



# Alice Again

by Judi Curtin

ISBN 978-1-84717-670-7/eBook ISBN 978-1-84717-378-2

# The Life Coach



Activity by Peter Heaney

(Read pp 201-210)

Veronica reveals that Norman is her 'Life Coach' and that he is helping her to change her behaviour and attitudes so that she will be happier.

If you had your very own 'Life Coach', what tasks might you be given and what changes in your behaviour and attitudes do you think that they might help you with?

You can work in small groups for this activity and use the grid below to record the tasks that you think might be specific to you. You can include the reason for the task; the behaviour change that you hope will happen and whether you think it will be successful.



Task	Reason for task	How was it successful?