

ASSESSMENT # 2

Total Marks: 30

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

- I. What is the Socratic method of asking questions?
- II. What is meant by the 'expert' model?
- III. Briefly describe the process consultation model.

2. Does life coaching have a common philosophy? Discuss some of the common beliefs shared by most life coaches. (8)

3. Coaching bears similarities to counselling, though the two types of consultation are quite different. Discuss (7)