



Auto Coaching (Portuguese Edition)

Emanuel Campos

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Muitas pessoas ficam surpresas com o valor hora cobrado por um coach sênior, algo que eu não sou, mais ainda, se surpreendem em saber que muitas pessoas requerem os serviços de coach. Eu atribuo isso à falta de conhecimento dos gestores e gerentes em geral. Existem alguns ditados que já são tão repetidos pelo mundo que já se tornaram piegas ou repetitivos, ou lugares comuns, quando ainda transportam nos dias de hoje a mesma sabedoria e conhecimento que portavam no dia em que foram escritos. *Conheça-te a tí mesmo!* , é um dos ditados de imensa sabedoria dito por Sócrates, filósofo grego. Alguém pode duvidar da sabedoria deste ditado? Impossível. Sun Tzu em um caso de desenvolvimento paralelo ou inspiração, sabe Deus, também falou: Se você conhece o inimigo e conhece a si mesmo, não precisa temer o resultado de cem batalhas. Se você se conhece mas não conhece o inimigo, para cada vitória ganha sofrerá também uma derrota. Se você não conhece nem o inimigo nem a si mesmo, perderá todas as batalhas. . Certo, acho que agora ninguém duvida da importância do auto conhecimento, não é mesmo? Mas as mesmas pessoas que já leram Sun Tzu e A arte da guerra são aquelas que preferem gastar o lucro eventual de um mês melhor nos negócios em um belo carro, financiado, claro, a descobrir o que fizeram de certo. Também há outros conhecimentos populares que falam sobre a importância de saber dizer não, de saber delegar, de saber gerir seu tempo, e sabem o que? Para saber delegar, há de primeiro saber conhecer-se, encontrar suas fortalezas e suas limitações, e assim, montar um bom time ao seu redor, que reforce suas fraquezas e o ajude com seus talentos.



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