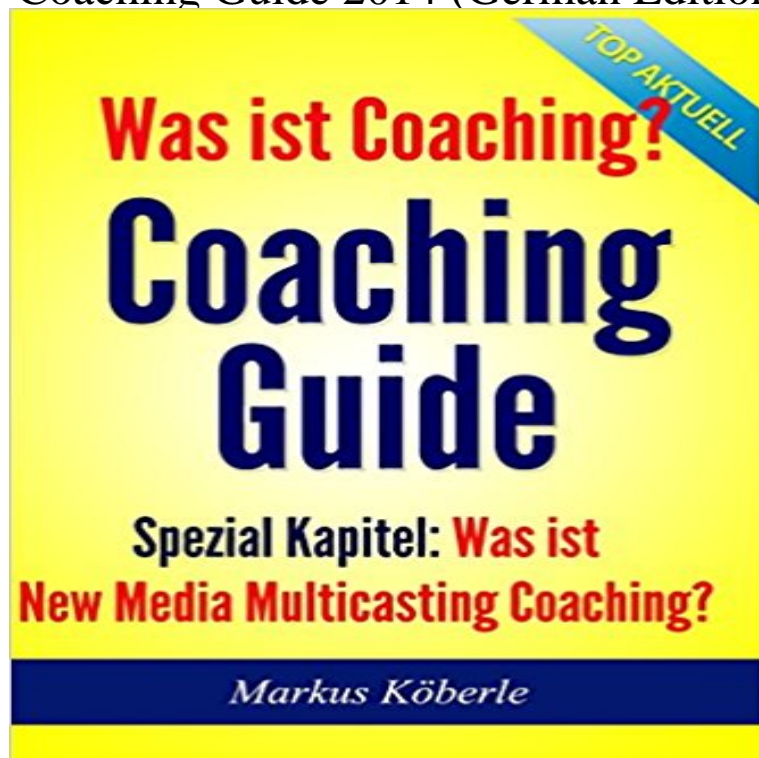


## Coaching Guide 2014 (German Edition)



Was ist Coaching? Es gibt es sehr unterschiedliche Arten von Coaching. Auf der einen Seite gibt es klar Geschäfts orientierte Coachings wie das Business Coaching, Leadership Coaching, Karriere Coaching, New Media Coaching und Gehaltscoaching. Auf der anderen Seite gibt es Mental Coaching, Atem Coaching, Holistic Coaching, Life Coaching und Natur Coaching. Vielleicht haben Sie jetzt für sich gedacht, das sind ja alles eigenständige Coaching Kategorien ohne Berührungspunkte. Was wäre aber, wenn Sie wegen einer um 50% besseren gesundheitlichen Verfassung (z. B. dank Atem Coaching) Ihrer Karriere einen Powerboost geben können und so Ihr Einkommen verdoppeln? Was würde das für Sie und Ihre Familie bedeuten? Oder was wäre, wenn Sie dank dem New Media Coaching ( z.B. eigenes Buch, E-Book, Audio Book ) als Experte wahrgenommen werden und so in die Management Spitze aufsteigen und Ihr Einkommen verdoppeln? Oder was wäre wenn Sie durch das Life Coaching einen neuen Job entdecken, welcher Ihnen mehr Freiheit gibt und Spaß macht? Was denken Sie, würde diese neugewonnene Freiheit und Unabhängigkeit Ihre Lebensqualität dramatisch verbessern? Die unterschiedlichen Coaching Kategorien haben mehr Berührungspunkte als es auf den ersten Blick erscheint. Und die verschiedenen Coachings sind durchaus unter einander kombinierbar. In diesem Buch finden Sie eine Übersicht, was die verschiedenen Coachingkategorien sind. Nach dem Lesen dieses Buches, sind Sie in der Lage Ihr passendes Coaching zu finden um Ihre Weichen in Richtung Unabhängigkeit und Freiheit zu stellen. Freiheit und Unabhängigkeit, würde Sie das interessieren? Inhaltsverzeichnis Kapitel 1 - Was ist Coaching? Coaching Mentoring Coaching Consulting Coaching - Therapie Coaching - Sporttrainer Kapitel

2 - Was ist New (Social) Media-Coaching? Überblick über die fünf neuen Media-Plattformen Podcast Video und Live Casting E-Books / BoD Book on Demand Social Media Kapitel 3 - Was ist Mental-Coaching? Was macht ein Mental-Coach? Kapitel 4 Was ist Business-Coaching? Was sind die Vorteile eines Business-Coachs? Wie viel kostet ein Business-Coach? Was ist Online-Business-Coaching? Kapitel 5 Was ist Management-Coaching? Warum nutzt eine clevere Führungskraft Coaching? Kann mir Coaching wirklich bei meiner Karriere helfen? Kapitel 6 - Was ist ein Life-Coach? Brauche ich einen Life-Coach? Was sind die verschiedenen Typen von Life-Coachs? Wie finde ich einen Life-Coach? Kapitel 7 - Was ist Atem-Coaching? Was sind die Folgen einer schlechten und nur oberflächlichen Atmung? Wie kann ein Atem-Coaching-Prozess ablaufen? Kapitel 8 - Was ist Holistic-Coaching? Welches sind die Faktoren, die das Ganze ausmachen? Warum ganzheitliches Coaching? Kapitel 9 - Was ist Natur-Coaching? Was macht das Outdoor-Coaching so speziell? Was wird beim Outdoor-Coaching gemacht? Kapitel 10 - Was ist Coaching für Leadership und Führungskräfte? Wie hilft ein Leader-Coach? Kapitel 11 - Was ist ein Medien-Coach? Wer braucht Medien-Coaching? Kapitel 12 - Was ist Karriere-Coaching? Brauche ich einen Karriere-Coach? Kapitel 13 Was macht ein Gehaltscoach? Wo beginnt Gehalts-Coaching? Kapitel 14 - Ist Coaching eine Art professionelle (Psycho-)Therapie? Kapitel 15 Was ist Bewerbungs-Coaching? Haben Sie eine Bewerbungsstrategie?

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