

Powerful Coaching Questions - A few examples

<p>Anticipation What might happen? What if it doesn't work out the way you wish? What is your backup plan?</p> <p>Assessment What do you make of it? How does it look to you? How do you feel about it?</p> <p>Clarification What do you mean? What does it feel like? What seems to confuse you? Can you say more? What do you want?</p> <p>Evaluation How does this fit with your plans/way of life/values? Is this good, bad, or in between? In what way?</p> <p>Exploration May we explore that some more? Would you like to brainstorm this idea? What other angles can you think of? What are your other options?</p> <p>For Instance If you could do it over again, what would you do differently? How else could a person handle this? If it were you what would you have done?</p>	<p>Implementation What is the action plan? What support do you need to accomplish....?</p> <p>Options What are the possibilities? If you had your choice what would you do? What if you do and what if you don't? What options can you create?</p> <p>Outcomes What is your desired outcome? If you got it what would you have? How will you know you have reached it?</p> <p>Perspective In the bigger scheme of things how important is this? How does this relate to your life purpose? What would you think about this five years from now?</p> <p>Resources What resources do you need to help you decide? What do you know about it know? How do you suppose you can find out more about it?</p> <p>Starting the session What's occurred since last we spoke? What would you like to talk about?</p> <p>Substance What seems to be the main obstacle? What is stopping you? What concerns you most about....?</p>
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