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Sommario/riassunto	<p><P>Career moves (even positive ones) can be disruptive for the individual, and the psychological impact of changing roles or careers is often underestimated. Career transition coaching is a relatively new field, but one that is highly relevant in the modern world. In Essential Career Transition Coaching Skills, Caroline Talbott explores the most effective career transition coaching techniques and explains the psychology behind them.</P><P></P><P>Looking at both self-motivated and enforced career changes, the book pays particular attention to the psychological processes experienced by the clien</p>

