkeit? - Maja Plasaj

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Work-Life-Balance-was ist das eigentlich? Unter diesem Begriff ist ein momentaner Trend zu verstehen, der ursprünglich aus den USA kommt. Er beschäftigt sich mit Fragen zur Vereinbarkeit von Beruf und Familie, Arbeit und Freizeit insbesondere im Zusammenhang mit Lebensqualität, sowie einer neuen Qualität der Arbeit. Hier einen angemessenen Ausgleich zu finden, ist oft nicht ganz einfach. Ob es nun darum geht, Kinder oder ältere Familienangehörige zu betreuen, sich um seine Aus- oder Weiterbildung zu kümmern oder einfach nur, mit Freunden etwas zu unternehmen. Um stressfrei und zufrieden zu sein, sollte man ein gewisses Gleichgewicht finden. Das bedeutet, Work-Life-Balance betrifft die meisten erwerbstätigen Menschen in dem einen oder anderen Ausmaß. Und für viele ist es ein Problem. Denn nach einer Studie des Meinungsforschungsinstituts Forsa gaben 60 Prozent aller Deutschen an, dass sich Leistungsdruck im Job und Freizeitansprüche schwierig verbinden lassen, und dass das Privatleben zu kurz käme. Author: Plasaj, Maja Publisher: GRIN Verlag Illustration: N Language: GER Title: Work-Life-Balance -Theorie oder Wirklichkeit? Pages: 00017 (Encrypted PDF) On Sale: 2005-01-01 SKU-13/ISBN: 9783638375825 Category: Business & Economics : General

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