



# **Familie trotz Doppelkarriere: Vom Dual Career zum Dual Care Couple (Coaching und Supervision) (German Edition)**

*Astrid Schreyögg*

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Heute leben schon 10 Prozent aller Akademiker-Paare in einer Situation, in der beide, also Frau wie Mann, eine Karriere verfolgen – und doch nicht auf Kinder verzichten wollen. Wie ist das aber nun in einer Gesellschaft zu realisieren, in der viele Paare noch in traditionellen Beziehungsformen leben und vor allem immer noch zu wenig Möglichkeiten der Betreuung von Kindern und Jugendlichen vorhanden sind? Dieses Buch möchte Anregungen geben, wie solche Paare durch Coaching zu unterstützen sind. Dabei handelt es sich um Life-Coaching, bei dem der ganze Mensch mit seinem Beruf und mit seiner Familie zur Sprache kommt. Der Coach erhält in dem Buch Hinweise, welche Besonderheiten Familien und besonders Doppelkarriere-Familien heute aufweisen. Und er kann erfahren, wie Doppelkarriere-Familien gelingen können.

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