

¡El libro de coaching para todos!

Coaching

PARA

DUMMIES

Aprende a:

- Equilibrar tu vida y darle más sentido con el coaching
- Motivarte, tomar el control de tu vida y desarrollar todo tu potencial

Jeni Mumford

Experta en coaching y PNL

Alfredo Díez (asesor)

Coach, especialista en habilidades directivas



Coaching Para Dummies

Jeni Mumford



Coaching Para Dummies:

Coaching para dummies Jeni Mumford,2010-06 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 Sacas 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 eres así Un cambio radical trabaja para el cambio y prepárate para disfrutarlo Coaching para dummies Jeni Mumford,Alfredo Diez,2012-04-24 Motívate toma el control de tu vida y desarrolla todo tu potencial 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 Page 4 of cover *Life Coaching For Dummies* Jeni Mumford,2006-12-26 Trusted advice on finding a coach and getting more out of life Life coaching is a popular though unregulated personal development tool This no nonsense guide debunks the myths behind life coaching and gives expert advice on incorporating it into daily life Whether readers want to self coach or work with a professional this savvy resource provides essential tips on getting priorities straight being more productive and achieving goals Jeni Mumford London UK is a qualified personal life coach and an accredited NLP practitioner *Life Coaching For Dummies* Jeni Purdie,2010-09-07 Become a life coach for yourself and others with this practical informative guide If you're interested in doing away with negative beliefs making a significant change in your life and finally create and live the life you want life coaching is the key In this practical introduction you will learn the empowering techniques essential to life coaching including putting together an action plan getting your priorities straight staying focused defining true success overcoming common obstacles and coaching yourself to happiness With more information than ever before this new updated edition includes material on emotional intelligence and active listening With insights on what to expect from life coaching and how to develop your own life coaching techniques the book offers sound advice on what it takes to become a professional life coach If you simply want to create more balance in your life become more productive and enjoy a more fulfilling existence Life Coaching For Dummies holds the answer **Coaching Volleyball For Dummies** The National Alliance For Youth Sports,2009-05-11 Your hands on guide to coaching youth volleyball Have you been asked to coach a youth volleyball team This friendly practical guide helps you grasp the basics and take charge on the court You get expert advice on teaching key skills to different age groups running safe and effective practices helping struggling players encouraging good sportsmanship and leading your team with

confidence during a match Lay the groundwork for a great season develop your coaching philosophy run an effective preseason meeting and get up to speed on the rules and terminology of the sport Build your team size up the players find roles for everyone to succeed in and coach all different types of kids Teach the basics of volleyball from serving and passing to setting attacking and blocking instruct your players successfully in all the key elements Raise the level of play teach more advanced offensive and defensive skills and keep your kids interest in volleyball going strong Make the moms and dads happy work with parents to ensure a successful and fun season Score extra points keep your players healthy and injury free resolve conflicts and coach a volleyball club team Open the book and find Clear explanations of the game s fundamentals An assortment of the sport s best drills The equipment your team needs Player positions and their responsibilities Tips for running fun filled practices Refinements for your coaching strategies How to meet players special needs Ten ways to make the season memorable

Business Coaching and Mentoring For Dummies Marie Taylor, Steve Crabb, 2016-04-18 Don t fall behind Coach your business toward success Business Coaching Mentoring For Dummies explores effective coaching strategies that guide you in coaching and mentoring your colleagues With insight into key coaching concepts and an impressive range of tools this easy to use resource helps you transform your team and yourself in the process Written from the perspective of a business coach this comprehensive book explores the practical coaching skill set tools and techniques that will help you along your way and explains how to identify who to coach what to coach how to coach and when to coach Whether you have experience in a coaching and mentoring role or you re new to the coaching game this is a valuable must have resource The right approach to business coaching can take your company from good to great it can also improve employee satisfaction employee loyalty team morale and your bottom line The trick is to approach business coaching in a way that is effective and flexible ensuring that you achieve results while meeting the unique needs of your team This comprehensive text will help you Understand the foundational concepts of business coaching and mentoring Discover how proper coaching and mentoring methods can help get a business on the right track Identify and leverage tools to develop your business leadership mindset Create a successful personal and business identity with the support and guidance of a coach Business Coaching Mentoring For Dummies is an essential resource for business owners business leaders coaches and mentors who want to take their skills to the next level

Life Coaching For Dummies Jeni Purdie, 2010-07-20 Become a life coach for yourself and others with this practical informative guide If you re interested in doing away with negative beliefs making a significant change in your life and finally create and live the life you want life coaching is the key In this practical introduction you will learn the empowering techniques essential to life coaching including putting together an action plan getting your priorities straight staying focused defining true success overcoming common obstacles and coaching yourself to happiness With more information than ever before this new updated edition includes material on emotional intelligence and active listening With insights on what to expect from life coaching and how to develop your own life coaching techniques the

book offers sound advice on what it takes to become a professional life coach If you simply want to create more balance in your life become more productive and enjoy a more fulfilling existence Life Coaching For Dummies holds the answer

Business Coaching & Mentoring For Dummies Marie Taylor, Steve Crabb, 2017-07-17 Shape the leadership of tomorrow Business Coaching develop vision values and a mission create a long term plan everything you need is here with expert guidance every step of the way Understand how mentoring benefits both sides of the relationship Learn key coaching techniques that develop leadership potential Adopt new tools that facilitate coaching and mentoring interactions The modern workplace is a mix of generations personalities strengths weaknesses and quirks great leadership can pull it all together toward a common goal but who leads the leaders Mentors and coaches fill this essential role and this book shows you how to be one of the best

Coaching Kids For Dummies Rick Wolff, 2000-04-07 What could be easier or more fun than coaching youth sports How complicated could it be it s all fun and games right Unfortunately coaching kids isn t that simple If you ve ever watched a youth league game you know that all sorts of pressures worries concerns and emotions come into play when your kid is out on the field In fact it s not unusual to witness at least one ugly incident at a game where a coach or parent has gotten out of control The good news is as a coach you can guarantee that kids have fun get the physical and psychological boost they need and want to play on your team next year And now this book shows you how Written by a nationally recognized sports parenting expert coach and author who is also a former professional baseball player Coaching Kids For Dummies shows you step by step how to make sports a positive experience for kids of all ages Packed with practical advice for coaches and parents it shows you how to Help kids select the best sports for them Communicate effectively with your young athletes Deal with losses and wins Provide encouragement without pushing too hard Motivate kids and boost performance Foster good sportsmanship Prevent sports burnout Handle irate parents Evaluate travel teams No matter what your prior experience with youth league sports even if you weren t in one yourself as a kid Coaching Kids For Dummies coaches you in all the essentials Topics you ll explore include What every parent should know about youth sports including the right age to get them started how leagues work and what your kid and you can expect Basic coaching tasks and responsibilities such as pregame preparation practice sessions team meetings with kids and parents and more Communication and motivational skills every coach needs to develop Coaching challenges including scheduling hostile parents dealing with injuries and coaching your own kids Loaded with tested in the trenches strategies for helping kids get the most out of sports Coaching Kids For Dummies is every youth league coach s survival guide

Coaching Baseball For Dummies The National Alliance For Youth Sports, 2011-04-18 If you are a baseball fan then coaching youth baseball is one the most enjoyable and rewarding activities you ll experience But what if you ve never coached before Or you haven t played the game in a while and have forgot some key points to the sport No worries Coaching Baseball for Dummies guides you through the rules of the game explaining all the essential skills and the best ways to teach them to your players Covering

different age groups and great practice routines this guide is all you need to have a fun filled season You ll discover how to Fulfill the role of being a coach and parent Develop a coaching philosophy Understand how your league works Evaluate your team Teach your players fundamentals Understand all kinds of children Create your practice plan Prepare for game day Overcome challenges and problems This plain English guide also shows you how to run all kinds of drills from hitting and pitching to fielding and base running And when your team is tense or low on morale it shows you how to relax your players and keep them focused on the game There are also suggestions for making your season and theirs a memorable one Coaching Baseball for Dummies shows you how much fun it can be to train kids to be athletes have good sportsmanship and work together as a team

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