



# El desgaste profesional: Las claves para prevenir el burnout (Coaching) (Spanish Edition)

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### ¡Prevenir el burnout es posible!

Este libro es una guía práctica y accesible para prevenir el desgaste profesional, que le aportará la información esencial y le permitirá ganar tiempo.

### En tan solo 50 minutos usted podrá:

- Entender el concepto del burnout y sus tres dimensiones: el desgaste emocional, la despersonalización y la falta de realización personal
- Identificar las fases del burnout para aprender a detectar el burnout en uno mismo o a su alrededor
- Descubrir los mejores consejos y técnicas para evitar llegar a una situación de burnout

### SOBRE en50MINUTOS.ES | Coaching

en50MINUTOS.ES le ofrece las claves para sacar el máximo partido a sus capacidades y lograr la plenitud profesional y personal para conseguir todas sus metas.

Nuestras obras combinan teoría, estudios de caso y múltiples ejemplos prácticos para que pueda alcanzar el éxito y la satisfacción en su vida laboral y privada sin perder el tiempo.

*¡Descubra en un tiempo récord las claves para triunfar en la vida y ser más feliz!*

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