

# Selbstständig – Selbst und ständig?

Wie man in der Gründungsphase die psychische  
Balance behält

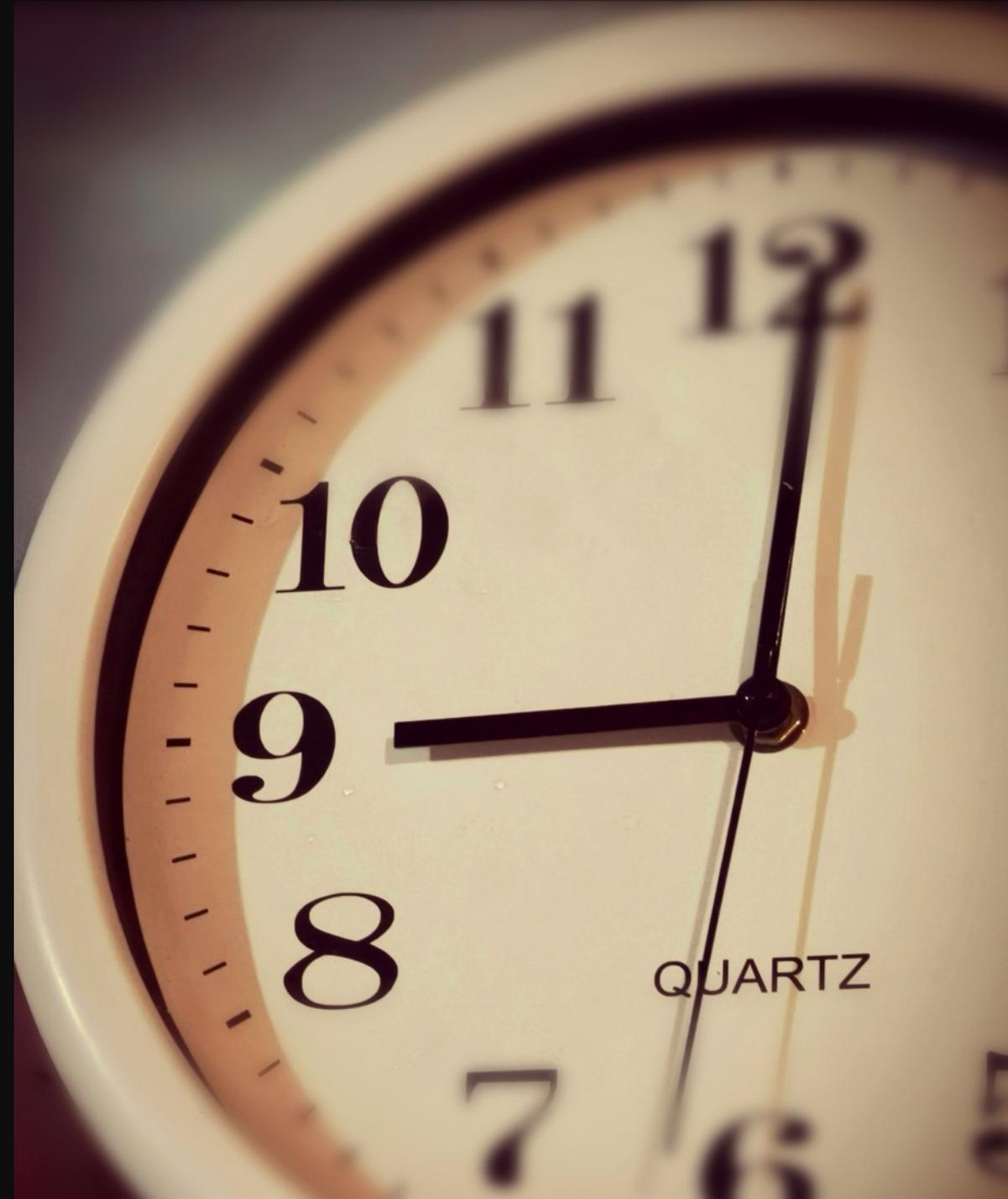
## Sit down – Stand up

- Wer war bereits gestern auf der DeGUT?
- Wer ist bereits selbstständig?
- Wer ist schon länger als 1 Jahr selbstständig?
- Wer vereinbart die Selbstständigkeit mit einer Familie?
- Wer hat sich für den heutigen Arbeitstag (Samstag) einen anderen Tag frei genommen?

# Themenübersicht

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- Blick in die Wissenschaft:  
Das Balance-Modell
  - Blick in die Praxis:  
Das Eisenhower-Prinzip
  - Blick nach innen:  
Die eigenen Grundbedürfnisse
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# Blick in die Wissenschaft

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# Balance-Modell (Peseschkian)

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Welches  
Steinchen droht  
zu fallen?

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# Blick in die Praxis

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An hourglass with blue sand is the central focus, resting on a bed of smooth, greyish-brown pebbles. The background is a soft-focus landscape of a beach at sunset or sunrise, with a warm, golden glow. The hourglass has a dark wooden frame and a clear glass bulb. The sand is a vibrant blue, and it is captured in the middle of falling from the top bulb to the bottom bulb. The overall mood is contemplative and serene.

# Zeitmanagement

A close-up, slightly blurred photograph of a stack of papers and folders. The papers are white, and the folders are in various colors including green, yellow, and red. The word "Organisation" is written in a large, white, sans-serif font across the center of the image.

# Organisation

A top-down view of a desk with a silver keyboard, a gold pen, and a lined notebook. The text 'Eisenhower-Prinzip' is centered in white. A white horizontal line is below the text. An orange bar is above the text.

# Eisenhower-Prinzip

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WICHTIGKEIT

**B: Wichtig, aber nicht dringlich**



Exakt terminieren und selbst erledigen

**A: Wichtig und dringlich**



Sofort und selbst erledigen

**D: Weder wichtig  
Noch dringlich**



Nicht bearbeiten

**C: Nicht wichtig aber  
dringlich**



delegieren

DRINGLICHKEIT

A hand with dark nail polish is holding a yellow sticky note in the bottom right corner. The background consists of a grid of eight yellow sticky notes arranged in three rows: three in the top row, three in the middle row, and two in the bottom row. The text 'To Do's visualisieren' is centered over the middle row of sticky notes.

To Do's visualisieren



# Blick nach innen

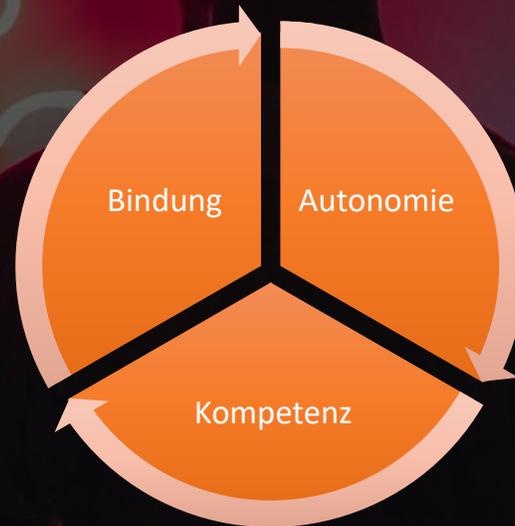
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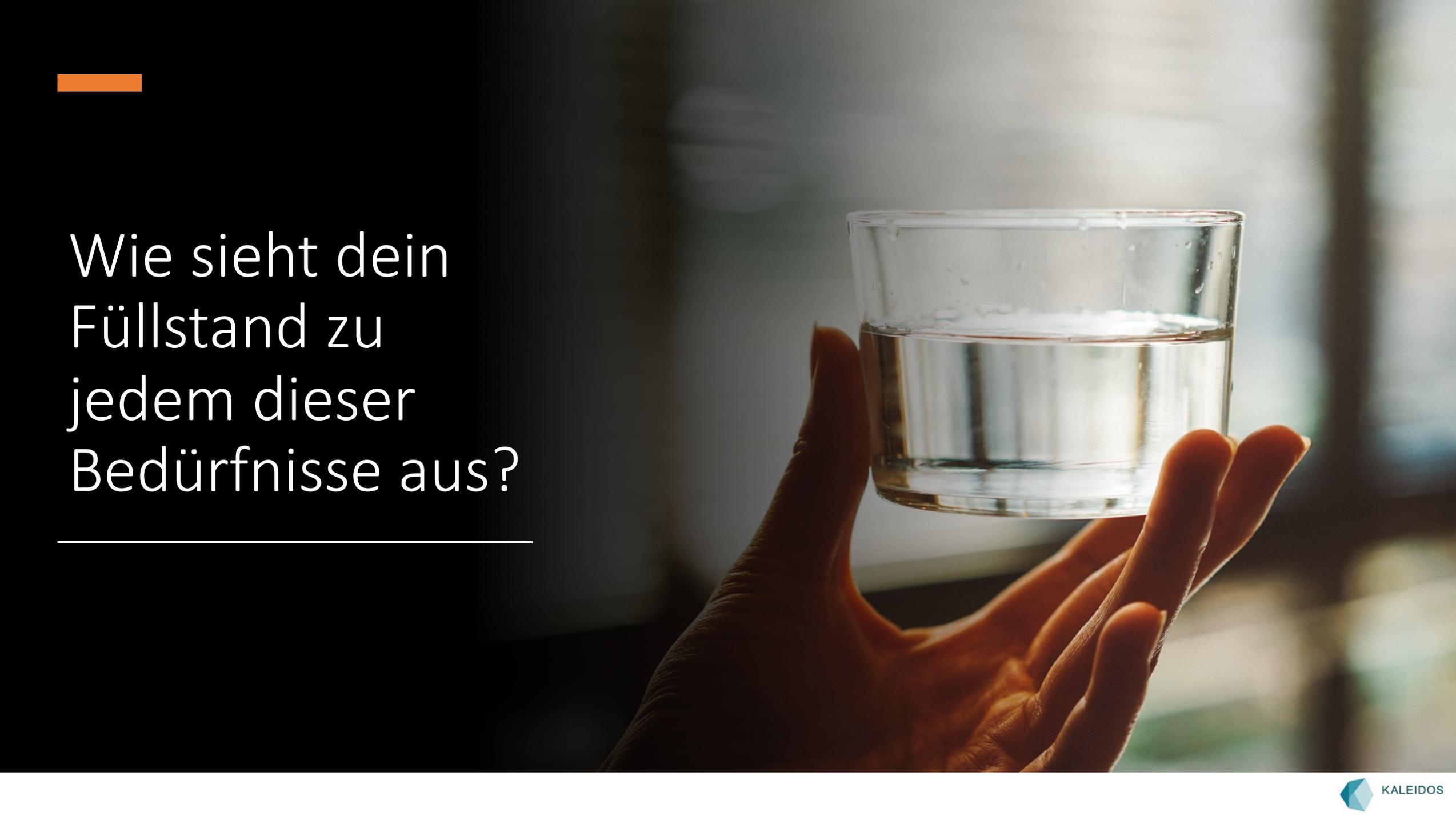




# Grundbedürfnisse (Decy & Ryan)

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A close-up photograph of a hand holding a clear glass filled with water. The hand is positioned in the lower right quadrant, with fingers gently gripping the glass. The background is softly blurred, showing what appears to be a window with light coming through. The overall mood is calm and focused.

Wie sieht dein  
Füllstand zu  
jedem dieser  
Bedürfnisse aus?

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# Viel Erfolg und gutes Gelingen

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*mindfulness*

KALEIDOS

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# Quellen

Deci, E.L., & Ryan, R.M. (2000). The „What“ and „Why“ of Goal Pursuits: Human Needs and the Self - Determination of Behavior. *Psychological Inquiry*, 11(4), 227-268.

Peseschkian, H. (2004). Salutogenetische Psychotherapie: Ressourcenorientiertes Vorgehen aus der Sicht der Positiven Psychotherapie. *Psychotherapie Forum*, 12, 16-25.

Wellmann A., Zelms R. (1995). Eisenhower-Prinzip. In: *Professionelles Zeitmanagement*. Gabler Verlag.

# Bildnachweise

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