



# **Mein erstes Mal. Was Coaching alles verändern kann: Coaches und Klienten erzählen (German Edition)**

*Oliver Bartels, Kerstin Wundsam*

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Das erste Mal. Wer könnte das je vergessen? Für das erste Mal braucht es ein wenig Mut. Vielleicht auch etwas Selbstüberschätzung und Neugier. Wenn's dann vorbei ist, war es vielleicht noch nicht perfekt. Aber es hat in jedem Fall Spuren hinterlassen: Wir werden uns ein Leben lang daran erinnern.

In 'Mein erstes Mal' tragen Oliver Bartels und Kerstin Wundsam Coaching-Erfahrungen aus der Praxis zusammen. Das Buch ist ein kurzweiliges und zugleich fundiertes Coaching-Lesebuch. Es dient sowohl Anfängern, einen klaren und freien Blick auf das Thema einzunehmen, als auch Coaching-Anwendern, von den Praxisbeiträge zu profitieren und die eigene Kompetenz zu erweitern.

Bewusst verzichtet das Duo darauf, Werkzeuge und Instrumente zu sammeln und konzentriert sich auf Coaching-Know-how und die damit untrennbar verknüpfte Coaching-Haltung. Anhand eines Coaching-Prozesses führen Sie den Leser durch das Buch. Die ungeschminkten Schilderungen der Praktiker von ihrem jeweils 'Ersten Mal' machen das Buch einzigartig und einzigartig unterhaltsam.

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