



# Life Coaching Activities and Powerful Questions: A Life Coaching Activities Workbook

By Phyllis E Reardon

Createspace, United States, 2010. Paperback. Book Condition: New. Workbook. 230 x 190 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Life Coaching Activities and Powerful Questions has been designed for a dual purpose; first and foremost it is a working book for the life coach; it is also designed for the individual who wishes to make changes in their life using the Life Coaching Process. Parents, managers, teachers, career coaches, school counselors and anyone involved in human or personal development, this book is a great asset. This Life Coaching Activities Exercise Workbook takes you through the Life Coaching process in terms of definitions, quotes, activities or exercises and Coaching Questions as designed by Inc. As you coach your clients please make use of this workbook. I invite you to also share these Life Coaching skills with friends and family. Please use this book to focus on your life and make it the best it can be.

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