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Sommario/riassunto	"Coaches play a major role in helping people understand their values and the values of their surroundings and help them make choices and adapt. Sometimes the choice may be to find a situation more in sync with your values. Or it may mean working hard on yourself or in concert with your partner, team, or organization. Whatever we need to do to attain it, a positive fit makes for a happier person, and a happier person will be more successful. This accessible and practical book will help coaches, educators, leaders and managers understand the philosophy, methodology and tools that can be used to make a person happier, healthier and more productive at work and in life in general. This book compiles short vignettes from over a dozen global academics and celebrated executive coaches, sharing information about aligning values in different settings. Based on years of research and written for readers from all walks of life, you will learn that when you understand your core values, place them on a triaxial template and align them with your definition of success, everything changes. It will help you come out of your comfort zone in order to embrace the future and enhance

the quality of your life. For this, you need a concept, a methodology and effective tools, all which are offered in this book. Rich with practical step-by-step methodologies and tools to facilitate values-led leadership, coaching and mentoring, this book is essential for any change agent be it a coach, a leader, an educator and any person that is interested in learning how to become more effective, improve their practice and engage in self or professional coaching, and enhances leadership qualities at the same time"--
