

Resiliencia Descubriendo Las Propias Fortalezas

Descubriendo las propias fortalezas Resiliencia El Niño Sano Resiliencia Educación, ciudadanía y participación Sustainable Development Research and Practice in Mexico and Selected Latin American Countries Inequidad socio-cultural Community Environmental Psychology and Community Resilience Organizational Transformation and Managing Innovation in the Fourth Industrial Revolution El descubrimiento de sí mismo Piensa plus leer SINDROME BURNOUT EN EL PERSONAL SANITARIO Resiliencia y Síndrome burnout Descubriendo con mi coach Vidas im/propias Descubriendo un mundo oculto Resiliencia en procesos de duelo Descubriendo las constelaciones familiares Descubre tu propia paz interior Descubriendo tu Motivación Interna Universidad de Granada Aldo Melillo (comp) Álvaro Posada Díaz Aldo Melillo Walter Leal Filho Margarita Barrón José Sandoval-Díaz Guerra Guerra, Alicia M. Teresa Farreny Terrado Luis Adalberto Dávalos Valadés Leticia Fernández Ponte Nuria González Paino Juan Ferrer Cárdenas María Pilar Rodríguez Guillermo Rodríguez Uribe María de las Olas Palma Natalia Schwaderer Gabriela Peirano P. Weslen Carvalho Descubriendo las propias fortalezas Resiliencia El Niño Sano Resiliencia Educación, ciudadanía y participación Sustainable Development Research and Practice in Mexico and Selected Latin American Countries Inequidad socio-cultural Community Environmental Psychology and Community Resilience Organizational Transformation and Managing Innovation in the Fourth Industrial Revolution El descubrimiento de sí mismo Piensa plus leer SINDROME BURNOUT EN EL PERSONAL SANITARIO Resiliencia y Síndrome burnout Descubriendo con mi coach Vidas im/propias Descubriendo un mundo oculto Resiliencia en procesos de duelo Descubriendo las constelaciones familiares Descubre tu propia paz interior Descubriendo tu Motivación Interna *Universidad de Granada Aldo Melillo (comp) Álvaro Posada Díaz Aldo Melillo Walter Leal Filho Margarita Barrón José Sandoval-Díaz Guerra Guerra, Alicia M. Teresa Farreny Terrado Luis Adalberto Dávalos Valadés Leticia Fernández Ponte Nuria González Paino Juan Ferrer Cárdenas María Pilar Rodríguez Guillermo Rodríguez Uribe María de las Olas Palma Natalia Schwaderer Gabriela Peirano P. Weslen Carvalho*

en esta obra se exponen las características vivencias y necesidades del niño desde el nacimiento hasta el final de la adolescencia se plantea una orientación sobre los conocimientos y las actitudes necesarios para que padres y adultos acompañen con afecto a los niños en su proceso de crianza para que la autoestima la autonomía la creatividad la solidaridad y la salud todas en un contexto adecuado sean realidad como metas que pueden construir gracias al acompañamiento y al cuidado adecuados por otro lado expertos en diversas materias señalan cómo se puede acompañar a los niños y a los adolescentes para que no sean víctimas de algunos aspectos habituales de la vida moderna como la televisión el internet el automóvil así como en situaciones de alarmante crecimiento como el tabaquismo el alcoholismo las drogas la sexualidad mal orientada las violencias etcétera situaciones que rompen con proyectos personales de vida y destruyen familias y que por lo mismo impiden el progreso de nuestros países todo lo anterior tiende a que tanto los padres como los educadores y los profesionales de la salud creen un ambiente favorecedor de la vida y la alegría en que se forme un niño sano y feliz

la exclusion y la pobreza se extienden sin freno en los paises desfavorecidos por la globalizacion y la concentracion economica y la mano invisible del mercado no ha dado signos de derramar ninguna riqueza a los pueblos si a ello se suman las situaciones de riesgo que conllevan la enfermedad la carcel el deterioro personal familiar y social sin que se vislumbren soluciones globales desde la economia y la politica el panorama resulta francamente desolador sin embargo hay ninos adolescentes y adultos que son capaces de sobrevivir superar las adversidades y mas aun salir fortalecidos de ellas esa capacidad es conocida como resiliencia concepto sumamente fertil a la hora de actuar en el plano social porque desplaza el enfoque tradicional sobre las carencias y los factores de riesgo para situarlo en las fortalezas y la creatividad del individuo y de su entorno fortaleza que no es innata sino que depende de los llamados factores protectores de los sujetos las familias y las comunidades con la conviccion de que este concepto debe desplegarse e instrumentarse en los programas sociales este libro examina los factores que intervienen en la produccion de resiliencia individual familiar y comunitaria porque en tiempos de empobrecimiento y exclusion sostienen los autores la construccion de resiliencia comunitaria que se evidencia en la capacidad de ciertos pueblos de enfrentar catastrofes de todo tipo constituye una posibilidad cierta de lucha contra las iniquidades de la sociedad actual

this book provides an essential overview of sustainable development research in mexico it discusses the empirical research methods and findings as well as practical initiatives and projects being pursued in mexico and other countries in the region although a number of mexican universities are now conducting high quality research on matters related to sustainable development there are few publications that offer a multidisciplinary overview of research efforts for a broader audience this book addresses that gap in the literature providing researchers at mexican universities including those from other countries working in mexico with an opportunity to present their work i e curriculum innovations empirical work activities case studies and practical projects as such it fosters the exchange of information ideas and experiences successful initiatives and best practices

this book presents a particular kind of environmental psychology that has emerged in latin america community environmental psychology different from mainstream environmental psychology developed in the global north which usually focuses on individual differences often disconnected from historical social and political contexts community environmental psychology is a situated approach aimed at social change and in articulation with community psychology developed to study interactions between people and communities in relation to the natural and or built space this contributed volume is organized into two complementary parts chapters in the first part articulate conceptual frameworks that nourish community environmental psychology and methodological approaches that help to understand analyze and transform dynamics between communities and their environments from a situated critical perspective committed to socio environmental justice chapters of the second part present studies of community resilience in environmental psychology based on case studies carried out in six latin american countries these works reveal the applicability of diverse conceptual and methodological frameworks for an empirical approach to community resilience in specific psycho environmental contexts situated in territories marked by socio natural disasters unequal urbanization extractive economies and environmental conflicts the studies show how communities develop and deploy response resistance and territorial transformation capacities when faced with contexts marked by social injustice and persistent exclusion community environmental psychology and community resilience aims to position community environmental psychology as a field of scientific and applied development committed to social transformation based on the theoretical and methodological approaches presented in the first part and the empirical studies included in the second the book proposes an approach that situates community as the central axis of the analysis and allows expanding the traditional frameworks of environmental psychology by integrating structural vulnerability collective agency and power understood as procedural and contextual dynamics that configure our communal lives as constitutive

dimensions of the person environment relationship

with the growth and advancement of business and industry there is a growing need for the advancement of the strategies that manage these modernizations adaptation to advancement is essential for the success of these organizations and using the proper methods to accomplish this essential adaptation is paramount organizational transformation and managing innovation in the fourth industrial revolution provides innovative insights into the management of advancements and the implementation of strategies to accommodate these changes the content within this publication examines social engagement cyber journalism and educational innovation it is designed for managers consultants academicians researchers and professionals and covers topics centered on the growth of businesses and how they change alongside the economy and infrastructure

el movimiento es una fuente de placer y a la vez es fundamental para vivenciar aprender y conocer trabajar el cuerpo en todas sus dimensiones favorece el autoconocimiento y la autoestima de los niños y niñas ayudándoles a relacionarse con el entorno y con los demás el libro incluye una serie de ejercicios motrices sobre esquema corporal orientación espacial y temporal coordinación lateralidad ritmo expresión corporal comunicación autoestima etc

en el mbito del presente estudio la importancia de la resiliencia puede ser considerada como un rasgo para reducir los efectos adversos del estr s o la elevada carga de trabajo los enfermeros de los centros sanitarios est n sometidos a situaciones estresantes casi a diario la resoluci n exitosa de dichas situaciones puede depender en gran medida de su capacidad para afrontar de forma efectiva y esta misma puede variar en funci n de la propia personalidad y capacidad resiliente de la persona la aparici n y duraci n del estr s podr conducir a estado de estr s continuo denomina do como s ndrome de burnout por lo que nos planteamos si existe una relaci n inversa entre resiliencia y s ndrome burnout ya que si esta relaci n existe es factible poner en conocimiento al personal es estrategias de afrontamiento y habilidades para superar las situaciones dif ciles y mejoran do su vez la calidad asistencial

el libro no esta escrito para coaches profesionales no es un libro sobre técnicas coaching ni de consultoría empresarial es un libro de experiencias humanas de despertares y de logros esta escrito para todas aquellas personas que desean saber como es un proceso de coaching para que sirva cuales son sus fundamentos y que pueden lograr si se embarcan en un proceso de este tipo un coach no es un psicólogo ni un terapeuta ni un trainer simplemente ayuda al cliente a ponerse en acción desde el propio descubrimiento que él hace la reflexión por la reflexión no tiene sentido en un proceso de coaching ella debe llevar a la acción indice resumido introducción qué es el coaching experiencias del coaching coaching personal coaching ejecutivo descubrimientos

through the analysis of six spanish novels one for each decade from the 1940s through the 1990s rodríguez proposes a new concept of the novel of feminine development and emphasizes the importance of the voicing of women s sentiments passions desires and opinions that have not been expressed before in the literature of spain the study begins with nada by carmen laforet and continues with la playa de los locos by elena soriano la placa del diamant by merc rodores two stories from te dejo el mar by carme riera los perros de hcate by carmen gmez ojea and efectos secundarios by luisa etxenike in these texts la mujer espaola of the franco period s official discourse woman as wife and mother as the most desirable possibilities of realization and development is deconstructed into a multitude of vital affective and sexual

options that confront this domestic image these novels highlight the diversity of the feminine experience in the twentieth century and encourage us to question models of development that are monolithic and dogmatic

atravesar un proceso de duelo y aprender a vivir con el sufrimiento de la pérdida es un acto de resiliencia durante el cual se ponen en marcha diferentes mecanismos psicosociales de apoyo en casos de muerte traumática como el suicidio las largas enfermedades o la covid 19 las pérdidas perinatales o infantiles los accidentes por citar algunos el acompañamiento por parte de profesionales deviene un factor determinante para elaborar un duelo lo más sano posible y superarlo con un enfoque resiliente esta obra se enfoca en la intervención individualizada y con grupos de personas en duelo desde el trabajo social mediante distintos modelos centrados en la persona se pone especial atención a los casos cuya complejidad requiere un tratamiento específico para los supervivientes en duelo cuidadores e incluso para los propios profesionales de apoyo tal y como ha ocurrido en tiempos de pandemia de la covid 19

este libro tiene como objetivo que puedas conocer la filosofía de las constelaciones familiares y si lo permitís que esta filosofía se instale en tus células en tu inconsciente y que permitas que este paradigma guíe a tu alma al servicio de la vida por eso he descrito aquí los conceptos generales de las constelaciones familiares acompañándolos con ejercicios prácticos que podrás realizar a medida que avanzas en la lectura para que no solamente puedas entender de qué se trata sino que puedas comprobar su efecto en tu vida creo que estos ejercicios donde nos conectamos con la parte sana y sabia y los roles arquetípicos de una familia proporcionan estabilidad y calma trayendo desde la profundidad del inconsciente humano hacia el consciente de la persona una nueva sabiduría una nueva comprensión y una nueva fuerza que impulsa estas son mis comprensiones que salen de mi experiencia personal de 10 años trabajando con las constelaciones familiares al servicio de otras personas

paz es la energía del amor en acción es la expresión que viene del corazón y marca la potencia de nuestro sentir es la palabra de amor es la acción cariñosa comprensiva y armoniosa es el baile de nuestro cuerpo y la alegría del alma la paz envuelve con calor y bienestar a todo nuestro ser es la vitalidad y la maravillosa fragancia de la vida es la pureza del espíritu y la cariñosa entrega la paz une la paz ama la paz encarna la belleza del universo en cada uno de nosotros y el mundo entero démosle la oportunidad para que brille dentro y fuera de nosotros porque cada uno es capaz de iluminarse para vivir en la dicha de la paz interior sigue siempre el camino del corazón que expande que libera y da coraje se puede aprender a vivir mejor a sentir mejor y a pensar mejor para así ser un alma optimista y verdadera verdad que se abre a tu ser interno a tu yo superior para simplemente caminar en el sendero de la magia espiritual tú eres la clave para tu propio éxito el éxito de conocerte a ti mismo ideartprint gmail com

descubre una guía práctica e inspiradora para desentrañar los secretos de la motivación interna y transformar tu vida este libro ofrece perspicacias profundas y estrategias efectivas para cultivar relaciones positivas nutrir tu salud mental y emocional y encontrar equilibrio en todas las áreas de la vida si estás listo para embarcarte en un viaje de autodesarrollo y descubrimiento personal este libro es tu compañero esencial para desbloquear tu máximo potencial y vivir una vida verdaderamente gratificante y significativa

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