



Herramientas de coaching personal: 145 (Serendipity) (Spanish Edition)

Francisco Yuste Pausa

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Considero que muchos de los libros actuales de coaching carecen de las explicaciones necesarias para realizar coaching como profesión. Gran parte de la bibliografía divulgativa de la profesión está en ocasiones más orientada a dar a conocer al autor que al propio proceso de coaching. No hay bibliografía a nivel docente, no para enseñar coaching. La presente obra quiere ser una referencia para aquellos profesionales en ejercicio o en formación que necesiten ampliar o consultar herramientas claras para practicar coaching. Este libro es el primero de tres volúmenes. Está distribuido en cuatro partes. La primera contiene la presentación y una introducción al coaching con las definiciones necesarias. La segunda y la tercera conforman el cuerpo docente, donde se encuentran las herramientas de aplicación. La cuarta, a modo de apéndice, recoge filmografía que puede ser útil como soporte para la comprensión de los contenidos. Aunque existen buenos libros de coaching, donde el autor nos cuenta su modelo, no conozco ninguno que pudiera competir con el presente, primero porque no lo pretende y segundo porque nace para ser referencia docente y, en consecuencia, complementario a los que ya están escritos. Francisco Yuste es el coordinador del Master en Coaching de la Universidad Camilo José Cela de Madrid, formación que a nivel universitario es la más antigua en España, con siete promociones y más de doscientas cincuenta personas formadas. Dentro del propio Master realiza las labores propias de coordinación y dirección, imparte clases teóricas, supervisa los trabajos y realiza la tutoría de alguno de los grupos de alumnos en sus prácticas.

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