

Understanding that the coachee is in the "driver's seat," the role of the coach is to help facilitate a conversation that addresses the coachee's most pressing issues. Listed below are 6 questions that are often embedded, in some form or fashion, into just about every type of coaching conversation.

COACHING QUESTIONS

- 1 | What would you like to talk about today?
- 2 | What would you like to take away from today's session?
- 3 | Are you staying focused on the issues you wish to address?
- 4 | What will you say or do this week to act on your intentions?
- 5 | Who could support your next steps? Offer advice or wisdom?
- 6 | What did you find most helpful from today's conversation??

QUESTIONS FOR THE CLIENT/COACHEE

1. Did you feel listened to? Deeply heard?
2. Did you gain clarity about your situation? Your role in it? Your next steps?

QUESTIONS FOR THE OBSERVERS

1. Which parties spoke most often?
2. Which topics surfaced that seemed quite important?
3. Which questions raised by the coach did you find most helpful?
4. In what ways did this conversation lead to some form of transformation?

