



Diseña tu vida: 180 (Serendipity) (Spanish Edition)

Diana Sánchez González, M^aMar Mejías Gómez

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¿Cuánto tiempo llevas esperando a que tu vida sea como realmente te gustaría? ¿Cuántos miedos e incertidumbres hacen que te bloquee y no logres dar los pasos que necesitas en la dirección que deseas? ¿Por qué dejamos que las personas y circunstancias que nos rodean sean las que diseñan nuestra vida? Hoy en día existen muchos libros teóricos sobre el Coaching y sus beneficios. Por esta razón hemos querido dar un paso hacia adelante, acompañando al lector de forma práctica a vivir en primera persona un proceso de Coaching Grupal. Somos pioneras desde hace años en llevar el Coaching Personal a los grupos, consiguiendo resultados espectaculares con una sola sesión mensual. A través de este libro queremos llegar al mayor número posible de personas, para ofrecerles técnicas y habilidades que les ayuden a conseguir sus objetivos. Son técnicas sencillas, de fácil manejo para el lector, asequibles y de rápida adquisición. Ya es hora de diseñar tu propia vida y de atreverte a dar el paso? Pasa, ponte cómodo y empieza a disfrutar... Diana Sanchez es Licenciada en Psicología. Experta en Psicología Jurídica (COP). Ponente en diversos congresos y formadora con técnicas de Coaching en liderazgo, trabajo en equipo, técnicas de venta, etc. para organismos públicos y privados. Responsable y coordinadora del módulo de Gestión de Competencias y Desarrollo Personal en el Master de Gestión de proyectos Logísticos SAP ERP de la Universidad Rey Juan Carlos. Ha publicado anteriormente Adolescentes: 50 casos problemáticos y su interés clínico lo desarrolla como psicóloga especializada en adultos y en problemática infanto-juvenil. Mar Mejias es Directora ejecutiva de Educacoach, especialista en cambio personal, coaching ejecutivo y empresarial, coach personal certificada por la Escuela de Inteligencia Emocional, especialista en el Método Silva de control mental. Socia y directora de la Sociedad cooperativa de enseñanza Dafne. Colegio los Naranjos. Experta en organización y liderazgo de equipos. Formadora especialista en técnicas de coaching para organismos públicos y privados desde hace más de diez años.

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