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Nureya Abarca

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¿Cómo ayudar a otros a desarrollar sus habilidades? ¿Cómo promover el crecimiento personal en sus colaboradores? ¿Cómo enseñar a los demás a alcanzar sus objetivos y los de la organización? Éstos son algunos de los desafíos que los líderes de hoy deben resolver con sus seguidores y con las empresas donde se desenvuelven. Basado en la psicología y en múltiples investigaciones, la autora del exitoso libro Inteligencia emocional en el liderazgo, nos plantea aquí que ser líder implica, al mismo tiempo, ser un coach, es decir, ser agente de la propia vida para ampliar el horizonte de acciones que en ocasiones pueden parecer imposibles de lograr.

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