

Defiendete Desarrolla Tu Poder Personal Y Autoestima

Aprender a trabajar en equipo Los seis pilares de la autoestima Centro Journal La Psicología de la autoestima Nelson
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Martínez Nathaniel Branden Nathaniel Branden Robert Kliegman Fernando Martín Malavé Kathleen M. Coll Ana
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*Margarita Martínez Nathaniel Branden Nathaniel Branden Robert Kliegman Fernando Martín Malavé Kathleen M.
Coll Ana Santamaría Galván Jerry Ryan Comisión Estatal de Derechos Humanos de Oaxaca*

una empresa una institución es ante todo un equipo humano y si entendemos mejor las bases y reglas de su funcionamiento podemos llevar a cabo cualquier proyecto con éxito cada vez más las organizaciones modernas orientan sus resultados y su propia supervivencia a conseguir la satisfacción de sus clientes y para ello necesitan dotarse de equipos humanos implicados y comprometidos en estos objetivos estratégicos todo ello cobra mayor relevancia si tenemos en cuenta que nos hallamos en un entorno lleno de incertidumbre de turbulencias y constantes cambios que exige a las empresas disponer de estructuras humanas abiertas flexibles y capacitadas para trabajar en equipos de alto rendimiento y con un claro sentido de orientación la idea central del presente libro es ayudar a conseguir este reto en este sentido se reflexiona y se hacen propuestas sobre cómo potenciar la gestión eficiente de las personas y las organizaciones mediante el trabajo en equipo éste facilita un alto nivel de cooperación una adecuada capacitación y desarrollo de los profesionales y una mejora de la comunicación efectiva que permite establecer unas relaciones positivas y asentar las bases de escenarios motivadores en las organizaciones todo ello promueve un clima de confianza que permite mejorar el ambiente laboral y negociar y gestionar con mayor eficacia el conflicto este libro pretende ser ante todo un instrumento práctico para aquellos profesionales directivos mandos intermedios técnicos coordinadores etc que tengan necesidad de mejorar el rendimiento de su equipo o bien de mantener una relación óptima dentro del equipo en el que se encuentran inmersos asimismo esta obra es fruto de la experiencia directa de las autoras como formadoras y profesionales en el área de los recursos humanos

contenido la autiestima principios básicos fuentes interiores de la autoestima las influencias exteriores uno mismo y los demás

en este libro fascinante y pionero en su campo el autor responde a las preguntas más básicas sobre el tema qué es la autoestima por qué es tan necesaria y qué puede sucedernos si no la cultivamos

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