
Was Sie aus diesem Essential mitnehmen können

- Wie Sie Ihr eigenes Wohlbefinden (bei der Arbeit) vergrößern
- Wie Sie die eigene und die Leistungsfähigkeit der Mitarbeiter und somit den Unternehmenserfolg steigern
- Wie Sie die Attraktivität Ihres Unternehmens für junge, zukünftige Führungskräfte erhöhen

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