

QUESTIONS TO DISCERN THE FOCUS OF YOUR COACHING SESSION

- "So, how have you been?" (Great open-ended question to drill down from)
- "What would a home run in your life look like this week?" (Make a list)
- "What's been working for you since our last session?"
- "What hasn't been working for you?"
- "What do you need most from me today?"
- "So, what have been your 'highlights' since our last session?" "And your 'lowlights'?"
- "I'm curious, how do you think I can help you this week?"

QUESTIONS TO DEFINE COACHING SESSION OUTCOMES

- "What, if you got it finished this week, would make you jump for joy?"
- "What is the biggest change you are willing to make today?"
- "What would you love to have happen by the end of this session?"
- "What would you most like to get out of the next 30/45/60 minutes?"
- "What would be the most helpful thing for you to take away from this session?"
- "What if you worked on it right NOW, would REALLY put a smile on your face?"
- "Imagine you've just had an ideal week. What 3 things did you complete?"
- "What could we work on that would help you the most over the next few weeks?"
- "What would you be disappointed we didn't work on today?"

ADDITIONAL QUESTIONS TO RAISE DURING THE FIRST SESSION

- "Tell me about yourself..."
- "What specific goals would you like to meet by working with a coach?"
- "What have you already done towards your goals?"
- "How will we evaluate the success of the coaching at the end?"
- "What kind of coach would you like me to be for you?"
- "What are you expecting from the coaching?"
- "What do you need most from me during our coaching?"
- "What is the one thing I should not do/say to you?"
- "What is the most exciting part of working with a coach?"
- "What is the scariest part of working with a coach?"
- "What is the biggest change you are willing to make today?"
- "What is one thing you will do immediately after our session today?"

