

ASSESSMENT # 4

Total Marks: 30

1. Provide short answers for the following questions: (15)

- i. Why is good communication important in life coaching?
- ii. What kinds of obstacles can stand in the way of good communication?
- iii. Explain the difference between open and closed questions.

2. One winning communication strategy is to always develop positive relationships with people. Discuss how this can be achieved. (8)

3. In order to get better at communicating, there are things that we can do to develop confidence - Discuss. (7)