

## ASSIGNMENT 1

1. Using information you collated from your set task, briefly
  - a) describe what you found as the main role(s) of the business coach
  - b) outline how the role of a business coach differs to that of a life coach.
  - c) define in your own words what is meant by business coaching.

Write no more than one paragraph for each.

2. Describe how business coaching is different to the role of a business consultant? Write up to half a page.
3. What types of businesses, or under what circumstances, do you consider that business coaching may be most beneficial? Write up to half a page.
4. Can you think of any business types or instances where business coaching may not be useful? Write a paragraph or two.
5. List the qualities you would associate with an effective business coach.
6. Briefly describe what you consider to be the most beneficial influences of business coaching on business success. Write up to half a page.