



Coaching como herramienta de apoyo para elevar grado de compromiso y motivación (Spanish Edition)

Iván Antonio Olvera

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Tesis de Maestría del año 2014 en el tema Deporte - Psicología deportiva, Nota: ninguna, , Materia: Diplomado en Coaching, Idioma: Español, Resumen: Este trabajo se hizo para tomar el título de TI aunque su contenido es en deporte, creo que el uso del coaching se puede usar en cualquier aspecto de la vida profesional y personal. Aquí se encontrará una reseña histórica del coaching y algunas técnicas selectas que se proponen usar para la selección Olímpica Mexicana vía los juegos Olímpicos. El objetivo es que con ayuda del coaching se pueda ganar el mayor número de medallas en una justa. Sin embargo, lo que se propone en este trabajo no solo es para el deporte, así que lo que se puede leer también es aplicable en otros aspectos. El hecho de generar este documento en la Red es para que se difunda el coaching a nivel mundial y el contenido fue en una gran parte investigado por internet y autores que amablemente subieron sus trabajos, por tal motivo en agradecimiento a ello, hago lo mismo para futuros estudiantes que necesiten consultar sobre el tema, también se encontrarán anécdotas deportivas y algunas pequeñas estadísticas. Espero sirva para futuros coaches deportivos

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