

10 Great Coaching Questions

1. What do you want to achieve? What will be the long-term result of achieving this?
2. What's important about that outcome / goal? Why is it important now?
3. When you achieve this, what will be the benefit for you?
4. What's the real challenge here for you? / What have you already tried?
5. What resources are you going to need and where would you get these resources from?
6. What could get in the way and how will you overcome that?
7. What support do you need and where will you get that from?
8. If someone else you know was facing this issue, what would you tell them to do?
9. What are your options? Which one(s) will you choose?
10. What first step will you take and when will you take it?