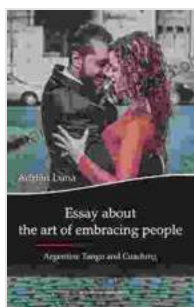


# Argentine Tango and Coaching: A Journey of Transformation Through Embodied Learning

Argentine Tango and Coaching: A Journey of Transformation Through Embodied Learning is a groundbreaking book that explores the profound parallels between the two disciplines. Written by experienced coach and tango dancer, Maria Del Pilar, the book offers a unique perspective on the transformative power of embodied learning.



## Essay about the art of embracing people: Argentine Tango and Coaching by Christopher G. Nuttall

★★★★☆ 4.4 out of 5

Language : English  
File size : 1644 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 101 pages  
Lending : Enabled



Del Pilar argues that Argentine Tango and coaching share a common goal: to facilitate personal growth and transformation. Through the process of embodied learning, both tango and coaching allow us to connect with our bodies, emotions, and intuition, leading to a deeper understanding of ourselves and our relationships with others.

The book is divided into three parts. Part One introduces the concept of embodied learning and explores its relevance to both Argentine Tango and coaching. Part Two delves into the specific parallels between the two disciplines, examining how tango can enhance coaching skills and how coaching principles can inform tango practice.

Part Three provides practical tools and exercises that readers can use to integrate tango and coaching into their own lives. These exercises are designed to help readers develop their self-awareness, communication skills, leadership abilities, and relationships.

*Argentine Tango and Coaching: A Journey of Transformation Through Embodied Learning* is a must-read for anyone interested in personal growth, coaching, or Argentine Tango. Del Pilar's insights into the transformative power of embodied learning are profound and inspiring, and her practical tools and exercises will help readers to integrate the principles of both disciplines into their own lives.

## **About the Author**

Maria Del Pilar is an experienced coach, consultant, and trainer with over 20 years of experience in the field of organizational development. She is also a passionate Argentine Tango dancer and teacher. Del Pilar has a unique perspective on the transformative power of embodied learning, and her book, *Argentine Tango and Coaching*, is a testament to her belief in the power of these two disciplines to facilitate personal and professional growth.

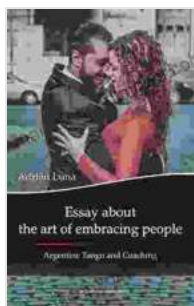
## **Reviews**

"Argentine Tango and Coaching is a groundbreaking book that explores the profound parallels between these two disciplines. Del Pilar's insights into the transformative power of embodied learning are profound and inspiring, and her practical tools and exercises will help readers to integrate the principles of both disciplines into their own lives." - John Whitmore, author of Coaching for Performance

"This book is a must-read for anyone interested in personal growth, coaching, or Argentine Tango. Del Pilar's writing is clear, engaging, and thought-provoking, and her insights into the transformative power of embodied learning are invaluable." - Marshall Goldsmith, author of Triggers

## Free Download Your Copy Today

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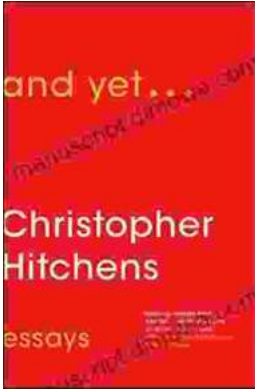
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