



Principios del Coaching (Spanish Edition)

Jose Luis Menéndez Cuenca

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Los últimos estudios de mercado muestran cómo cada vez más ejecutivos, directores, empresarios y profesionales buscan en el Coaching una manera de ganar conciencia sobre sí mismos y de su entorno con el fin de lograr sus metas o alcanzar una vida equilibrada además de exitosa. Este libro ofrece un modelo práctico tanto para coaches como para todo aquel que desea integrar el Coaching en sus vidas profesionales. El autor describe los principios y elementos del Coaching Integral, una metodología innovadora basada en la alianza de participación interactiva. Con casos prácticos, diálogos de Coaching, herramientas, ejercicios de auto-conciencia, crecimiento personal y ayuda hacia otros. Diseñado para desarrollar habilidades del Coaching Integral a quien desee introducirse en el mundo del Coaching o simplemente beneficiarse de los fundamentos del Coaching Integral.

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