



Surround yourself with happier people is essential



The Autocoaching Project

Autocoaching SL, a company specializing in coaching and communication, was born in 2005 to help people become happier by enhancing their personal and professional growth. Our services support companies in order to improve both, their customer communication channels and their employees' productivity. Therefore, our vision is **the democratization of coaching**, so that its benefits reach as many people as possible.

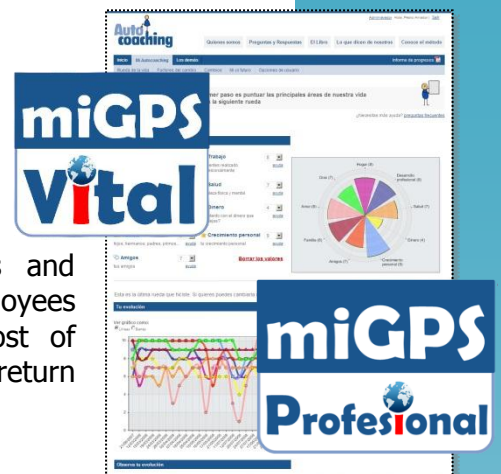
METHODOLOGY AND SOLUTIONS FOR PEOPLE

The first project milestone was the development of the **Methodology Autocoaching**. A set of easy steps where all the people can find their happiness level out and can look for changes which will make their life better. We actually think people are responsible for holding the reins of their life, also they must know what in their life is correct and where they fail in order to correct errors and improve behaviors and attitudes which they agree. This methodology, together with change-generating **Variety Coaching**, is the content of the autocoaching.es website which currently assists more than 19.000 users.



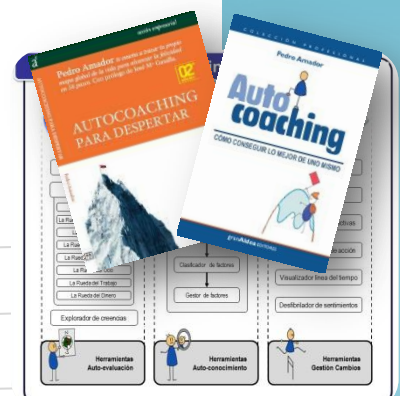
BUSINESS SOLUTIONS

By means **Autocoaching 3.0 solution**, we adjust the methodology to companies. It's a complete and customizable website that allows the construction of the company of the future, by improving quality and enhancing human happiness. Tools have been developed specifically targeting focused on customers and shareholders (**miGPSVital® application**) and employees (**miGPSProfesional® application**), obtaining, through a low cost of ownership and a highly optimized implemented deadlines, a rapid return on investment.



SUPPORTING BOOKS

Three practical books describe the methodology and facilitate their learning, "*Autocoaching: how to get the best of oneself*" (2009 - published by **Gran Aldea Editores** for the Latin American market and 2011 published by **Grancher**, ABC Collection in the French market), "*Autocoaching para despertar*" (2010 - published by **LID**) and appeared in May 2011, the first book-blog which is freely available in www.conseguirlafelicidad.com (only Spanish) and explores the pursuit of happiness.





Business Solutions

**miGPS
Vital**

What is the main value for the company?

With the commissioning of this application, the company achieved greater brand relevance and knowledge of the preferences of its current and future customers.

**miGPS
Profesional**

What is the main value for the company?

With the commissioning of this Web application in the process of coaching, the company gets employees more productive, more motivation, loyalty, satisfaction and professionalism through self-improvement.

Autocoaching 3.0 Solution allows the construction of the company of the future by offering value to all users, whether internal (employees or shareholders) or external (customers or suppliers).

It relies on **The Map of Life** (natural extension of **The Wheel of Life**) and the powerful taxonomic-generating of **Variety Coaching**. Both of its offer companies a very complete and orderly catalog (260,000 factors and 10,000 changes), which configured to suit in the priorities of the company, makes it easier for users to choose what they want and aim in life. It is the starting point for people to know to choose what they need, and they mark changes that will transform their complaints into action.

MiGPSVital Application, aimed at customers or shareholders, supports the complex process of change for the pursuit of happiness, and provides, among others, the following advantages:

- Using a web tool that allows us to bring personal growth to a greater number of people on a very economical way.
- Enhancing communication with customers and shareholders by creating, with each of them a unique and unrepeatable relationship.
- Increasing brand loyalty, generating sympathy for a company committed to the personal growth and happiness.
- Monitoring of all processes of user access to the web tool.
- Knowing the users' preferences, their tastes and the most requested changes.

MiGPSProfesional Application, employee-oriented, supports full coaching processes. Helping companies to get a quickly productivity. There are several advantages to be obtained, for both employees and the company, including noteworthy:

- Using a web tool to bring the processes of personal growth to a greater number of employees in a very economical way.
- Professionalize the process of coaching. Using a comprehensive and adaptable methodology. Where it is possible to save one or two sessions by performing the employee themselves their own process of initial analysis.
- Increasing loyalty and motivation of employees to feel valued by the company.
- Monitoring of all processes of coaching web tool.
- Knowing the factors and changes more demanded by the employees, evaluating their effect on the working environment.

Si no puedes visualizar este e-mail, pulsa aquí.

NIVEA



SER FELIZ

ES MÁS FÁCIL CON NIVEA

Amparo,

NIVEA te presenta **Autocoaching®**, un método que te guía en el camino hacia la felicidad

desar... y hum... con la...
Porqu... y a ve... empu...
¿Quié... Entra...
El equip...

NIVEA MI AUTOCOACHING EDITAR MI PERFIL FAQs SOBRE AUTO

RESUMEN 1. LA RUEDA DE LA VIDA 2. ¿CÓMO QUIERO QUE SEA MI VIDA? 3. ¿CÓMO ES MI VIDA? 4. MIS PRIORIDADES

Hola Carlos, este es un resumen de tu Autocoaching®, para actualizar tu proceso pincha en los pasos del menú superior.

También puedes leer un resumen de tu Autocoaching® cuando quieras.

CAMBIOS P...
Que mi parej...
Que mi convi...
Que yo sea e...
Que mi convi...
Que mi parej...
Que mi parej...

CAMBIOS C...
Que mi parej...
Que mi convi...
Que yo sea e...
Que mi convi...
Que mi parej...
Que mi parej...

Evolución de mi Autocoaching®

22 Febrero 2011 22 Febrero 2011 22 Febrero 2011 22 Febrero 2011 22 Febrero 2011 22 Febrero 2011 22 Febrero 2011 22 Febrero 2011

NIVEA CASE STUDY

In the last 100 years, NIVEA has become a benchmark by many consumers who have relied on it. Coinciding with its centenary, Nivea offers consumers Autocoaching 3.0 Solution that will allow them, within an accessible and close way, to take the first steps in coaching. The solution, adapted in just two months, the first one to include Nivea's own contents, and another one to improve their design, will allow, combining presentations and training in the new building Nivea Plaza in Madrid, customers increase and achieve greater levels of happiness.

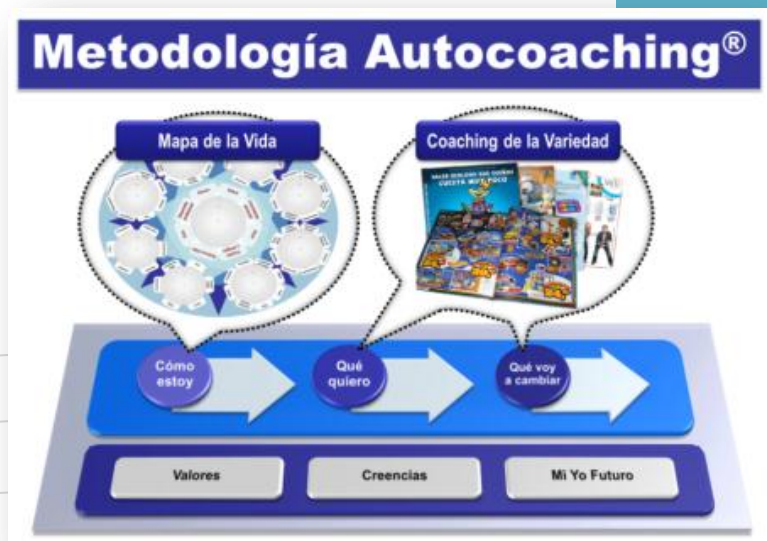
Auto coaching

Envía una sugerencia · Invita a tus amigos · Mi Cuenta · Nota legal · Política de privacidad

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Professional Services

- Training to teach and present the methodology in experiential workshops on skill developments. A completely designed and configurable training offer. As well as ICF certified continuing education credits, which will quickly approach the personal growth within organizations.
The program is an investment in human capital to ensure successful in a long-term. With its configurable addressing both the needs of large companies such as medium and small organizations. Here are some examples of content presented in courses:
 - The value to start changing, and the commitment to stay in action and achieve the aimed result.
 - Teaching people to leave aside the complaint, by having motivation to start making changes for both, their own and co-workers benefit.
 - All necessary points with the idea that never fails to achieve the engagement objectives. The commitment, in short, to find a proper state of greater happiness.
- **Presentations** to teach and adapt the methodology to specific topics, such as employee motivation or training in complete personal growth aimed towards the continuous improvement.
- **Consulting** to install, configure and customize web tool, as well as overseeing the deployment of other coaches methodology.
- **Coaching** to improve specific stages of the process, both personal and executive coaching. Our professional staff has certifications in other industry standards in addition to using our methodology.



“ *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.



More information: www.autocoaching.info - <http://tiny.cc/sefeliz>

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