

### ASSESSMENT # 1

Total Marks: 30

1. Provide short answers for the following questions:  
(15)
  - i. What is the purpose of life coaching?
  - ii. What are some of the main reasons why people consult with life coaches?
  - iii. Briefly explain the role of the life coach.
  
2. Life coaching is effective for a number of reasons' - Discuss. (8)
  
3. Select five different types of life coaching and provide an example scenario for each where a coach may be consulted. Explain how each client stands to benefit from the involvement of their life coach. (7)