

Por Qué Necesitas Un Coach

Why You Need A Coach



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This book is a work of reference for anyone who wants to know what coaching is, what specific skills it helps to develop and what choices it gives you in obtaining your goals. Juan Carlos Cubeiro, one of our leading experts, will guide you through the main precepts of coaching to overcome your fears and get rid of the beliefs that prevent you from fulfilling your aims.

Coaching is the quickest and best way of achieving personal excellence. It will help you to be brave and act to take best advantage of your capabilities, to work more intelligently, to organise your diary, to reduce and control stress and, in short, to be master of your own fate in your professional and private life.

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