

Simone Janson (ed.)

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Courage! Career Planning & Curriculum Vitae Patterns

**Success Models, Cope with
Life Crises, Take Risks &
Become Successful as an
Opportunity Planner, Paths
to Happiness & New Start**



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Appendix: Tips and Prompts for using the AI Extensions

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Introduction: Information, Experiences of Success, Inspiration - you'll find all that in this Book

Dear readers,

glad we could convince you of the 4th, significantly extended edition, like thousands of readers before. Because this book makes your success tangible: In the following pages, you will not only encounter expert knowledge, but also a wealth of practical tools and resources that can help you achieve your goals and realize your full potential.

Achieve Goals Interactively: Awards, Press Reviews, Customer Feedback

For its interactive concept, the publisher was not only awarded the Global Business Award as Publisher of the Year by Corporate Vision Magazine and supported by the Minister of State for Culture and Media of the Federal Republic of Germany, but also repeatedly recognized in renowned media such as **ZEIT**, **Süddeutsche**, **personalmagazin**, or the special magazine **Personalführung**. For example, the **FAZ**, one of the most influential Newspapers in Germany, attests to us "good actionable tips" and customers like the **Press and Information Office of the German Federal Government** are enthusiastic. You can find many more reviews as well as information on free review copies at <https://best-of-hr.com/press/>.

Renowned experts from various fields - overview in the table of contents - have compiled their expertise and experiences to provide you with valuable insights and advice, practical and condensed. As a reader, you will also receive working materials as part of your book purchase, which you can download for free at <https://best-of-hr.com/academy/>. In addition, workbooks are available to help you reflect on the inspirations from this book.

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In addition to this wealth of inspiration, we want you to experience and enjoy your success: As a reader of this book, you will have access to a variety of exclusive services that will help you live well and successfully according to your wishes: from inspiring reader trips, where you have the opportunity to discover new places and exchange ideas with like-minded people, to lifestyle products that are

specifically tailored to your needs, we want to ensure that you make the most of this reading experience.

Your Benefit in concrete Terms: Content, Organization and Structure of the Book

Briefly and concretely this is your benefit from this book: You support certified climate protection projects, quickly receive compact information and checklists from experts as well as access to AI extensions and the possibility to individually live your inspirations as an experience. Because CVs today are more like a patchwork carpet than a straight line, well-known career patterns have slowly but surely come of age, and mosaic careers are beginning to take hold in HR departments as well. No wonder that in the middle of the day many people want to start over again. But change takes the courage to take the risk. You also need support and role models. This book aims to reduce fears and show opportunities. It creates motivation and uses tips and role models to show how the next important step can succeed, even under difficult circumstances.

You will receive valuable resources through this [unique publishing concept](#) that will enhance your knowledge, stimulate your creativity, and make your personal and professional goals achievable. This allows you to discover new ways, expand your thinking, and improve your skills to experience success. You will receive concrete advice, proven methods, and strategies to overcome challenges and overcome obstacles. By providing specific action steps and practical guidance, you will learn how to define your goals and develop plans to progress step by step. The clear structure and our special, highly detailed table of contents support you in quickly finding the desired information and implementing it directly into practice.

This is not only contributed by the expert articles of renowned experts but also by numerous inspirations from successful managers, entrepreneurs, and other exciting personalities. Their stories and experiences serve as vivid examples of how challenges can be overcome and goals can be achieved. Through their inspiring narratives, you gain insights into proven strategies and practices that you can apply to your own situations. Different, and potentially contradictory, aspects of the topic are deliberately addressed. This allows you to examine, reflect on, and weigh the various pros and cons optimally. This ultimately enables you to gain different perspectives and improve your knowledge to develop a deeper understanding of complex topics and find innovative solutions.

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Under the motto *Information as desired*, we also provide you with exactly the information you have been looking for. The book also includes an e-course with a worksheet for you to work through, which you can receive for free as a reader in our Academy at <https://best-of-hr.com/academy/>. You can find out how to access it in the book's conclusion.

Our Academy offers you the opportunity to continuously expand your knowledge and skills and engage with like-minded individuals. By participating in our online courses and interacting with experts and other learners, you can achieve your professional goals and advance your personal success. We believe that inspiring experiences and continuous learning are the keys to long-term success. Therefore, we invite you to explore our Academy and benefit from the diverse learning opportunities.

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One of the greatest strengths of AI is its ability to process large amounts of data and recognize patterns. By using machine learning algorithms, AI can learn from this data and make predictions. This enables you to make informed decisions, optimize your strategies, and even solve complex problems. Whether it's your personal career management, optimizing communication processes, or improving work efficiency - AI can help you achieve your goals more effectively.

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So you see: from cost savings to access to knowledge and education, to the opportunity to experience and live your own successes, to inspiration for entrepreneurial activities, and the possibility to earn money with our publishing house - reading our books can provide you with financial benefits in various ways.

Self-efficacy: Directing in life like the Prince Charming

// By Tom Diesbrock

People with a high degree of self-efficacy are actually the more successful ones. The fact that people are also happier when they see themselves as designers of their own (professional) life is certainly not a surprise either. Just like the princes in fairy tales.

Prince or Meme?

Princes are usually long on the road until they find what they are looking for. Princesses, kings, treasures and whatever you can find in fairy tales. In the process, they have become irritated with resistance and adversity, but in the end, of course, because the actors happily live to the end of their days.

I do not know a fairy tale in which the prince sitting in his castle, cruising around the pool and just waiting - because he has no idea where and where he could look for:

"To be or not to be? Princesses should be out there? May well be. But what if not? And if I'm going? But it's so dull here, and I'm not the youngest anymore. And the dragons? I'm a bit afraid of them. Time to look in front of the castle gate? I could do that. But does that bring something? Maybe tomorrow comes a good idea. Or any sorcerer or someone else will drop by and tell me what to do. Good plan. Man, is that barren here. "

Comparer or director?

Princes in the fairy tale are rather directors who actively take their lives into their own hands. Many others are more like extras, passively waiting for something to change.

The question, however, should ask everyone is whether he is in his life rather extra or director. If you had to decide now, quite honestly, what attitude do you tend to have more?

Change patterns thanks to neuroplasticity

No matter how you feel, the good news is that even though we are less self-effective than it is good for us, this does not necessarily have to be the case!

The neuroplasticity of our brain, that is the ability to learn for life, gives us the opportunity to change ground thinking patterns as well. Think of the highway

comparison of the neurobiologist Gerald Hüther - it is primarily a matter of will and commitment.

The longer the horse is dead, the more reactive your attitude

If you have been holding an unsatisfying job for a long time, it is high time to think about how active or reactive your career strategy has been. Even if you do not like to read it:

The longer your horse is dead, the more reactive your attitude is, the more you will be governed by your "inner extras". All "reasons to ride a dead horse" are finally extras arguments.

There are neither flower heads nor princesses available for extras

With a purely reactive career strategy, today nothing can be gained. The times when one had to put on one horse only once in a lifetime are definitely over.

Each of us is asked to take care of our own career management, and this is not just for the jobs at the top of the career ladder. The more we dare to take over the direction of our career planning, the more we will get it and the more fun we will have!

Someday I'll be a dream

Oh yes: under extras - at film and at work - the dream is widespread, one day still to be discovered. Then someone will recognize their qualities all of a sudden and give them the great opportunity.

Of course, it is not necessary to become active yourself - it is enough to place yourself as decoratively as possible in the third row and to wait. A really nice dream. How little of that is a reality and that one really shies from getting off a total horse, I will in the coming days in a series Best of HR – Berufebilder.de® demonstrate.