



Comment bien choisir son coach professionnel ?: Distinguer le vrai du faux (Coaching pro t. 49) (French Edition)

Julie Arcoulin, 50 minutes

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Un guide pratique et accessible pour dénicher votre coach idéal

Vous désirez prendre un nouveau tournant dans votre carrière professionnelle, mais ne savez pas comment vous y prendre ? Vous souhaitez vous lancer dans un nouveau projet d'envergure, mais n'êtes pas sûr de vous ? Vous souhaitez booster votre estime de vous pour vous épanouir personnellement ? Donnez-vous les moyens d'atteindre vos objectifs en sollicitant l'aide d'un coach.

Ce livre vous aidera à :

- Trouver le coach adapté à vos besoins
- Ne plus prêter attention aux clichés liés à cette profession
- Réaliser votre coaching sereinement
- Et bien plus encore !

Le mot de l'éditeur :

« Avec l'auteure, Julie Arcoulin, nous avons cherché à présenter aux lecteurs les avantages d'un coaching personnalisé effectué par la bonne personne. Le lecteur en apprendra davantage sur le métier de coach, ainsi qu'à reconnaître les accompagnateurs à fuir et ceux à privilégier. » Laure Delacroix

À PROPOS DE LA SÉRIE 50MINUTES | Coaching pro

La série « Coaching pro » de la collection « 50MINUTES » s'adresse à tous ceux qui, en période de transition ou non, désirent acquérir de nouvelles compétences, réagir face à une situation qui les incommode, ou tout simplement réévaluer leur équilibre de travail. Dans un style simple et dynamique, nos auteurs combinent de la théorie, des pistes de réflexion, des exemples concrets et des exercices pratiques pour permettre à chacun d'avancer sur le chemin de l'épanouissement professionnel.

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