



Saca al coach que llevas dentro: Manual para aprender Coaching y sacar tu Talento (Spanish Edition)

Mr. Manuel Mata

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Saca al coach que llevas dentro es un manual para aprender Coaching y sacar tu Talento, que pone a la mano del lector una serie de recursos para saber todo sobre la profesión del Coaching, cómo ser coach, qué lo diferencia de otras disciplinas, qué beneficios aporta, qué habilidades y herramientas debe tener un coach, etc. La obra está concebida para el lector que desea saber cómo aplicar el Coaching en su vida personal y/o profesional. Tanto quien decide utilizar el libro para cambiar su vida, como para aquel o aquella que apuesta por hacer uso de él con el fin de ayudar a otros, esta obra será de gran utilidad para cada uno en su crecimiento personal y o/profesional. Con una serie de recomendaciones para utilizar los conocimientos y herramientas, errores a evitar y acciones a tomar para tener éxito en la profesión de coach, la obra se completa con casos reales de sesiones de coaching que ha dado el propio autor, para dar al lector grandes posibilidades de emprender un camino que permita sacar su talento a medida que descubre más de sí mismo/a y de los demás.

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Antoinette Lefebre:

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