



Survival in der Schule: Schritt für Schritt aus der Mobbingfalle (German Edition)

Damian Gsponer

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Ein praxiserprobter Weg für Jugendliche, Studenten, Auszubildende, sich selbst nachhaltig aus der Mobbingfalle zu befreien.

In einem ersten Schritt erfolgt eine Analyse der Konfliktstruktur. Es folgen konkrete Schritte zur Stärkung deines Selbstbewusstseins. Darunter fallen unter anderem verschiedene Übungen zu Kommunikation und Körpersprache. Weitere Schritte helfen dir nach und nach, den Mobbingfall zu entflechten und die negative Dynamik dir gegenüber in eine positive Richtung zu lenken. In diesen Schritten lernst du Gesprächstechniken kennen, Ziele zu setzen und ein aktives Networking zu betreiben.

Der Autor ist Schuldirektor einer Regionalschule und Dozent an der Pädagogischen Hochschule Wallis.



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