

Coaching Questions



- What's the issue?
- So what is the goal?
- How important is it on a scale of 1 – 10?
- How much energy do you have for a solution on a 1 – 10 scale?
- Who owns this issue or problem?
- What have you already tried?
- In an ideal world, what would be happening around this issue? How would you know it's been resolved?
- What's standing in the way of the ideal outcome?
- What's going RIGHT here – even if only a bit?
- Imagine you are at your most resourceful, what do you say to yourself about this issue?
- What are the options for action here?
- What criteria will you use to judge the options?
- Which option seems to be the best against the criteria?
- So what's the next step?
- When will you take it?