

THE 10 MOST POWERFUL COACHING QUESTIONS

Try these great coaching questions!



1. WHAT DO YOU (REALLY, REALLY) WANT?

How many people do you know who settle for less? As a coach, it's our job to help people go after what *truly* excites and inspires them!



2. WHAT DO YOU MEAN BY _____? & WHAT DOES _____ MEAN FOR YOU?

What does our client *really* mean? These questions help us understand our clients as well as helping them understand themselves.



3. WHY (IS THIS IMPORTANT) NOW?

What makes their goal important to work on now - as opposed to at any other time? Use this question to get to the heart of your client's motivation.



4. WHAT ELSE?

Ask the client to go beyond their first and most obvious answer & get closer to the truth of things. Ask this question several times for more information - and deeper coaching.



5. BY SAYING 'YES', WHAT ARE YOU SAYING 'NO' TO? & BY SAYING 'NO', WHAT ARE YOU SAYING 'YES' TO?

Whether it's an issue, person, decision or goal, all too often we say "Yes" to what we think we 'should' do without *first* understanding the impact/s on our life...



6. WHAT WOULD BE THE BEST QUESTION I COULD ASK YOU NOW?

Perfect for when you're stuck, this question also empowers the client when they seem scattered, lacking confidence, disempowered or overwhelmed.



7. WHAT DO YOU *NOT* WANT ME TO ASK YOU?

Ask this question lightly and playfully - and you may just get to the root of the issue.



8. WHAT'S THE FIRST (OR EASIEST) STEP YOU COULD TAKE?

Sometimes we're held back by fear, feel overwhelmed or like we're drowning in the details of a huge goal. Use this question to 'chunk it down' and just get started...



9. WHAT WAS YOUR BIGGEST WIN FROM OUR SESSION TODAY?

This question helps your client reflect on their coaching with you, and identify what was *most* helpful. It also helps you understand your clients better!

And finally, possibly the **MOST** powerful coaching question of all:



10. SILENCE: There are endless questions - and answers - in silence. Real coaching magic happens when you give your client space to hear themselves, reflect and respond.



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RD Boyd



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