



# Autocoaching (Portuguese Edition)

*Luciano Pacheco*

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Ser seu próprio coach é o convite que o autor faz a você, leitor. Luciano Pacheco acredita que ninguém melhor que a própria pessoa para conhecer os seus sonhos mais genuínos. E propõe uma jornada de sucesso duradouro. A proposta deste livro é funcionar como um guia. Um conjunto de práticas em coaching orientará você a fazer o seu próprio processo, o autocoaching. Para isso, o livro está dividido em três partes: Autoconhecimento, O Seu Plano e A Execução. Esta obra tem viés filosófico quando propõe que as pessoas busquem sucesso duradouro, baseado no equilíbrio entre vida pessoal, familiar e profissional. E, para isso, expõe cinco estudos de caso que ganham vida com histórias de personagens que se baseiam em clientes atendidos por ele. Você certamente se identificará e se emocionará. Boa jornada!

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