

La Asertividad Expresin De Una Sana Autoestima Pdf Gratis

Olga Castanyer Mayer-Spiess, Estela Ortega

La asertividad Olga Castanyer Mayer-Spiess, 2010

Aplicaciones de la asertividad Olga Castanyer Mayer-Spiess, 2014-12-17 ¿Cómo quejarse en un restaurante si nos traen la comida pasada? ¿Cómo hacer frente a una descalificación en público? ¿Qué hacer si nos invade la ira y tememos descontrolarnos? ¿Cómo decir No a una petición desmesurada que nos hace un ser querido? La respuesta tiene una única palabra: asertividad. La Asertividad es la capacidad de respetarnos y hacernos respetar, sin faltarte tampoco el respeto a la otra persona. En este libro, eminentemente práctico, se muestran las estrategias asertivas más apropiadas para afrontar situaciones como las expuestas arriba. El está basado y es continuación de La Asertividad: expresión de una sana autoestima, publicado en esta misma editorial y que ya va por la 36ª edición.

Asertividad en el trabajo Olga Castanyer Mayer-Spiess, Estela Ortega, 2013-10-17 Cómo decir lo que siento y defender lo que pienso. Un manual práctico para desarrollar la autoestima y la sana asertividad en el entorno laboral. «Lo más importante que aprendí a hacer después de los cuarenta años fue a decir no cuando es no.» Gabriel García Márquez Con muchísima frecuencia nos cuesta encontrar el momento y la forma para decirle a un jefe o a un subordinado lo que pensamos o lo que esperamos de ellos. La falta de asertividad es la fuente principal de frustración en las empresas y el origen de graves problemas de comunicación. Cuando nos enfrentamos a situaciones en las que resulta imprescindible manifestar nuestra posición, recurrimos a formas de expresión excesivamente agresivas que anulan nuestro mensaje, o bien acabamos por callar ante el temor de provocar un conflicto indeseado. Asertividad en el trabajo expone cuál es el origen de estos problemas y plantea estrategias prácticas para superarlos, diferentes situaciones cotidianas en la mayoría de las empresas: las relaciones con los jefes, con los subordinados y con los compañeros. Con este libro comprenderemos mejor nuestros comportamientos, y conseguiremos manifestar nuestros puntos de vista y defender nuestros intereses sin necesidad de recurrir a la agresividad.

Voy a ser asertiva: Un manual práctico para desarrollar la autoestima y la asertividad femeninas/I Will Be Assertive: A Practical Manual to Help Women Dev Olga Castanyer, Olga Cañizares, 2018-01-30 En el terreno personal y profesional, las mujeres nos enfrentamos a diario a situaciones en las que la falta de asertividad nos lleva a recurrir a formas de expresión

excesivamente agresivas que anulan nuestro mensaje, o bien acabamos por callar ante el temor de provocar un conflicto. Voy a ser asertiva es un manual práctico que expone las competencias básicas para desarrollar la autoestima y la asertividad femeninas. ¿Qué es necesario para que las mujeres (tú, yo, nosotras) nos sintamos completamente seguras, confiadas, capaces e independientes? Quizás nos han enseñado a comportarnos de manera sumisa o al contrario, hemos tenido que aprender a ser agresivas para abrirnos camino en la vida... Sea como sea, en cualquier momento podemos reaprender actitudes, pensamientos y conductas asertivas que nos lleven a sentirnos plenas. Imagínate desarrollando todo este potencial. ¿De qué te serviría?, ¿serías la misma?, ¿qué cambiaría? Para ello necesitaremos conocernos a fondo, aprender a regular bien nuestras emociones, a querernos, a valorarnos, a ser capaces de motivarnos y de ser asertivas. En definitiva: autoafirmarnos desde el respeto y la igualdad. Porque una no nace más o menos asertiva. Se trata de pensamientos y conductas que se aprenden. Pero ¿cómo? Te proponemos iniciar un camino en el que, con la ayuda de las competencias de la inteligencia emocional, podrás conocerte mejor y gustarte de verdad al mismo tiempo que aceptas todo aquello que no te satisface, aprendes a diferenciarte de los demás y a comunicarte con los que te rodean desde tu independencia y respeto teniendo criterios claros y poder así, finalmente, actuar asertivamente. ¿Quieres acompañarnos en este viaje hacia ti misma?

ENGLISH DESCRIPTION In the personal and professional arenas, women face situations every day in which our lack of assertiveness makes us turn to excessively aggressive forms of expression that nullify our message, or else we end up clamming up in fear of causing conflict. I Will Be Assertive is a practical manual that sets forth the basic skills to develop self-esteem and assertiveness What is necessary for women (you, me, us) to feel completely secure, confident, capable, and independent? Maybe we've been taught to behave submissively, or on the contrary, maybe we've had to learn to be aggressive to make our way in life... Whatever the case may be, at any time we can re-learn assertive attitudes, thoughts, and behaviors that will help us feel fulfilled.

Quiero aprender a quererme con asertividad ,

Ni agresivos ni sumisos Olga Castanyer Mayer-Spiess, 2022-10-13 Un manual de instrucciones para comprender a nuestros niños y educarlos para que desarrollen una autoestima sana y se conviertan en adultos asertivos. Conoce a María, Olaya, Carlos y Óscar, la Banda del Moco; cuatro niños a los que seguiremos, junto con sus padres y profesores, en su proceso de aprender a afrontar una situación de abuso en la escuela. Olga Castanyer, reconocida psicóloga experta en autoestima y asertividad, analiza en este libro diferentes alternativas para gestionar las situaciones conflictivas desde la familia y la escuela y señala la importancia del ejemplo, el refuerzo, los límites y el amor incondicional. Enseña, además, pautas que ayudarán a padres y a profesores a educar en la autoestima y la asertividad.

¿Por qué no logro ser asertivo? Olga Castanyer Mayer-Spiess, Estela Ortega, 2001-01 ¿Por qué no logro ser asertivo? Ésta es quizás una de las preguntas que se escucha con mayor frecuencia en las consultas de los psicólogos. La asertividad, como

por otro lado demuestra la calurosa acogida del libro publicado en esta misma colección por Olga Castanyer La asertividad: expresión de una sana autoestima, se ha convertido en el gran caballo de batalla de numerosas personas y, por qué no decirlo, de muchos psicólogos. Este libro, continuación del que hemos mencionado en líneas anteriores, pretende seguir dando respuesta, de una manera clara y eminentemente práctica, a aquellas cuestiones relacionadas con la asertividad: autoestima, afirmación personal, habilidades sociales y relaciones interpersonales, que tanta expectación generan en la sociedad actual.

Viviendo Con Autoestima Robert E. Alberti, Michael L. Emmons, 2006-08 Guidance and support for people who lack confidence, have trouble maintaining relationships, or need to learn to defend themselves is provided in this time-tested guide to building self-esteem, protecting oneself from bullying or abuse, and making constructive use of anger. Realistic exercises are designed to be practiced in daily life, applied to struggles both small and large, and notably strengthen self-confidence and assertiveness. Una ayuda enorme para gente que se siente insegura, tiene dificultad en mantener relaciones positivas o necesita aprender como defenderse, este libro demuestra como adquirir seguridad en si mismo, proteger sus derechos, enfrentar y controlar el enojo y relacionarse con personas dificiles. Los procedimientos descritos son realistas, practicos y han probado su eficacia.

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