SAMPLE COACHING QUESTIONS

Exploring is more comfortable if there is one reflection to two questions. Always use *what, how, when, where*. W*hy* is often judgmental and you may learn little.

* What do you really want?
* What might happen?
* What do you think that means?
* What is just one more possibility?
* What would it look like?
* What else?
* What more is there?
* How do you want it to be?
* If you could do anything you wanted, what would you do?
* How can we explore this further?
* What will you take away from this?
* How can you lock in the learning?
* What options can you create?
* How will you know you have reached it?
* Now what?
* What do you want to do about it?
* What resources do you need to help you?
* What seems to be the main obstacles?
* What concerns you most?
* What action will you take?
* And after that?
* Where do we go from here?
* When will you do this?
* How will I know?

Reflecting: "So, what I hear you say is that you want to......."