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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

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Grant, 2006) showed that this type of intervention increases goal striving and hope, in addition to overall well-being. Though life coaching is not the same as therapy, this study shows the effectiveness of improving positive behavior through solution-focused questioning.

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