



Burnout - and back to Life!

## Thomas Knapp

Thomas Knapp (born 1961) is a publisher, author, journalist and communication consultant. He worked nearly two decades as a professional journalist for different Swiss newspapers. In 2004 he had a management position in one of the leading daily newspapers of Switzerland. In autumn 2004 he got sick with the burnout syndrome and he had to give up his journalistic career. After his illness he changed his professional situation. He founded his own publishing company und became an author. His described his personal experience with the burnout syndrome in the book «Burn-out – In den Krallen des Raubvogels». This book became...

### Topics

- Burnout / Resilience / Mental Health
- Crisis Management
- Motivation / Strategy
- Rhetoric / Communication
- Work-Life-Balance

### Languages

- German

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