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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 malêtre, 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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