



Erfolgreich "Ich" sein. Identity Coaching (German Edition)

Monique Koller

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Fachbuch aus dem Jahr 2014 im Fachbereich Psychologie - Beratung, Therapie, Note: 198/200 Punkte, ,
Veranstaltung: Mentaltrainer und Coach, Sprache: Deutsch, Abstract: Wer kennt das nicht? Gehetzt rennen
wir unseren „to do´s“ Tag für Tag hinterher und das in absolutem Glauben, erst mit allen Häkchen auch
wirklich alles erledigt zu haben. Doch nicht nur das, wir verbinden damit all dies: Besser sein. Angekommen
sein. Anerkannt(er) sein. Erfolgreich(er) und glücklich(er) sein.

Doch wie viel SEIN ist bei all den „to do´s“ tatsächlich dabei? Was davon macht uns selbst tatsächlich aus
und wie viel davon uns wirklich glücklich?

Es ist nicht leicht, sich Tag für Tag dem „Moment, ich muss noch...!“- Zwang entgegen zu setzen oder
zumindest kritisch zu reflektieren, was davon tatsächlich noch sein „muss“, um nachts besser schlafen und
sich morgens selbst im Spiegel anschauen zu können. Doch das wohl wichtigste „Moment, ich muss
noch...!“ wird leider oftmals vergessen, nämlich das: „Moment, ich muss noch...ICH sein!“.

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