

Coaching Questions

1 Center Together

Let's take a moment to center together, clear our minds and focus on our time together today.

2 Clarify the Focus

What is the key problem/ challenge for you?

What is significant about this for you right now?

How does this relate to other issues you are facing?



6 Assess Progress

How would you assess your progress towards your goal(s)?

How can I better support you in accomplishing your goal?

How helpful was this conversation for you?

5 Gain Commitment

How will you track your progress?

On a scale of 1 to 10, how committed are you to taking these steps? 10 being totally committed and 1 being not committed at all.

What if something gets in the way?

4 Develop an Action Plan

What is a specific action you can take toward this?

What might be the first step?

What support do you need?

3 Identify the Goal

What outcomes would be ideal here?

What impact do you want to have?

How will you know you have been successful?

Coaching Questions



QUESTIONS TO USE WHEN COACHES GET STUCK



What's going on for you right now?



What would be most helpful for you right now?



How can I best support you at this time?



WHEN SOMEONE ASKS, "WHAT SHOULD I DO?"



Well, what are your options?



What is most important to you in this moment?



What have you tried in the past that has been successful?