



Encantador de Pessoas, O (Portuguese Edition)

Gabriel Carneiro Costa

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Uma das carreiras que mais cresce no país, com aumento de mais de 200% nos últimos dois anos, o coaching atrai admiradores e profissionais como Gabriel Carneiro Costa que reúne em seu livro, casos reais para ilustrar orientações. Preparar pessoas para lidar com as próprias escolhas e orientá-las em prol de um futuro promissor que não necessariamente esteja ligado a conquistas materiais. Em linhas gerais esse é o objetivo do Life Coaching, especialidade que inspirou o trabalho de profissionais como Gabriel Carneiro Costa. Especialista em Personal Coach, ele lança pelo selo Integrare Business, O encantador de pessoas - Como trabalhar sua vida em busca da Felicidade e Realização pessoal, livro que relata seu trabalho e mostra, a partir de casos reais, os benefícios das atividades que desenvolve. No título, Costa – pioneiro na disseminação do Life Coaching – utiliza cases reais como exemplo e ensina a olhar a vida de forma mais sistêmica, analisando todos os fatores que a influenciam: carreira, casamento, filhos, saúde, amigos, dinheiro, planos, a cidade em que mora, entre outros. Ele explica que uma das premissas desse modelo de coaching é o processo de análise e evolução, que abrange todas essas áreas da vida, a partir de reflexões primordiais. Entre elas, quanto tempo de vida a pessoa imagina ter pela frente, quais seus objetivos e quais as atitudes que as aproximam deles. Tais parâmetros norteiam todo o desenvolvimento do aconselhamento. “De forma geral, os interessados se sentam à minha frente com o objetivo de alinhar algo em suas vidas e alcançar resultados melhores e mais satisfatórios. Pode ser em termos de dinheiro, casamento, saúde, amizades, hobbies, qualidade de vida, relaxamento, organização”, comenta o autor.

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