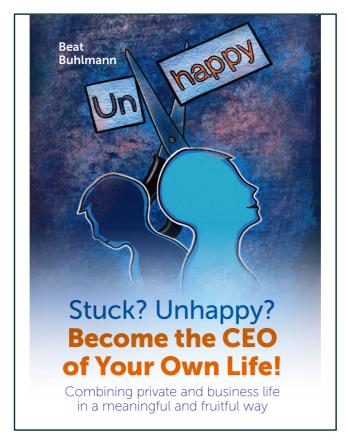


## Beat Bühlmann (Autor)

## Stuck? Unhappy? Become the CEO of Your Own Life!

Combining private and business life in a meaningful and fruitful way



https://cuvillier.de/de/shop/publications/7492

## Copyright:

Cuvillier Verlag, Inhaberin Annette Jentzsch-Cuvillier, Nonnenstieg 8, 37075 Göttingen, Germany Telefon: +49 (0)551 54724-0, E-Mail: info@cuvillier.de, Website: https://cuvillier.de



## **Table of Contents**

1 Pi	reface - Why This Book?	11
2 In	troduction	13
2.1	Hurt and Rescue	
2.2	What the Book Is and What It Is Not	
2.3	What If You Do Not Do Anything at All?	
3 C	areer Development: How It Unfortunately Often Works	16
3.1	Issue One: Why the Term 'Career Development' Does Actually Not Make Sen	
3.2	Issue Two: The Wall But There Is No Wall Between Work and Life	
3.3	Issue Three: Starting With Step Two Instead of Step One	
3.4	How to Address the Above-Mentioned Issues regarding Development Approach	
4 <b>G</b> :	randfather's Wisdom	23
4.1	Back to Business: What Is the 'So What' of Grandfather's Statement?	
5 Le	et's Fix It: Introducing the Swiss PDP Approach®	26
5.1	Step One: Who Are You? ⇒ Creating Your Life Map	
	Working With Your Life-Map: From Version 1.0 to Version 3.0	
	What You Get from Your Life-Map	
5.2	Step Two: Set Priorities ⇒ Creating Your Life-Cycle Model	
	Working With Your Life-Cycle Model: From Version 1.0 to Version 3.0	44
	What You Get from Your Life-Cycle Model	55
5.3	Step Three: Crafting Your Next Steps ⇒ Your Personal Development Plan	56
<b>5.4</b>	And Then?	
5.5	PDP Pro: Some Advanced Tips	
	Advanced Tip #1: Do Not Fall in the Ostrichism Trap	
	Advanced Tip #2: Getting Things Done Thanks to Post-Its	
	Advanced Tip #3: Getting Things Done Thanks to Friend & Peer Pressure	
	Advanced Tip #4: Suggested Reading to Boost Your PDP	
5.6	Would You Like to Get a Video Training for Your PDP Process?	64
6 O	ne-Pager: Swiss PDP Approach® Process Overview	66
7 O	&A	68
8 R	eferences	75
9 A	ppendix: Exercises to Find Out Who You Are	76