

# Triunghiul Vieții

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everything hr®

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# Terapie

**Iubește-te pe tine înainte de toate!**

Ar trebui să fie normal să mergi la psiholog!  
Petiția Declic pentru servicii psihologice gratuite.  
Cu semnătura ta, putem convinge CNAS  
să crească accesul gratuit la aceste servicii.



De ce îți este rușine?  
De cine sau ce îți este frică?  
De cine sau ce îți este dor?

# Coaching

**Nu trebuie să fii singur în vârf!**

Singur ajungi repede  
Împreună ajungi departe.

Care sunt prioritățile tale săptămâna asta?  
Cu ce pot să te ajut?  
De ce nu ai făcut asta până acum?



# Consiliere filosofică

Cunoaște-te pe tine și vei cuceri lumea!

Ce ne ține în loc mai mult:  
frica de moarte sau de necunoscut?

De ce te dai jos din pat dimineața?  
Pentru cine sau ce ai fi dispus să-ți dai viața?  
Ce ai face dacă nu ai avea nici o frică?



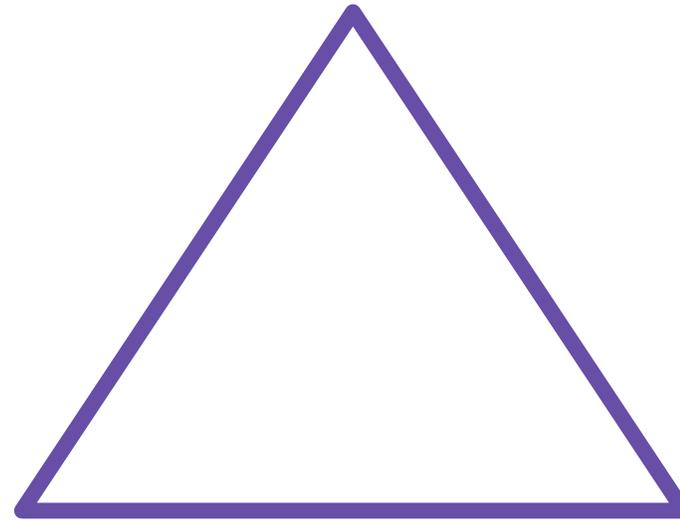
**ICPP 2023 Timisoara 5-8 June 2023**  
**17th International Conference on Philosophical Practice**



## Triunghiul vieții

Cine ești?  
Cât de mult te iubești?  
Cât de bun poți să devii?

Consiliere filosofică

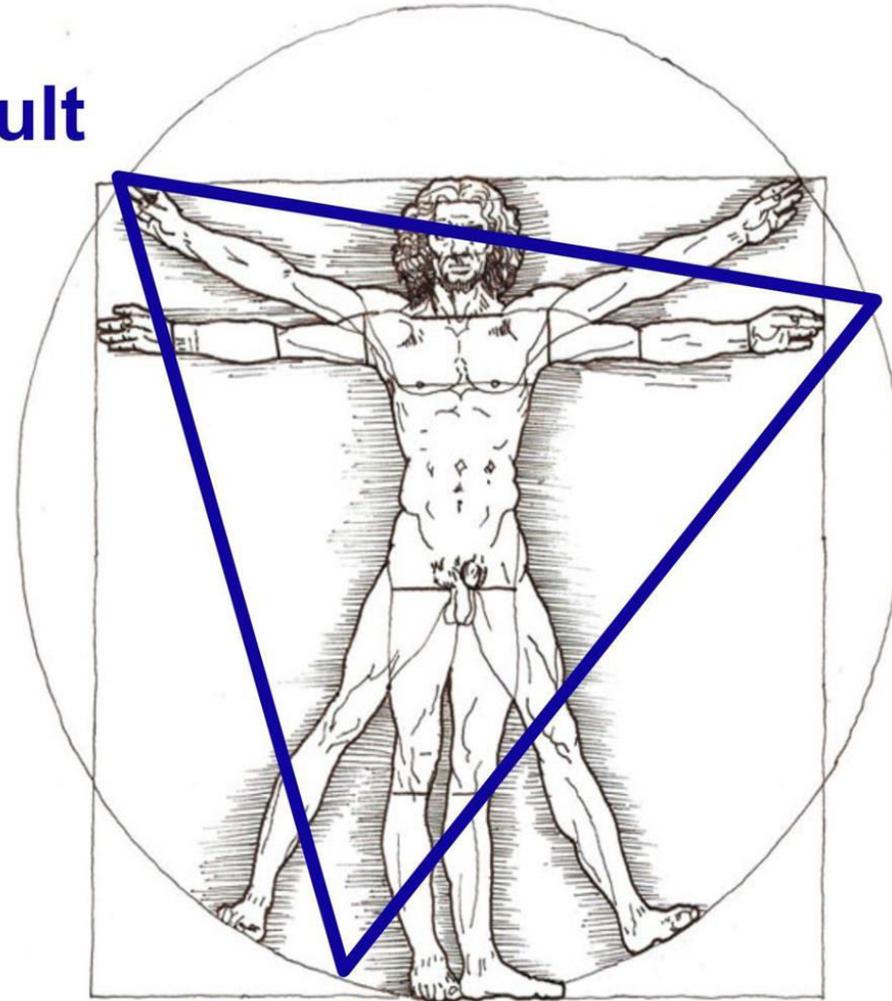


Terapie

Coaching

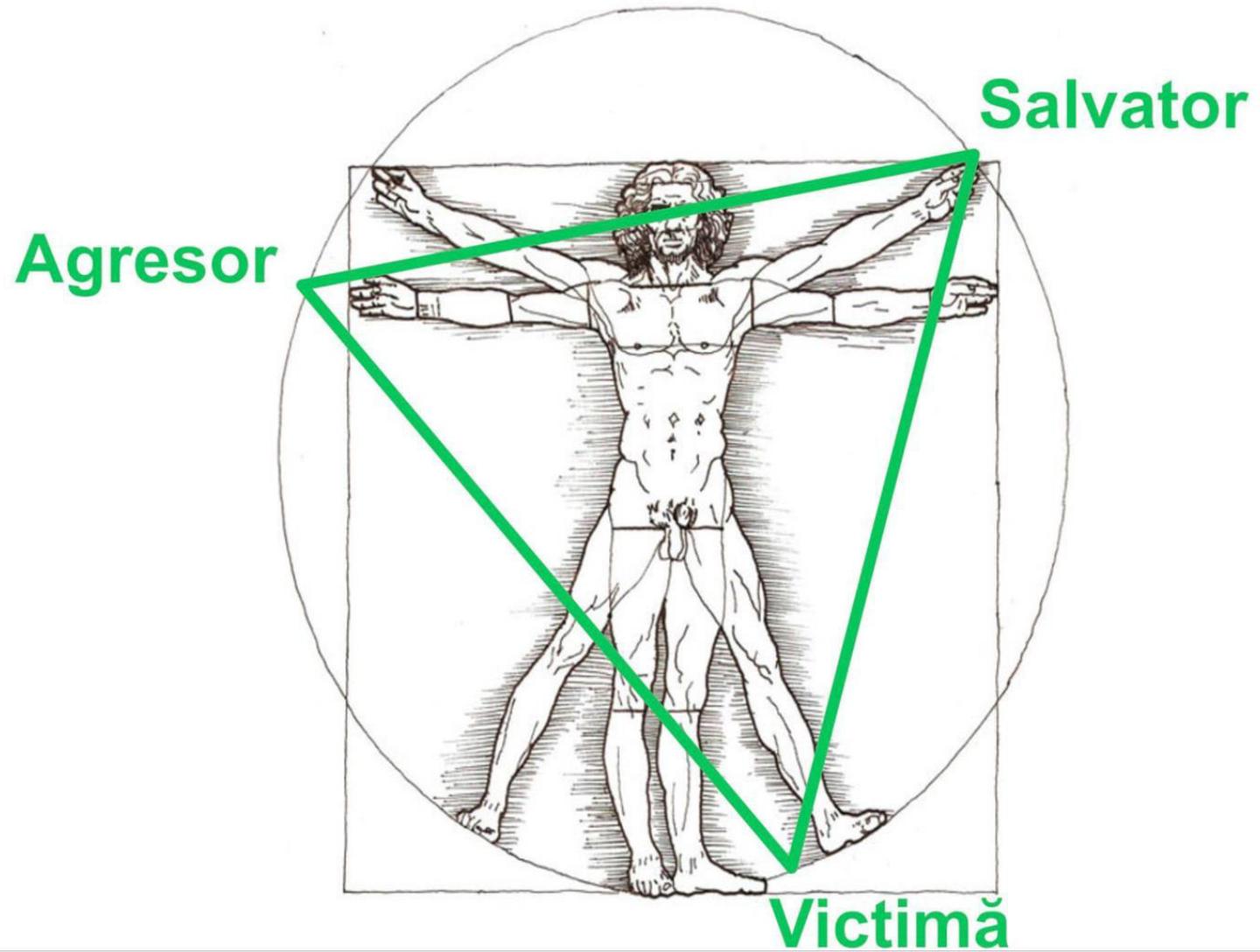
## alte triumphiuri ... dramatice

**Adult**

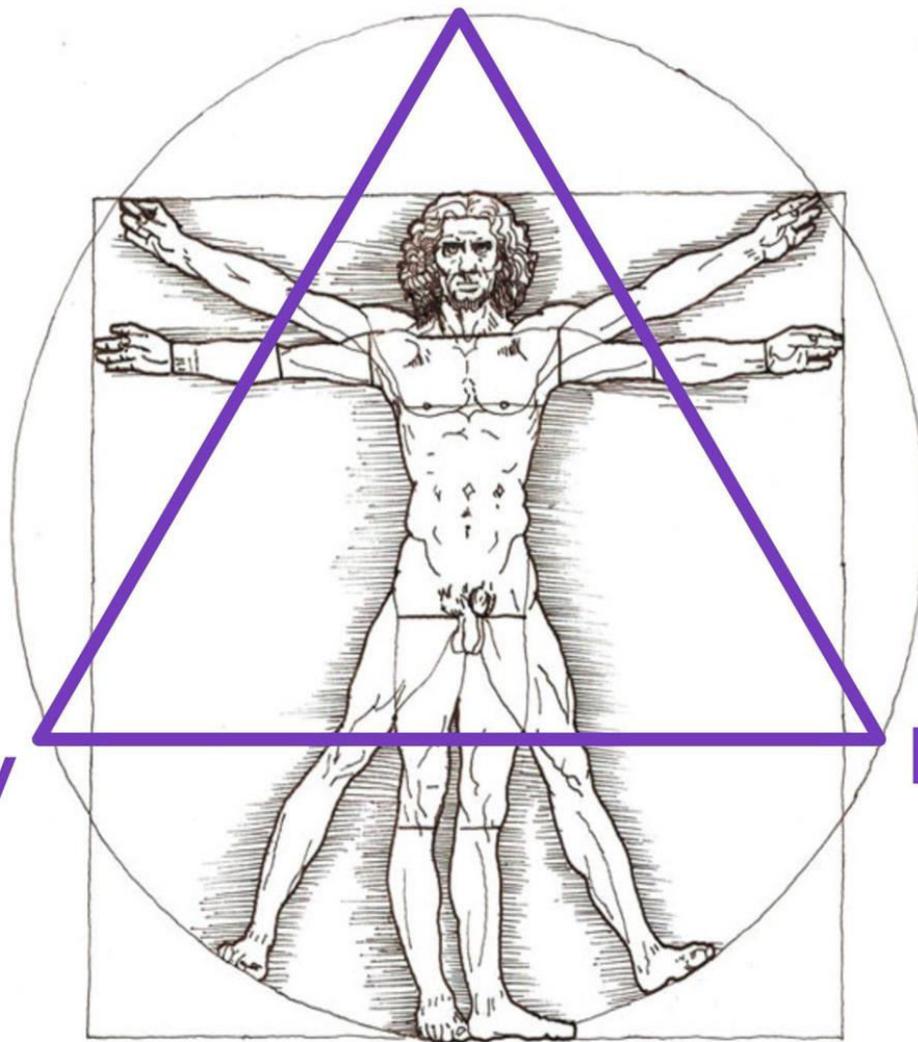


**Părinte**

**Copil**

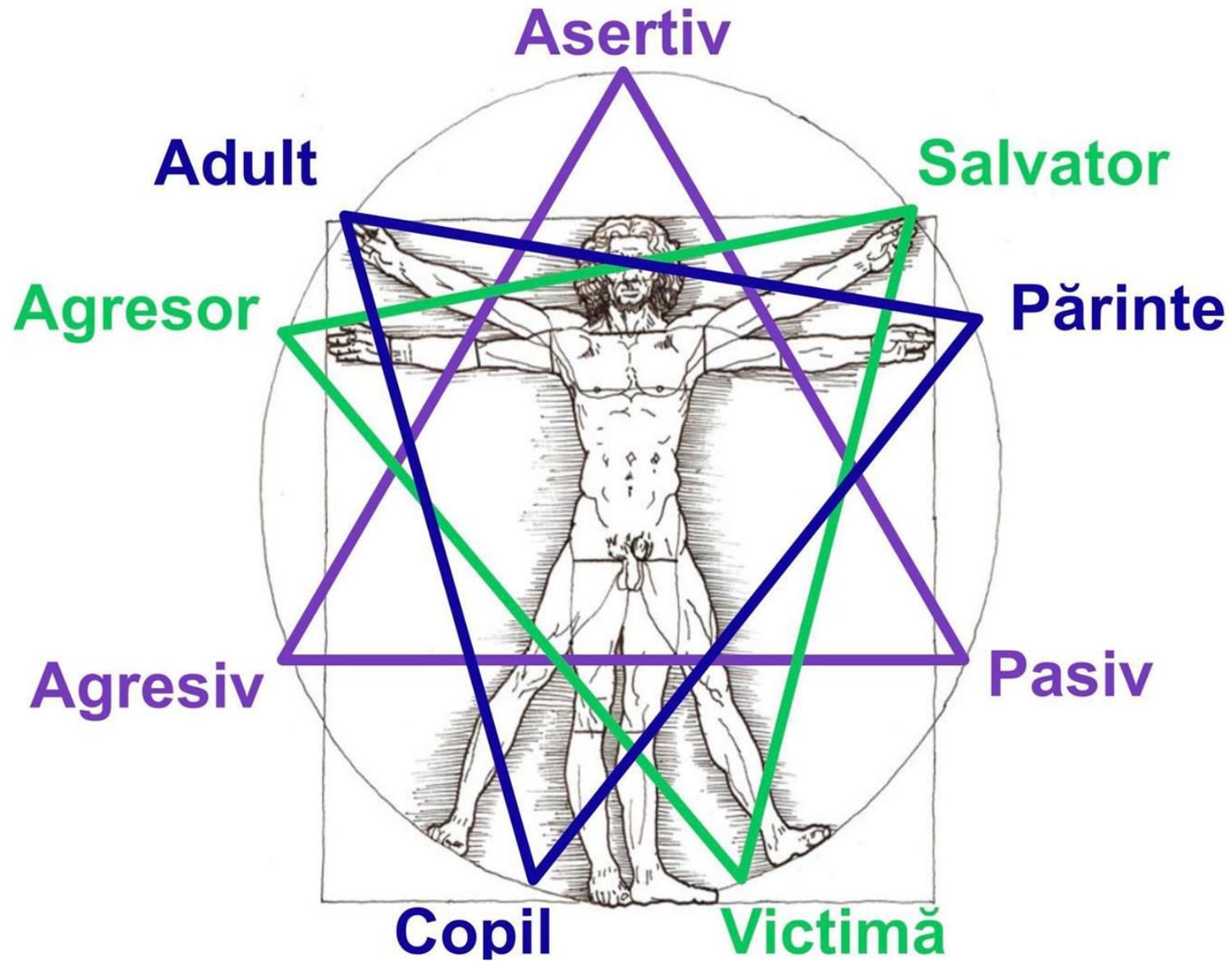


**Asertiv**



**Agresiv**

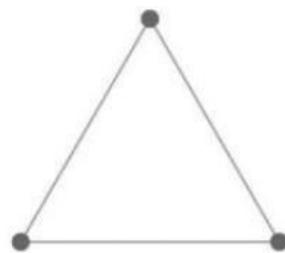
**Pasiv**



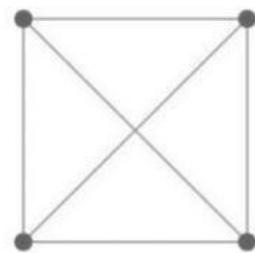
# Diferențele dintre abordări

	<b>Coaching</b>	<b>Philosophical Counselling</b>	<b>Non-clinical counselling*</b>	<b>Training</b>	<b>Teaching</b>	<b>Mentoring</b>	<b>Consulting</b>
<b>Goal</b>	Improve behavioural performance for personal and professional success.	Improve thinking performance and biessess aweranness	Improve performance below standards.	Transfer specific knowledge and skills.	Transfer specific knowledge	Support and guide personal or professional growth.	Best case scenario
<b>Results</b>	Goal achievement	Critical Thinking	Performance improvement	Learning results	Retrieved information	Succession	Solutions
<b>Approach</b>	Help individuals or groups self discover and take ownership to achieve desired goal.	Help individuals or groups self discover their own and others thinking patterns, values, beliefs and biessess	Confront, correct, and instruct of attitudinal or behavioural change.	Transfer specific knowledge and skills.	Information delivery, develops thinking and capabilities.	Transfer formal and tacit knowledge, skills, best practices, experience, wisdom and mindset.	Advise on the best course of action
<b>Focused areas</b>	Focus on the coachee's goal. Help the coachee self discover hidden potentials and make behavioural and performance change.	Focus on argumentation, train of thought, conflicting beliefs, emotion awareness, thinking fallacyes	Manage the employee's below standard performance. Listen to their issues, give feedback, and manage expectations explicitly.	Help the student acquire specific knowledge and skills. Learning based on pre-determined learning curriculum.	Deliver a lot and clear information It concentrates on what a person should know	Focus on the mentee's personal / career goal. No specific learning plan - can be done formally and informally.	Helping the client in finding the best solutions for it's current problems
<b>Relationships</b>	Collaborative	Collaborative	Performance improvement	Teaching	Teaching	Advisory	Advisory
<b>Communication styles</b>	Non-directive. Ask questions, listen, and give feedback.	Non-directive. Ask questions, active listening	More directive than non-directive. Tell, advise, and ask questions.	More directive than non-directive. Tell, advise, and ask questions.	Directive. Tell and ask questions.	Directive and non-directive. Ask questions, listen, and give advice.	More directive than non-directive. Tell, advise, and ask questions.
<b>Time orientation</b>	Present and future	Present	Past and present	Present	Present	Present and future	Present and future
<b>Duration</b>	Short and medium	Short	Short	Short	Long	Medium and long	Short and medium

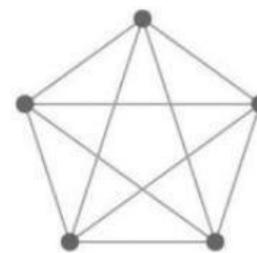
## Complexitatea relațiilor interumane



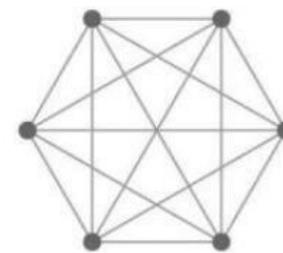
3 personas, 3 líneas



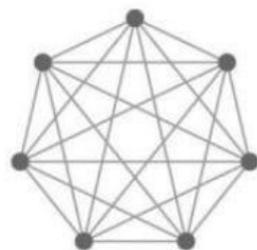
4 personas, 6 líneas



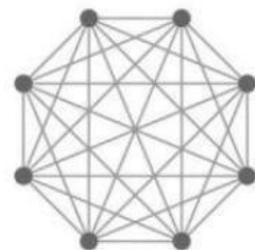
5 personas, 10 líneas



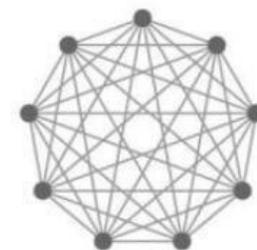
6 personas, 15 líneas



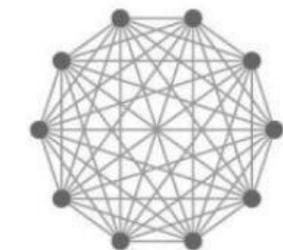
7 personas, 21 líneas



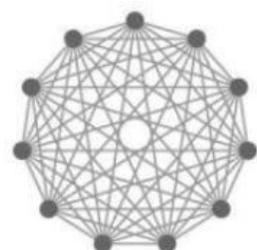
8 personas, 28 líneas



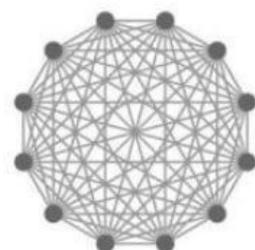
9 personas, 36 líneas



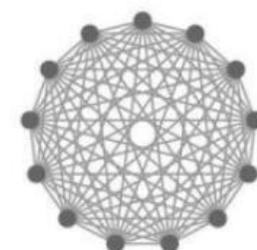
10 personas, 45 líneas



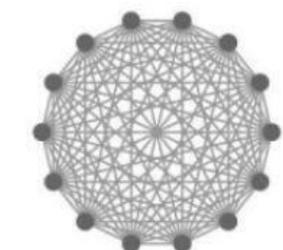
11 personas, 55 líneas



12 personas, 66 líneas



13 personas, 78 líneas



14 personas, 91 líneas

Mulțumesc pentru atenție și zâmbete.

Mihail Pricop

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<https://www.p4co.ro/>



**THANK YOU !**

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