

Michael Pichat

Manuel de coaching cognitif et comportemental



interéditions

Manuel De Coaching Cognitif Et Comportemental Deacuteveloppement Personnel Et Accompagnement

Michaël Pichat



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le coaching personnel Odile Bernhardt, Francis Colnot, Florence Vitry, 2011 Un manuel de coaching pour les professionnels d'ailleurs de faire du coaching dans la sphère privée hors entreprise donc et aider des particuliers résoudre un problème comportemental traverser une période de crise ou de finir un projet de vie Prenant en compte la personne dans sa globalité et non plus dans le contexte unique de l'entreprise ce coaching de vie aussi appelé life coaching ou coaching personnel exige du professionnel qui le pratique des ressources spécifiques Ce sont ces particularités et les compétences qu'elles sous-tendent qu'il explicite l'ouvrage Il montre comment pratiquer un coaching qui tienne compte de la totalité et de la complexité d'une personne dans tous ses domaines de vie Il situe également le coaching de vie par rapport aux autres médiateurs de la relation d'aide

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pull a counter from the box featuring one of the 300 animals in this game and be the first to spot that animal on the board coming in a triangular box with a hexagonal double sided board this game features charming illustrations by caroline selmes

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