

Sample Questions For Use When Coaching

To Clarify Focus

- What's going on right now that's important for us to talk about?
- What do you want or need to get out of this conversation?
- What is most important out of everything you are saying?
- What are you currently experiencing?

To Identify Goals

- What's is currently happening that you want to change?
- What is your desired end goal?
- What does success look like?
- What are you hoping to achieve?

To Develop Solutions

- What option seems best right now?
- How can you break this into manageable chunks?
- What have you not tried that could help?
- What would you choose to do if anything was possible?

To Create Accountability

- What can you do before the next meeting?
- What will it look like when you are done?
- What steps will you assume responsibility for?
- How confident are you feeling about the next steps?