



Selbstcoaching: Die 86 besten Tools (Whitebooks) (German Edition)

Stefanie Demann

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Megatrend Coaching

Selbstcoaching begleitet uns ein Leben lang: sich Klarheit verschaffen, Entscheidungen treffen, allen Mut zusammen nehmen, loslegen, sich immer wieder neu motivieren, inne halten, Inventur machen ... Das alles passiert nicht an einem Tag und auch nicht in einem Seminar.

Selbstcoaching hilft uns dabei, jene Bereiche weiterzuentwickeln, auf die wir persönlich Einfluss haben: unser Denken, unser Verhalten und unsere Gefühle. Dafür bietet dieses Buch mehr als 80 Tools und orientiert sich dabei an den vier Entwicklungsstufen: Klarheit über das eigene Potenzial gewinnen, die richtigen Entscheidungen treffen, ins Handeln kommen und nachhaltig am Ball bleiben.

Den Lauf der Dinge werden wir mit Selbstcoaching zwar nicht aufhalten und es werden auch immer wieder Dinge passieren, ohne dass wir etwas dagegen tun können. Dennoch brauchen wir nicht fatalistisch die Hände in den Schoß zu legen. Als Selbstcoacher tun Sie das Beste, zu dem Sie im Stande sind - und das ist mehr, als die meisten anderen Menschen tun.

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