



cultiver la sérénité au travail

By Bernard, Michel

DUNOD, 2015. Paperback. Book Condition: NEUF. " Qu'est-ce qui me rendrait la vie plus belle au travail ? " " Comment gagner à la fois en sérénité et en efficacité ? " À partir d'un autodiagnostic sur son bien-être au travail, chacun est invité à explorer les voies qui l'amèneront vers plus de sérénité :- donner un cap à sa vie professionnelle ;- accueillir ce qui se passe ici et maintenant ;- simplifier son environnement professionnel ;- cultiver la force de la bienveillance. Puisant aux sources de la psychologie positive et de la programmation neurolinguistique, cet ouvrage donne des clés pour sortir du mal-être, activer ses ressources intérieures et (re)devenir acteur de sa vie professionnelle. Les quatre chemins de sérénité vous permettront de construire votre " PEPS " (Plan d'efficacité professionnelle sage) au travail. - Nombre de page(s) : 240 - Poids : 312g - Genre : Développement personnel EFFICACITE PROFESSIONNELLE.



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