

Motivación Read EBooks PDF English Eva María Arrabal Martín



Motivación download or read online Eva María Arrabal Martín PDF gratuito per e-book / ePub / Mobi / Mp3 / Txt, Entender qué es la motivación, tipos y para qué sirven. Saber cómo motivarse a sí mismo/a, a otras personas y a equipos de trabajo. Conocer el "Efecto Pigmalión" y cómo utilizarlo. Conocer la importancia del trabajo y la disciplina. Saber lo que son los auto-sabotajes más comunes y cómo trabajarlos. Conocer cómo funciona el cerebro y cómo podemos entrenarlo para mejorar nuestra calidad de vida. Conocer el estado de "flow" y cómo trabajarlo. La importancia de una actitud mental y un lenguaje positivos. Conocer la "Ley del espejo" y cómo usarla a nuestro favor. Qué es la motivación Claves para construir y llenar una buena mochila de motivación Cómo motivar El poder que hay dentro de nosotros

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