



!Lidera tu interior! (Spanish Edition)

Alfredo Diez

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Se tu propio coach: siete prácticas para alcanzar el equilibrio personal.

El autor ha pensado este libro como si se tratara de un proceso de aprendizaje en donde el alumno y el maestro son la misma persona.

Tanto el objetivo del coaching como del proceso aquí presentado consiste en liberar el potencial de la persona para llevar al máximo tanto su rendimiento como su satisfacción, estimularla a pensar de modo diferente y mejorar su forma de comunicarse.

Todos, en algún momento, nos hemos enfrentado a los dilemas que han sido las causas de las búsquedas: ¿Cuál es el sentido de mi vida? ¿Qué es lo que deseo lograr? ¿Qué es importante para mí? ¿Con qué me siento realmente comprometido? ¿Qué me está impidiendo ponerme en marcha? ¿Qué es lo positivo de lo que me está pasando? ¿Qué puedo aprender de ello?

La solución a tales interrogantes no es sencilla. Es probable que el arte de vivir sea la más difícil de todas las artes; pero, afortunadamente, la experiencia puede compartirse, la técnica aprenderse y la sabiduría, por extraño que parezca, enseñarse si se usa el método adecuado.

Las siete prácticas planteadas en esta obra tienen por finalidad ser la guía en el camino que va desde el equilibrio interior hacia la efectividad personal. Su seguimiento permitirá amortiguar los duros golpes de la existencia y mejorar su gestión emocional.

El equilibrio y el liderazgo personal solo están reservados para quienes saben que la carrera de la vida no la gana el que supera a los demás sino el que, con esfuerzo y perseverancia, logra superarse a sí mismo.

Alfredo Diez. Business Coach. Licenciado en Derecho por la Universidad de Córdoba, Argentina. Mediador por el Ministerio de Justicia de la Nación Argentina. MBA Master of Business Administration por EAE Business School Barcelona, España, y la Nottingham Trent University NTU, del Reino Unido. Postgrado Internacional en Desarrollo Gerencial por el Instituto Tecnológico, TEC de Monterrey, México con acreditación de la Southern Association of College and Schools USA. Coach Ejecutivo por Coachville Spain CS y The International School of Coaching TISOC. Business Coach por la International Coaching Community ICC. Licenced Master en Programación Neurolingüística PNL, por The Society of Neuro-Linguistic Programming, NLP, de Richard Bandler. Experto en Inteligencia Emocional en las Organizaciones por Kenneth Nowack y Robert Emmerling, miembros del Consorcio de Daniel Goleman. Profesor de ADEN Business School. Cuenta con 20 años de experiencia como profesor universitario. En la

actualidad es profesor en las Universidades de Barcelona y Pompeu Fabra de Lleida en Masters tales como Coaching y Liderazgo, Liderazgo Femenino, Educación Emocional, Inteligencia Emocional en las Organizaciones, Marketing Estratégico en Entidades Deportivas, Dirección y Liderazgo, donde imparte materias como Coaching, Liderazgo, Comunicación, Inteligencia Emocional y Negociación. Autor de los libros El líder interior, la inteligencia emocional y el coaching aplicados a tu vida y Coaching para “Dummies” publicados por Ediciones Granica. Imparte conferencias y seminarios en Europa y Latinoamérica.

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Sherrill Height:

A lot of people always spent their very own free time to vacation or maybe go to the outside with them loved ones or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity here is look different you can read any book. It is really fun to suit your needs. If you enjoy the book which you read you can spent 24 hours a day to reading a publication. The book !Lidera tu interior! (Spanish Edition) it doesn't matter what good to read. There are a lot of people who recommended this book. These folks were enjoying reading this book. If you did not have enough space to create this book you can buy the e-book. You can m0ore easily to read this book through your smart phone. The price is not to fund but this book has high quality.

Aaron Tolleson:

In this time globalization it is important to someone to find information. The information will make anyone to understand the condition of the world. The healthiness of the world makes the information better to share. You can find a lot of sources to get information example: internet, newspapers, book, and soon. You will see that now, a lot of publisher this print many kinds of book. Often the book that recommended for your requirements is !Lidera tu interior! (Spanish Edition) this e-book consist a lot of the information with the condition of this world now. That book was represented how can the world has grown up. The dialect styles that writer make usage of to explain it is easy to understand. The actual writer made some research when he makes this book. Here is why this book ideal all of you.

Elizabeth Easterling:

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