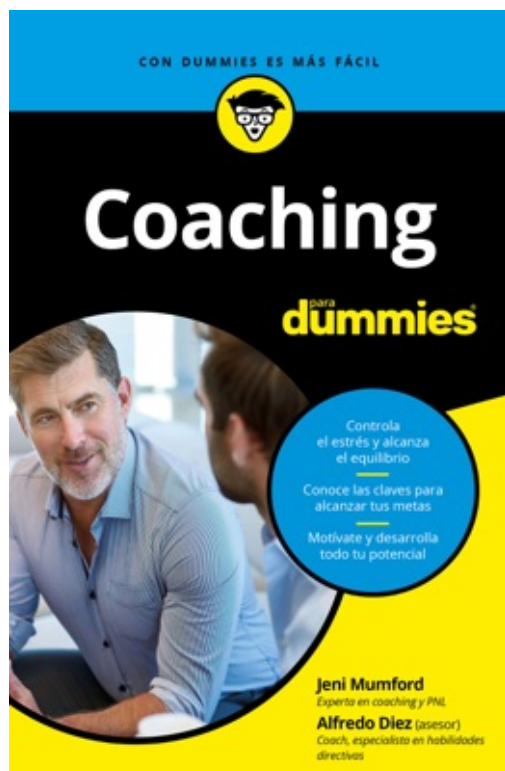


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El coaching es una herramienta eficaz que te impulsa a la acción y te permite alcanzar tus objetivos de vida.

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.

<b>Title</b>	:	Coaching para Dummies
<b>Author</b>	:	Jeni Mumford
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