

**Surround yourself with
happier people is essential**



Pedro Amador.com

Writer, speaker and mentor of dreams



Pedro Amador

Living halfway between Spain and Latin America, Pedro is considered an expert in communication and personal growth, both in happiness and in coaching. Professional and associate lecturer in numerous spaces such as television, radio and newspapers, he has developed the innovative **Autocoaching® Methodology**, which is focused in order to improve productivity, satisfaction and happiness of individuals both personally and professionally. Author of three books of personal growth as well as dozens of articles. In short, a career which turns him into a safe bet for consulting and teaching **practical methods to find out how to achieve happiness**.

METHODOLOGY EXPERIENCE

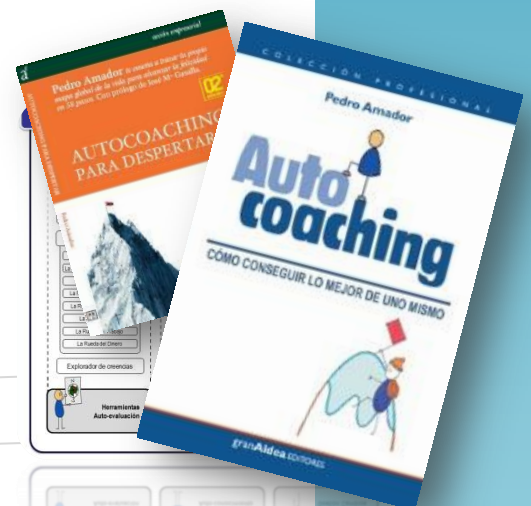
Through the innovative application of engineering processes to coaching, there have developed **Autocoaching® Methodology**, which configures a set of simple steps by which people can know better themselves by proposing changes to achieve their happiness. This methodology is the conceptual foundation of the website www.autocoaching.es, that currently serves more than 28,000 users, and applications **miGPSProfesional®** and **miGPSVital®** to help employees and customers from companies such as Nivea.

Both applications use the **Map of Life** (natural extension of the **Wheel of Life**) and the **Variety Coaching** as a powerful taxonomic engine, which both provides to organizations with an orderly and complete catalogue (260,000 tastes and 10,000 changes). These offer users a starting point from which they will know how to choose what they will need, and marking changes that will transform their complaints into action.

PUBLISHED BOOKS

Three practical books describe the methodology, facilitating its learning and its implementation:

- **"Autocoaching: How to get the best of yourself"** (2009 – Published by Gran Aldea in the Latin America market and 2011 – Published by Grancher, ABC collection in the French market).
- **"Autocoaching para despertar"** (2010 – LID Ed.).
- In 2011 the first book-blog **"Conseguir la felicidad"** which is available for free at www.conseguirlafelicidad.com which has reached to more than 25,000 people and where are shared numerous stories from readers.





A given examples of presentations

The main areas of action in conferences or training sessions are related to happiness, coaching, motivation, human resource management, effective communication, and development of skills as value or commitment. Let's see some examples of these presentations:

- **Happiness.** Companies want helping to achieve their employees' happiness thus improving their [productivity](#). After many years of research, we provide companies a method to teach their employees a methodology to be happier using the resources that each has inside.
- **Coaching skills.** Managing changes, from the components less valued in the [Wheel of Life](#). Working not only the [value](#) to start the change but also [perseverance](#) to stay in action and continuous [evaluation](#) to verify that the desired outcome has been achieved.
- **Coaching tools.** Presentation of the main software applications that allow better identification and assessment of personal and professional changes.
- **Commitment.** Presentation of real and practical cases where are displayed, individually or in a group, the necessary points which [kept](#) the commitment to achieve the set objectives.
- **Relations.** Show how to enhance our relationships and improve our [communication](#) with the [people](#) around us, avoiding generate toxic relationships which harm your company or nearby people.
- **Effective Communications.** After more than ten years educating professionals in the prestigious Esade business school, there presents a methodology with all the [steps](#) required to consciously improve presentations in public with special attention to presentations that are made to customers or the media.

Neither advices of what is good or what is bad nor formulas or magic pills that many times we see on television. Only with practical methodologies and work group for its correct implementation, and with the support of the applications [miGPSVital®](#) or [miGPSProfesional®](#) as additional value when required.

References

Clients such as **Nivea, Oracle, Celgene, Value Retail, Nycomed, Real Madrid.C.F, Esade and the University of Oviedo** among others, trusted in their presentations or training.

In addition to local dissemination in presentations, media, radio and TV, The Methodology has been presented in international conferences conducted in several countries, such as Argentina, Spain, Colombia, Peru, Venezuela, Uruguay, etc.

More information in www.pedroamador.com/apariciones



Training and experience

Executive MBA by Esade (Madrid 2002) with honours in the Final project. Computer science engineer with PhD courses of specialization in Business Intelligence (1993-1999).



Experto en felicidad

He has spent 14 years to implementation and optimization solutions for large clients, both national and international: Indra (SRM), Fagor Industrial (PLM), Efacec (CPM), ITP (CPM), OTIS (ERP) among others. With experience in various industrial sectors, particularly in the software and training markets (Software AG, Baan, Infor or Esade), he has also developed extensive experience in technologies of information and communication, business intelligence, social networking, and methodologies for the rapid implementation of solutions.

- **Collaborator partnered since 2003 Esade Madrid as a tutor in the course In Company Project (ICP)** in the Executive MBA programme and special modules for clients like ADIF, Union Fenosa, or PwC. Also as author of the design of a course for the development of effective professional presentation skills which provens ability to present in public..
- His coaching and leadership trainings have been developed in the prestigious American school **CTI** (Coaching Training Institute). Additionally, he gets systems coaching by **OSRC**, executive coaching by **AECOP**, NLP by **Systemic**, and he is certified in **Spiral Dynamics** among others. Partner of **AECOP**. Trainer and Coach (**ACC** by **ICF**) in advanced coaching tools, backed as CCE by ICF.

You can check more information in www.pedroamador.com

“ *Happiness is an indispensable condition for achieving efficiency.
Efficiency and happiness are inseparably connected and walk
hand in hand* ”

Mr. Juan-Miguel Villar Mir, Villar Mir Business Group President.



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