



Coaching Teen (Portuguese Edition)

By Ritah Oliveira

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Através deste livro, jovens e treinadores conhecerão um novo caminho a percorrer, até então inexplorado pela bibliografia da área. Escrito de forma didática e leve, apresenta todos os conceitos do Coaching Teen, incluindo jogos, questionários e indagações próprias aos coachees a quem se destina. Com esta técnica, busca-se orientar o jovem de forma saudável, porém sem abrir mão da leveza e da estética que os teens utilizam em suas conversas. Ritah busca, portanto, aproximar-se cada vez mais daqueles que ainda estão em seu processo de formação e, prestes a iniciar sua jornada pelo universo adulto, possuem inúmeras dúvidas a serem respondidas. .

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Coaching Teen (Portuguese Edition) By Ritah Oliveira Bibliography

- Rank: #3118138 in eBooks
- Published on: 2015-11-17
- Released on: 2015-06-01
- Format: Kindle eBook

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