



Coaching familiar (Spanish Edition)

Montserrat Urpí Belmonte

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Qué hacer cuándo nos sentimos superados por nuestros hijos?

Nuestras conductas y actitudes en el presente pueden ser determinantes para el mañana de nuestros hijos. Educar y ser padres son dos funciones que deberían ir a la par, pero que, a menudo, se disgregan sin que los padres seamos conscientes de ello.

Porque educar es mucho más que enseñar a los hijos a comer bien, a tener unos hábitos saludables, a compartir con los demás, etc. Consiste, también, en transmitir sueños, valores, ilusiones y una forma personal, honesta y profunda de entender la vida.

Y creo que cuando por algún motivo que desconocemos nuestro equilibrio se altera y no podemos atender las diferentes demandas que vienen del mundo que nos rodea, es cuando podemos afirmar que el coaching es una técnica de gran ayuda.

En este libro, presento el coaching como una herramienta que facilita la gran tarea que supone educar y ser padres. Quiero explicar cómo el coaching puede ayudar a que los padres desempeñen su labor como tales, a que desarrollen todo su potencial y confianza en sí mismos como educadores.

Deberíamos recordar que educamos desde la persona que somos. Y que eso supone un reto constante... Si queremos mantener una actitud seria y convincente ante los hijos, debemos mantener un compromiso con nosotros mismos. Para que crezcan con el equilibrio y la serenidad necesarios, y para que puedan desarrollar todo su potencial físico, intelectual y emocional.

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