



## Maestría personal 4° ed. (Spanish Edition)

*Oscar R. Anzorena*

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# Maestría personal 4° ed. (Spanish Edition)

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**Maestría personal 4° ed. (Spanish Edition)** Oscar R. Anzorena

**Un modelo para la práctica del Coaching y la facilitación del Desarrollo Personal y Organizacional**

Toda persona en algún momento de su vida se ha preguntado “¿qué aspectos míos tengo que cambiar o desarrollar para triunfar laboralmente?”. El presente libro ofrece una novedosa y potente respuesta a este interrogante, haciendo eje en el vínculo entre el crecimiento personal y la efectividad laboral.

El concepto de Maestría Personal centra su enfoque en la expansión del potencial de las personas y en la eficacia del accionar humano, y propone un marco conceptual y un conjunto de herramientas para la facilitación de los procesos de desarrollo personal. En tal sentido, las cinco competencias de la Maestría Personal (Visión Personal, Fortaleza Emocional, Capacidad de Aprendizaje y Cambio, Competencias Conversacionales y Efectividad Interpersonal) constituyen un modelo integral para la práctica del *coaching*.

Este libro es de especial interés para aquellos que están comprometidos con su crecimiento personal y laboral, como así también para quienes ejercen roles de liderazgo, trabajan como *coaches*, consultores organizacionales o facilitadores del desarrollo de personas y equipos en ámbitos empresariales, educativos o deportivos.

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