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Nota di contenuto	Introduction -- Theoretical foundations -- Selected bullying case study of psychological counseling practice -- Critical reflection and conclusion.
Sommario/riassunto	In addition to high pressure to meet deadlines and succeed, emotional stress and a poor working atmosphere, mobbing is one of the most severe stresses to which employees are exposed in their everyday working lives. Employers usually perceive conflicts between employees as a disruptive factor. At the same time, it is often difficult for those affected to grasp the situation completely and in good time. Therefore, in addition to possible behaviors of mobbers, triggers for this form of aggressive behavior as well as working and general conditions conducive to mobbing, for example in agile organizations, will therefore be examined - as well as approaches for coping and prevention. The content Conceptual systematization of mobbing and aggression Cognitive neo-associationist model of aggression Phase model of mobbing Differentiation of triggers as a basis for coping and

prevention Possible coping and prevention measures Exemplary individual case analysis from practice The target groups Students of business, education and social sciences, (business) psychology Practitioners in human resources, leadership/management, education, training and coaching, entrepreneurs and those affected The author Prof. Dr. Karin Meyer, MBA, M.Sc. is professor of business administration at the European University for Innovation and Perspective (EHiP), business psychologist as well as independent (psychological) consultant/trainer and lecturer. The translation was done with the help of artificial intelligence. A subsequent human revision was done primarily in terms of content.
