



Suche dir Menschen, die dir guttun: Coaching für Erwachsene mit ADS (HERDER spektrum) (German Edition)

Christine Beerwerth

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Coaching bietet Erwachsenen neue Möglichkeiten der ADS-Behandlung. Der Coach sucht den Klienten in seiner alltäglichen Umgebung auf, beschäftigt sich dort mit seinen Problemen und Stärken und entwickelt gemeinsam mit ihm praktikable Lösungen für die Bewältigung des Alltags.

Christine Beerwerth ist Coach für Menschen mit ADS. Sie zeigt, wie Betroffene mit ADS umgehen können. Handfest und lebensnah.

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