

# Coaching Con Pnl O Connor

**Juan Fernando Bou Pérez**

**Coaching with NLP** Joseph O'Connor, Andrea Lages, 2004 A guide to using NLP in business and life coaching from NLP expert Joseph O'Connor.

How Coaching Works Joseph O'Connor, Andrea Lages, 2007 Coaching is very big business. Over the last decade it has become one of the most popular approaches to personal and business development. Coaching books tend to focus on just one method, and just one of five main areas: Executive coaching (for senior business people); Business coaching (for companies to improve results); Life coaching (for people who want a better sense of fulfilment and wellbeing); Sports coaching (for individual athletes); Team coaching (for teams in sport or business). Pragmatic and informative, How Coaching Works is the first to explain the key concepts that underpin all of these different areas. It also explores how different ideas have blended to give rise to what we know as 'coaching' today, and singles out what works. The authors are two of the world's leading experts in this field. In How Coaching Works they have created a must-have book for practising coaches, students and anyone interested in the subject.

*Introducing Neuro-linguistic Programming* Joseph O'Connor, John Seymour, 2002 Some people appear more gifted than others. NLP, a growing development in applied psychology, describes what they do differently and explains these patterns of excellence.

**Coaching con PNL** Andrea Lages, Joseph O'Connor, 2024-06-20 ¿Qué le pides a la vida? ¿Qué es importante para ti? ¿Tienes ahora mismo lo que te mereces? ¿Cuánto más puedes conseguir? El Coaching es un medio poderoso para desarrollar lo mejor de ti mismo, tanto en tu vida privada como en tu profesión. El coaching no sólo puede cambiar tu vida personal. Es también uno de los medios con la mejor relación coste-eficacia para destacar en el mundo de los negocios. Este libro te proporciona las herramientas que necesitas para convertirte en un Master Coach, junto con la inspiración necesaria para utilizarlas al servicio del enriquecimiento de tu vida y de las de quienes se relacionan contigo. Aprenderás: Cómo dar dirección a tu vida Cómo vivir de acuerdo con tus valores más profundos Cómo construir un plan de acción poderoso Cómo tratar con los obstáculos Cómo formular las preguntas más poderosas y eficaces Qué es el Coaching y cómo funciona Éste es el libro que necesitas para desarrollar tus habilidades de Coaching, tanto para la vida privada como para la profesional.

**Coaching With NLP For Dummies** Kate Burton, 2011-03-03 How to become an NLP practitioner? or supercharge your

coaching skills with NLP One of the most popular methods for helping people achieve their life aspirations?Neuro-Linguistic Programming, or NLP, holds the key to remaking one's future. NLP encourages users to re-create the thought patterns common to those who excel, a process that helps gradually weed out negative or habitual thinking. Using the key elements of NLP?developing a coaching relationship, shedding light on patterns, managing emotional states, and shaping an agenda for change?this practical, inspiring guide offers the tools for helping your clients upgrade the quality of their personal or professional lives. Reveals ten powerful coaching questions, ten traps to avoid in coaching, and ten ways to enhance your coaching skills Offers tips on laying the foundation for success and quick win sessions Insights on how to tap into passion and purpose?and making goals come alive Methods for coaching yourself or your team and coaching through conflict Other books by Burton: NLP For Dummies, NLP Workbook For Dummies, and Building Self-Confidence For Dummies Ideal for those working towards becoming an NLP practitioner or master coach, Coaching with NLP For Dummies is a guidebook to life transformation?for both client and practitioner.

*Cr  ative SYNAPSE   Ariel Orama L  pez,2014-03-11* Dr. Ariel Orama L  pez published a new theoretical framework based on Creativity and the recent findings of Neuroscience: the textbook is called CR  ATIVE SYNAPSE: CR  ATE.YOUR.UNIVERSE   (2013). It is the first theoretical framework that explains the behavior of the human being by integrating the following variables: creativity, neuroscience, and the new influence of the virtual universe. The collection book will be presented in the atrium of the Museo de Arte de Puerto Rico on Wednesday, September 11, 2013, in a distinguished context of artists, health professionals and academics. Dr. Gregory J. Quirk, a prominent American researcher specialized in Neuroscience & Luca Spaghetti, the well-known Italian amico writer -who served as a guide to Elizabeth Gilbert on her journey through Italy while writing Eat Pray Love- elaborated the prologues of this substantial investigative work of thirteen years: they provide in their prologues a nourished and accurate view of this text book, according to their experiences. The art of the book includes the precious paintings and drawings of Ektor Rivera, Celestino & Ramon Bruin (from the Netherlands). The text arises from a practical & theoretical framework created by Dr. Ariel Orama L  pez that departs from his preparation, experience and knowledge in science, human behavior, natural sciences and performing arts. It includes experiences of the author -with a logbook on his sensible hands- in contexts gifted with creativity and spirituality such as Mexico, California, Spain and Italy. The book appeals to artists, academics, psychologists and to the general public. It is published in Spanish and English. It can be acquired in different libraries of the World, including Amazon, Barnes & Noble and Sony.

**7 keys to successfully running a veterinary practice** Miguel   ngel D  az S  nchez,2020-08-27T00:00:00+02:00 This book explains the seven key aspects necessary to successfully run a veterinary practice. This include, among others, working with objectives, discovering your values and making the most of them, managing conflicts or leading properly the team. The

author has reached an enjoyable and practical book with the help of numerous examples taken from real life and advices based on his own experience. At the end of each chapter exercises are included to help readers to put the knowledge acquired into practice.

*NLP and Health* Ian McDermott, Joseph O'Connor, 2001 Accessible introduction to using Neuro-Linguistic Programming for better health.

**Coaching para docentes** Juan Fernando Bou Pérez, 2010-03-01 La misión del profesorado y los resultados de su trabajo toman hoy en día un carácter de altísimo valor estratégico para la sociedad y para la propia persona, por lo que el aprendizaje de técnicas de desarrollo personal por parte del docente es clave para su buen funcionamiento en el aula. En este sentido, el coaching es una técnica de crecimiento personal que tiene como objetivo principal ayudarte a conseguir las metas que te propones y facilitar mejoras en tus competencias, conductas, habilidades y actitudes, aportándote tanto una mejor calidad de vida como una mayor satisfacción con la práctica de tu actividad profesional diaria. El objetivo principal del libro se centra en ayudar el desarrollo y mejora de las competencias, actitudes y habilidades del profesorado en el aula, de forma que mediante un aprendizaje eficaz, pueda obtener el máximo rendimiento en su trabajo y una mayor capacidad de liderazgo entre sus alumnos.

Coaching the Brain Joseph O'Connor, Andrea Lages, 2019-02-21 Everything we do, and sense, happens through our brain. In *Coaching the Brain: Practical Applications of Neuroscience to Coaching*, highly experienced coaches Joseph O'Connor and Andrea Lages ask and answer the question: 'How can we use our knowledge of the brain to help ourselves and others to learn, change, and develop?'. This book will show you how to apply insights from the latest neuroscience research in a practical way, in the fields of personal development, coaching and cognitive therapy. Accessible and practical, it begins with an overview of how the brain works along with an explanation of how our brain changes due to our actions and thoughts, illuminating how these habits can be changed through neuroplasticity. Understanding the neuroscience of goals and mental models helps us to work with and change them, and clarity about emotions and the emotional basis of values can help achieve happiness. Most importantly, neuroscience illuminates how we learn, as well as the power of expectations. The book also explores the key lessons we can take from neuroscience for high performance and leadership. Eminently accessible, this book gives you new tools to help yourself and others create better futures. As a whole, the book will provide you with a new respect for the depth and complexity of your thinking and emotions. *Coaching the Brain: Practical Applications of Neuroscience to Coaching*, with its clarity and practical application, will be essential reading for coaches in practice and in training, as well as leaders, coach supervisors and HR and L&D professionals, and will be a key text for academics and students of coaching and coaching psychology.

**I percorsi del coaching creativo. Agire per obiettivi creare soluzioni realizzare cambiamenti** Massimo Del

Monte,Maria Rita Parsi,Simone Piperno,2009-09-01T00:00:00+02:00 561.341

**Coaching** ICB Editores,2017-07-18 El Coaching es una metodología que consigue el máximo desarrollo profesional y personal de las personas y que da lugar a una profunda transformación, generando cambios de perspectiva y aumento del compromiso y la responsabilidad, lo que se traduce en mejores resultados. Desde esta obra se aborda sus orígenes, su evolución y su futuro, dando a conocer las fuentes más habituales para el coaching, los distintos tipos de coaching que existen actualmente y las competencias necesarias para ser un buen coach.

*Coaching a la pràctica* Eva Aragall Trepàt,Maria Isabel Cayuela Giménez,Sebastián Nicolás Fernández,María Fontal López,Sandra Llinars Sánchez,Jaci Molins Roca,Laura Monsó de la Mota,Pablo Montoro Bernard,Francesc Sedó Capdevila,María José Torrente Tomás,2013-06-06 Què és el coaching? Per a què serveix? Qui el necessita? Com s'inicia i quan s'acaba? Quines eines s'utilitzen? Què passa a cada sessió? A través dels deu professionals del coaching de diferents àmbits, aquesta obra respon a aquestes i altres qüestions, al mateix temps que descriu detalladament la seva pràctica. Aquest llibre de coaching està escrit per deu autors i cada un d'ells està especialitzat en una àrea de coaching diferent que es mostra a través dels casos reals: executiu, emprenedors, psicològic, educació, salut, vocació professional, personal, equips de treball, psicològic i per últim coaching per a un mateix. Amb la lectura de cada capítol coneixerà un àmbit diferent de com aplicar el coaching i una gran varietat d'estils per practicar-lo, al mateix temps que gaudirà amb cada una de les deu històries d'èxit que ens ofereix aquesta obra. •Tot el llibre està basat en casos reals. Reptes, pors, debilitats i fortaleces expressats per diferents clients que mostren totes les oportunitats que ens ofereix el coaching. • És un llibre escrit per varis autors, doncs no existeix una única manera, ni un únic estil i els clients i els seus objectius també son molt variats. •Tant si ens plantegem de fer un canvi a la nostra vida com si és un coach experimentat, aquest llibre aporta valuosos coneixements. •Al llegir-lo tindrà la sensació d'estar present i observant la intimitat d'un procés de coaching.

Coaching para amarse de verdad Mónica A. Feria,2017-12-28 Todos los seres humanos tenemos la necesidad de ser y sentirnos felices, y no queremos que nada ni nadie nos perturbe esa felicidad. No obstante, vamos caminando por la vida inconformes, esperando que algo o alguien nos ame, y nos proporcione la paz y el bienestar que tanto anhelamos, lidiando desde nuestra mente, contra todo aquello que aparentemente nos impide el estado de felicidad. Sin embargo, el universo, nos invita desde sus diferentes manifestaciones y de manera permanente, al despertar de una nueva conciencia, en el que nos hacemos responsables de nuestra propia dicha, a través del amor, la compasión y la expansión de nuestro Ser; es decir, vivir de adentro hacia fuera, y es precisamente en esta conciencia, en que reconocemos quienes somos en esencia, y la capacidad que tenemos para realizar desde el amor, todo cuanto sea por si mismos y por los demás. Es por ello, que en la actualidad, existen varios caminos que conducen a la conexión con el Ser esencial, y es aquí como la metodología del Coaching Personal, junto con otras competencias orientadas hacia el bienestar integral, apoyan en el autodescubrimiento y el autoconocimiento,

fomentando durante su proceso, el desprogramar y crear nuevas pautas de pensamientos que conduzcan al establecimiento de metas desde la motivación personal y el amor propio; de este modo, ir desarrollando todo el potencial y las capacidades que se tienen, para convertirse en un nuevo pensador, capaz de atraer aquello que anhela. La felicidad es un estado de conciencia que no está a la vuelta de la esquina, sino que lo tenemos en nuestro Ser interno. Y para encender la felicidad solo es necesario amarnos de verdad... el resto nos vendrá por añadidura.

**NLP** Joseph O'Connor, Ian McDermott, 2001 NLP offers practical communication skills that are invaluable for personal and professional development.

*Coaching para padres* Rodrigo López Hernández, Cristián Valdés Ochagavía, 2017-01-01 Coaching para padres es un libro que ofrece estrategias y propuestas novedosas para acompañar a los padres de hoy en el proceso de aprendizaje de sus hijos. Los autores asumen la tarea de ayudar a ser padre en el siglo XXI, es decir, una persona que “nutre” y empodera a sus hijos con el esencial conocimiento de sí mismo y con el despliegue de los recursos, habilidades y estrategias necesarias para desenvolverse con éxito en la vida, junto con transformarse en un observador consciente lleno de posibilidades y responsable de sus acciones. El surgimiento de padres con habilidades parentales desde el Coaching lleva aparejada una nueva mirada de uno mismo y, por tanto, abre un espacio de crecimiento sin límites. Nuevos padres para un nuevo milenio es una posibilidad para todos y está a nuestro alcance.

*Free Yourself From Fears with NLP* Joseph O'Connor, 2011-06-17 I've had thousands of problems in my life, most of which never actually happened. Mark Twain. As never before, our lives are bombarded with daily events that stir fear - real or imagined - in both our individual and collective psyches. From financial worries to social anxiety, from public speaking to personal safety, Free Yourself From Fears show us how to 'unlearn' our unreal fears and find emotional freedom. Applying the power of psychology, O'Connor goes inside the mind and shows you how to deal not only with such common anxieties as fear of heights and flying but also fear of other people's opinions and even of our own success. This immensely practical, hands-on book will help you: know when to trust and when not to trust, develop your intuition to stay safe when there is real danger, defeat socially created fears in this age of anxiety, deal with change and worries about an uncertain future, and be in the here and now - true emotional freedom. One of the first books to address how to help children deal with fear and to deal with the all-pervasive and insidious feeling of social anxiety, Free Yourself From Fears includes dozens of helpful exercises and practical techniques to help you achieve your best without anxiety and live without worry.

**Coaching dialógico** Susana Alonso, 2013 En los momentos en que la vida nos pone frente a una dificultad es cuando tenemos más posibilidades de crecimiento personal y profesional. Con el fin de facilitar este proceso surge Coaching Dialógico, un libro basado en el método homónimo que recoge una década de experiencia del Instituto de Desarrollo Directivo Integral (IDDI) de la Universidad Francisco de Vitoria en programas de desarrollo directivo transformadores y

pioneros en España. También recoge una rigurosa investigación multidisciplinar que lleva el coaching a otro nivel. Sus páginas apelan a la fuerza del encuentro como clave de un coaching de alto impacto y al asombro como actitud básica en la relación con el coachee. Este manual es el resultado de una metodología probada de cambio personal y organizacional llevada a cabo por el Instituto de Desarrollo Directivo Integral (IDDI) de la Universidad Francisco de Vitoria y los profesionales que lo constituyen. Durante dicha década un experimentado grupo de expertos ha sabido utilizar el coaching como herramienta.

*Leading With NLP: Essential Leadership Skills for Influencing and Managing People* Joseph O'Connor, 2013-07-04  
Essential Leadership Skills for Influencing and Managing People

**Dirigir** José María Acosta Vera, 2011-04-07 El problema es que nadie nos enseña a dirigir. Y aprender a hacerlo es lento y arriesgado. Imitar a jefes, aunque sean buenos, no garantiza que nos libremos de malos hábitos, de errores o de comportamientos mejorables. Lo que funcionaba suficientemente bien hasta no hace demasiado, resulta hoy insuficiente. Si dirige un equipo, si necesita mejorar su eficacia profesional, esta obra le será de gran utilidad. Recoge y sintetiza, de modo claro y ameno, lo más nuevo en eficacia directiva y manejo profesional. El objetivo de este libro es proporcionarle mayor eficacia, facilitándole la dirección de su equipo, la relación con compañeros, clientes y proveedores; y la comunicación con todo su entorno. Como consultor, José Ma Acosta está al corriente de los nuevos descubrimientos del liderazgo transformacional. Parte del liderazgo situacional, de Paul Hersey y Blanchard, y desde la visión del liderazgo emocional, nos presenta algunos apuntes sobre el liderazgo transformacional entendido como el poder de influencia sobre los colaboradores. La aplicación de la inteligencia emocional a la dirección de personas nos conduce a un nuevo concepto, que Richard Boyatzis ha bautizado con el nombre de liderazgo primal o resonante. Las aportaciones de la neurociencia y la Programación Neurolingüística sirven para presentar el proceso de la comunicación, con sus sistemas representacionales básicos: visual, auditivo y kinestésico. Entender el lenguaje del cuerpo, en su mayor parte inconsciente e involuntario, nos permite captar más del 65% de lo que piensan y sienten los demás. La Delegación es otra de las competencias básicas del directivo. Junto con el liderazgo, es una de las grandes aportaciones de este Manual para Directivos. Las orientaciones a seguir para dirigir reuniones eficaces son muy prácticas y de aplicación inmediata. Debería ser de lectura obligada para toda persona que tenga responsabilidades directivas. Índice: Generalidades (Qué se espera del jefe. Las funciones de dirección. Las habilidades clave.- Liderar (Un paso más: el liderazgo. La naturaleza del liderazgo. La inteligencia emocional. Las emociones y el líder...).- Motivar (La motivación. Necesidades básicas humanas. Modelos conceptuales...).- Comunicar (Interpersonal, en la organización, no verbal, escrita) .- Delegar (Qué es un jefe, porqué delegar, la delegación práctica...).- Dirigir reuniones (Tipos de reuniones...).- Bibliografía.

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