



COACHING EN UNA SEMANA

By GONZALEZ VILLAR, NATALIA PALOMA

GESTION 2000, 2016. Bolsillo. Book Condition: Nuevo. Dust Jacket Condition: Nuevo. Coaching en una semana consta de 7 capítulos, uno para cada día de la semana, que constituyen una primera aproximación teórico-práctica a esta disciplina. El lunes se hace una introducción al coaching, su definición, categorías y características. El martes se aborda el papel del coach y su trabajo, herramientas y habilidades esenciales. Para el miércoles se plantea qué significa el cambio, qué agentes lo inducen y cómo se puede propiciar a través del coaching, tema que se continúa el jueves con las metodologías del coaching, en especial la PNL. El viernes se estudian las creencias limitantes y las potenciadoras y el modo de transformar las primeras en las segundas. El sábado se dedica a la clave de cualquier proceso de coaching: la motivación, y cómo generarla, y el domingo culmina esta pequeña guía con un plan de acción, una hoja de ruta para hacer realidad el cambio. Al final de cada capítulo el lector encontrará una sesión de auto-coaching guiada en la que se le invita a plantearse una serie de preguntas para reflexionar. 108 LIBRO.



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