

Gua Prctica Del Coaching

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en este libro guillermo sander nos platica en un estilo muy poco común sus experiencias como alto ejecutivo de recursos humanos en conocidas empresas multinacionales y en la práctica de consultoría que desempeñó exitosamente por varias décadas la guía práctica para dirigir recursos humanos la lectura de este libro nos demuestra por qué billy es conocido como una de las más importantes figuras de su profesión excelente maestro que impartió innumerables clases y diplomados en varias importantes universidades mexicanas forjó a un buen número de profesionistas que habiendo salido de ford y de su alma mater intergamma hoy son reconocidos profesionistas ejecutivos y consultores billy sander escribió múltiples artículos en revistas de negocios principalmente en México pero también en algunos países latinoamericanos en estados unidos y en Inglaterra formó parte del consejo de administración de varias empresas y participó en el programa de radio entorno durante varios años muchos de sus comentarios fueron plasmados en el libro productividad y salarios publicado en los noventa esta guía práctica para dirigir recursos humanos puede ser utilizada como libro de texto o puede ser leído por ser interesante ameno ilustrativo y a pesar de referirse a hechos del pasado y principalmente a situaciones que ocurrieron en México el lector lo encontrará muy actual vivo y universal

catorce expertos en coaching ejecutivo te revelan las herramientas decisivas para la mejora del desempeño y el desarrollo de la excelencia en el liderazgo con prólogo de eduardo montes

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

considerar el coaching más allá de su enfoque individual y convertirlo en un instrumento eficaz de acompañamiento del rendimiento colectivo es lo que da a esta disciplina un nuevo aire explorada con pasión por alain cardon coach internacional desde hace más de veinte años la práctica del coaching de equipo permite crear una dinámica colectiva facilitar los cambios en las empresas e incluso transformar la cultura directiva en su conjunto los ejemplos de aplicación las técnicas disponibles más importantes y los consejos del autor hacen de este libro un aliado esencial para llegar a ser un brillante coach de equipo

el coaching es una herramienta eficaz que te impulsa a la acción y te permite alcanzar tus objetivos de vida te ayuda a superar los miedos y las creencias que te separan de esos objetivos y por lo tanto facilita el acceso a la sabiduría interior donde están las respuestas que necesitas para maximizar tu potencial de desarrollo conoce los aspectos básicos del coaching verás como funciona la magia del diálogo para impulsarte en la dirección correcta saca partido de ti mismo haz tus primeros pasos en tu recorrido personal mediante un mayor conocimiento de ti mismo para todos los aspectos de tu vida en tu profesión y trabajo en las relaciones personales en tu relación con el dinero alcanza el equilibrio podrás lograr una vida integral y armoniosa controla el estrés mejora tu calidad de vida no hay otro como tú descubre por qué tú eres único un cambio radical trabaja para el cambio y prepárate para disfrutarlo

sabe usted en qué momento alguien está mintiendo es capaz de discernir las pistas que lo llevarán a averiguarlo en cualquier caso el libro del doctor ekman le enseñará entre otras muchas cosas que las pupilas dilatadas y el parpadeo pueden indicar la presencia de una emoción que el rubor puede ser signo de vergüenza rabia o culpa que ciertos ademanes son indicio de un sentimiento negativo que una manera de hablar más veloz de lo habitual y en un volumen más alto tal vez denote ira temor o irritación y éstos son sólo algunos de los indicadores que el autor utiliza para distinguir la realidad de la ficción tanto en su casa como en su lugar de trabajo este guía le ayudará a aprender en qué elementos no verbales de la comunicación debe usted fijarse para saber si le están diciendo la verdad incluyendo un cuestionario de 38 preguntas que le permitirán descubrir cualquier tipo de engaño

with case table

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