



Testez le coaching mental et votre vie sera transformée

By Costa, Carole

Condition: New. Publisher/Verlag: Éditions Vie | Le mot coaching est rentré en force dans notre société, néanmoins il reste encore très flou au niveau du grand public. Pour ma part je pratique du coaching mental. Je le propose comme l'accompagnement d'un individu ou d'un groupe afin de développer leur potentiel et trouver leurs marques. Il s'applique à toute personne qui désire être l'acteur de sa vie. A travers le contenu de ce livre, je développe un aspect holistique du coaching à mettre en pratique au quotidien. Les clients que j'ai coachés ont réalisé au fil des séances des changements remarquables au niveau de leur communication et comportement. Leur mode de vie est amélioré step by step. La source et les moyens mis en pratique par mes clients et moi-même pour arriver à s'organiser une vie meilleure sont décrits dans ce livre. Nous avons testé la totalité des exercices proposés. Une première partie favorise le développement personnel, notamment la confiance en soi et ensuite fournit des puissants outils de communication indispensables à la pratique du coaching mental. Le bien-être est à la portée de tout le monde, il faut se donner la peine de le saisir en travaillant sur soi et...



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