

María José Alaminos / Alfredo Bastida / Eva Sancho

Coaching DEPORTIVO



Coaching Deportivo Mucho Mas Que Entrenamiento

**María José Alaminos Gil-Ortega, Marcos
Carrera Herrero**

Coaching Deportivo Mucho Mas Que Entrenamiento:

Coaching deportivo María José Alaminos, Alfredo Bastida, Eva Sancho, 2013-12-10 El coaching deportivo es una potente herramienta que genera un fuerte impulso para mejorar el rendimiento deportivo como fin ltimo Est plenamente enfocado a la acci n eficaz y a optimizar el rendimiento con logros reales Asimismo promueve una acci n sostenida en el tiempo y orientada a conseguir un resultado sobresaliente en las reas de trabajo que se plantean en las sesiones de coaching y que se traduce en una fuente de motivaci n para seguir avanzando en el proceso Este libro ayudar a los entrenadores a desarrollar sus habilidades de l der coach motivando a cada uno de los miembros de su equipo y desarrollando a sus deportistas como personas y como profesionales de alto nivel Con las t cnicas que se presentan se facilita a los deportistas ser conscientes de su aprendizaje y evoluci n descubrir cu l es su mayor potencial buscando su mejor rendimiento a su ritmo particular y a medio largo plazo C mo elaborar planes de acci n personalizada y concreta para cada uno de los deportistas del equipo C mo introducir las mejoras apropiadas para que la permanencia en la elite deportiva se mantenga firme C mo potenciar los puntos fuertes y controlar el estr s C mo trabajar con el deportista las diferentes etapas por las que pasa iniciaci n y formaci n consolidaci n y retiro #VUCAhero. María José Alaminos Gil-Ortega, Marcos Carrera Herrero, 2023-04-18 Te quieres convertir en el mejor profesional para la era que viene Quieres ser un Vucahero La tecnolog a y el entorno VUCA el nuevo entorno empresarial marcado por la volatilidad la incertidumbre la complejidad y la ambig edad son ahora el eje de una nueva sociedad y es por ello que nuestro reciclaje profesional para poder estar a la altura es clave Un nuevo modelo de profesional es necesario para este entorno empresarial Negarlo supone caer preso de la obsolescencia laboral *Pragmata de Recursos Humanos* Francisco Javier Cantera Herrero, 2023-04-20 Qu tiene que ver este libro con la psicolog a de la normalidad Pues todo pues las expresiones populares sirven para acercar nuestras descripciones psicol gicas No se trata de adornar nuestra ciencia con arropes discursivos sino m s bien de utilizar palabras normales para explicar conceptos sencillos En el libro vamos a asociar un dicho popular a treinta conceptos de rabiosa actualidad en gesti n de personas Tras cada uno de las treinta expresiones y conceptos hay multitud de investigaci n cient fica de la psicolog a pero queremos expresarla en t rminos normales y usuales Sentido com n eclecticismo heterodoxia anglicismos enriquecedores mezclados en un libro que no pretende ser cient fico pero de lo que reh ye es de que sirva de autoayuda De la introducci n de Javier Cantera Alguien ten a que ilustrar esta antolog a de Recursos Rumanos con el refranero aplic ndolo a nuestro contexto y esa persona a mi juicio tiene que ser alguien que por una parte tenga un buen conocimiento y una experiencia consolidada en ese mbito pero sienta a la vez una especial vinculaci n con las tradiciones y costumbres populares hasta tal punto que configuren de alguna forma su propia identidad Puestos a elegir nadie mejor que el autor de esta obra Javier Cantera que adem s de su ya larga y amplia trayectoria profesional en el campo de los Recursos Humanos es una persona que no desaprovecha oportunidad para alardear de sus or genes que por si no lo saben son de pura cepa castellana Palencia y que habitualmente recurre a ellos

como fuente inagotable de inspiración para ilustrar sus conferencias y lecciones magistrales Del prólogo de Francisco Gil

Coaching. La ciencia. Las pruebas. Francisco Senn, 2025-06-12 Estás cansado del coaching lleno de jerga promesas vacías y técnicas sin fundamento En un campo saturado de gurús distinguir la ciencia de la pseudociencia se ha vuelto una tarea casi imposible Sin embargo el coaching real basado en evidencias tiene el poder de generar transformaciones profundas y medibles Este libro responde a todas esas preguntas que siempre has tenido ¿Qu funciona realmente en el coaching y por qué? ¿Cuáles son los modelos probados que utilizan los profesionales de elite? ¿Cómo puedo aplicar un método riguroso para mi propio desarrollo o para ayudar a otros? *Coaching La ciencia Las pruebas* es el antidoto contra el humo Dejando a un lado el dogmatismo este manual práctico te ofrece un recorrido claro y directo por los fundamentos principios y herramientas que han demostrado su eficacia en el mundo real desde la alta dirección hasta el desarrollo personal Dentro de estas páginas descubrirás Los pilares neurológicos y psicológicos que explican por qué el coaching bien aplicado genera cambios duraderos Un conjunto de herramientas prácticas y validadas para mejorar la toma de decisiones la gestión de equipos y el logro de objetivos Casos de estudio reales que ilustran cómo aplicar estos principios para superar bloqueos y potenciar el rendimiento Las competencias clave que distinguen a un coach efectivo de un simple consejero y cómo desarrollarlas Un método claro para influir positivamente en tu entorno y liderar transformaciones tanto a nivel personal como profesional Si buscas un enfoque serio sin adornos y orientado a resultados has encontrado tu guía definitiva Es hora de dejar de esperar y empezar a construir Añade este libro a tu cesta y descubre el poder del coaching basado en la evidencia

Coaching deportivo

Susana Hilario Gómez, 2022-07-21 El coaching es una disciplina que guía a las personas en los procesos de cambio mejorando su bienestar y ayudándoles a desarrollar su máximo potencial en una variedad de áreas En este manual expondremos cómo utilizar esta metodología en el ámbito deportivo con el objetivo de maximizar todo el potencial de deportistas y equipos generando en ellos un proceso de aprendizaje y entrenamiento a través del cual la persona logre resurgir todas sus habilidades y capacidades para convertirlas en éxitos deportivos Afrontaremos los pasos necesarios en todo proceso de coaching las características y habilidades del líder deportivo junto con técnicas posibles para utilizar en el área deportiva

Coaching Deportivo Diego Gutiérrez, 2013-02-18 *Coaching Deportivo* de Diego Gutiérrez es una obra que invita al entrenador y al deportista a reflexionar sobre lo interior Somos conscientes de la necesidad e importancia del resultado pero más allá de este existe la obligación tanto en la formación como en el Alto Rendimiento de transmitir y demostrar una serie de valores entre los que podremos destacar la humildad sencillez respeto solidaridad etc Del Prólogo de Vicente del Bosque y Javier Miñano Tenis en las manos un verdadero manual de *Coaching Deportivo* escrito por una persona congruente con lo que propone que os ayude en el terreno profesional pero también en el personal Diego nos explica de forma clara y amable con ejemplos prácticos y sencillos un proceso de Coaching que os será de gran ayuda para entender qué es el Coaching y cómo se aplica

El Coaching en el Deporte Dalmy Butty, 2012-12-31 En *El Coaching en el Deporte* Herramientas de coaching

ontológico deportivo y ejecutivo Liderazgo y meditación se muestran herramientas diferentes para todo aquel que trabaje en el deporte sea docente instructor profesor entrenador o técnico En él se encontrarán técnicas metodologías y distintas miradas provenientes del coaching y otras disciplinas todas apuntadas a enriquecer al profesional en las áreas del SER el HACER y las RELACIONES con los demás con el objetivo de que cada uno pueda conectar con todo su propio potencial y encontrarse con su propio éxito

Nociones básicas de Psicología del Deporte y Coaching para Gestores de Empresas Deportivas David Peris Delcampo, 2018-03-28 El gestor de empresas deportivas precisa de herramientas tiles y fundamentadas científicamente para hacer su trabajo de manera eficiente La psicología del deporte que estudia el comportamiento humano en el entorno deportivo dispone de estrategias tiles que se pueden aplicar desde la gestión de empresas deportivas con el fin de lograr grandes resultados a través de una gestión humana eficaz El presente libro se distribuye en tres grandes apartados el conocimiento de la psicología del deporte aplicada por los diferentes roles como ofrecer una práctica deportiva de calidad en el deporte de iniciación y diferentes estrategias prácticas a utilizar por el gestor deportivo para lograr un trabajo excelente Todo ello desde un enfoque ameno práctico y útil para actuales y futuros gestores de empresas deportivas Encontrar una obra que sea a la vez útil y bien fundamentada no es sencillo y todavía menos que pueda ser usada por Psicólogos y por otros profesionales diferentes sin provocar la confusión de roles o usos deontológicamente incorrectos Este texto en mi opinión lo consigue Enrique Cantón Chirivella Coordinador División Psicología del Deporte del Consejo General de la Psicología de España Director del Máster en Psicología del Deporte del Colegio Oficial de Psicólogos de la Comunidad Valenciana La psicología del deporte contribuye a potenciar la motivación la fortaleza el control mental y todas las interacciones que se producen en todo el entramado y dinámica general de las entidades deportivas Todas aquellas personas que se dedican a la gestión empresarial y especialmente a las empresas deportivas optimizarán su trabajo con las aportaciones de la psicología del deporte realizada por especialistas Joaquín Díaz Rodríguez Presidente de la Federación Española de Psicología del Deporte Hoy en día pocos dudan de la trascendencia de la Psicología en el ámbito del deporte tanto para optimizar el rendimiento como para obtener el máximo provecho de la actividad deportiva para formar personas Por eso es necesario aprender y aplicar la Psicología con rigor huyendo del adoctrinamiento irresponsable de los vendedores de humo José María Buceta Director del Gabinete de Psicología del Real Madrid 2001-2007 Actual Seleccionador Baloncesto Femenino Gran Bretaña Director del Máster en Psicología del Deporte de la UNED

El manual del coach 2.0 Stefano Calicchio, 2021-03-20 Este texto ha sido concebido como un verdadero curso de formación durante el cual se explorarán y resolverán numerosos temas como las mejores herramientas para la promoción de una actividad de coaching tanto offline como online técnicas de marketing dedicadas a los entrenadores las consecuencias de la revolución digital para quienes se dedican al coaching palancas digitales sobre las que actuar para captar clientes y retenerlos la transición de la comunicación tradicional a la digital y mucho más Los entrenadores profesionales que quieren poner en marcha o promover su propio negocio no pueden

dejar espacio para la improvisación y necesitan conocimientos especializados De hecho el mercado del coaching se encuentra en un paradigma completamente nuevo en el que por un lado la simplificación del acceso a la profesión ha hecho crecer la competencia y por otro el cliente es cada vez más exigente Esta guía explica a los entrenadores cómo encontrar clientes y establecer su plan de marketing Deje de perder el tiempo y empiece a encontrar nuevos clientes ahora con la metodología del coach 2.0

Coaching Generativo, Volumen I Robert Dilts, Stephen Gilligan, Hay momentos en la vida de cada individuo de cada matrimonio de cada familia y de cada cultura en los que lo que se ha hecho en el pasado no ayuda a ir hacia delante hacia el futuro En estas situaciones tienes que hacer algo completamente nuevo que nunca has hecho antes Ser generativo significa crear algo nuevo De esto trata el presente libro de cómo ayudarnos a encontrar nuevas soluciones y a desarrollar nuevas posibilidades Con frecuencia las situaciones que piden un cambio generativo incluyen mucha incertidumbre riesgo y peligros potenciales Esto puede sacar a la luz obstáculos internos y resistencias que bloquean la creatividad y que conviene identificar y transformar Para ello se requiere activar múltiples inteligencias y pensar fuera de la caja En esta obra los renombrados autores Robert Dilts y Stephen Gilligan presentan un planteamiento en seis pasos simple pero poderoso para recorrer el camino hacia un futuro más significativo y satisfactorio Este primer volumen brillantemente ilustrado por Antonio Meza ofrece una introducción clara práctica y vital a la magia del Coaching Generativo Tanto si eres un coach experimentado como alguien interesado en aprender a ayudar a otros a expresar su potencial este libro te ofrece un mapa útil e inspirador para realizar el viaje del cambio creativo y sostenible

Ignite the flame of optimism with is motivational masterpiece, Fuel Your Spirit with **Coaching Deportivo Mucho Mas Que Entrenamiento** . In a downloadable PDF format (PDF Size: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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