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Other types of life coaching are emerging as well, including family life coaching (Allen, 2013) or health and lifestyle coaching (Venditti, Wylie-Rosett, Delahanty, Mele, Hoskin, & Edelstein, 2014). Meanwhile, more colleges and universities are seeing the signs of a healthy future for life coaching, and offering programs and courses focused on the field (Inside the Coaching Industry, 2015).

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Worksheet Description Exercise. This worksheet is intended to help individuals who struggle with their inner critical voice, often agreeing with it or remaining neutral about what it says.

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