



Coaching estratégico: Como transformar los limites en recursos (Problem Solving) (Spanish Edition)

Roberta Milanese, Paolo Mordazzi

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¿Cómo transformar nuestros límites en recursos? ¿Cómo hacer de nuestros puntos flacos nuestras mayores fortalezas?

El coaching estratégico evoluciona directamente de un modelo de problem-solving y de comunicación terapéutica fruto de más de veinte años de aplicación empírica y de rigurosa puesta a punto técnica, que es el fundamento de un enfoque de psicoterapia breve internacionalmente reconocido por su eficacia y eficiencia.

Caracterizado por su extrema flexibilidad y adaptabilidad a diferentes ámbitos sin perder su alto nivel de rigor, este modelo se concentra en los procesos interactivos que cada persona lleva a cabo, lo que permite su aplicación tanto de forma individual como colectiva.

Las técnicas utilizadas se basan en el hecho de que no podemos evitar recurrir al autoengaño en nuestra percepción de la realidad, por lo que este proceso natural se usa de forma estratégica para que superemos las propias resistencias y los bloqueos que impiden el pleno desarrollo de nuestro talento.

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