



Descubriendo a Matías (Psicología/Guías para padres) (Spanish Edition)

Claudia Bruna

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Pasamos un tercio de nuestra vida formándonos para ser unos buenos profesionales pero nadie nos enseña el trabajo más importante de nuestra vida: ser padres. Para ser padres no hay mejor receta que el conocimiento profundo de uno mismo y de sus hijos, y el coaching es una excelente disciplina para alcanzar este objetivo.

Descubriendo a Matías es una guía de entrenamiento para ir generando, poco a poco, nuevos hábitos en la relación con los hijos. Está pensada para niños de todas las edades. A través de sus numerosos y variados ejercicios, se ponen en práctica las distintas habilidades y herramientas de coaching que se usan para conectar con los niños y descubrir sus capacidades y talentos. Descubriendo a Matías ofrece un mapa con pautas claras para que los padres amplíen la mirada hacia sus hijos y sepan ver todo el potencial que hay en ellos.

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