



O Impacto do Coaching no dia a dia: Vinte perspectivas da teoria à prática (Portuguese Edition)

Vários Autores

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O processo de coaching tem sua metodologia fundamentada em alguns pilares básicos como a aposta no desenvolvimento contínuo do ser humano, na necessidade crescente de autoconhecimento, transformação e realização pessoal. Partindo de um arcabouço teórico multidisciplinar e processos alinhados à psicologia positiva, o coaching utiliza técnicas e ferramentas capazes de alavancar o desenvolvimento e aperfeiçoamento das competências necessárias à realização profissional e pessoal.

Em O impacto do coaching no dia a dia, os autores nos levam a uma viagem ao universo conceitual e prático do coaching, trazendo casos, depoimentos, conceitos e reflexões sobre o processo de coaching que podem agregar tanto para outros coaches profissionais quanto para pessoas que se interessam em saber mais sobre essa metodologia tão interessante e relevante na atualidade.

Ana Carolina Lynch

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