

100 COACHING QUESTIONS, PLUS!

50 Coaching Questions

Note: Many of these questions were written by Thomas Leonard.

1. What do you really want?
2. How can I help right now?
3. Have you ever considered.....?
4. Why do you think that, is so?
5. What is that?
6. What's the dynamic here?
7. What's your role in that?
8. How long have you been doing that?
9. What is the permanent solution?
10. If you had a choice, what would you do?
11. Really? Are you sure?
12. What's the message here?
13. What is life asking you to do differently?
14. What gets in your way in this area?
15. What is your biggest fear about that?
16. What are the 3 steps to achieve that?
17. How would you over-respond to that?
18. How do you know that?
19. Is it ___ or ___?
20. Does this really matter to you?
21. Whose life are you living anyway?
22. What do you most need right now?
23. What kind of support would be helpful?
24. What question should I be asking?
25. What is your strategy for that?
26. What would give you the most joy?
27. What is currently motivating you?
28. How healthful is that for you?
29. What are you tolerating?
30. Why are you pushing this hard?
31. Where is your integrity soft?
32. How are you "utilizing" technology?
33. Isn't that delegate-able?
34. Why are you spending time on that?
35. Would environmental changes help?
36. Are you being selfish enough?
37. How could you simplify that?
38. What is the truth here?
39. Why is that so frustrating?
40. What is your vision?
41. If you were the coach, you'd say ...
42. What is your next evolutionary step?
43. What would make that perfect?
44. Where might you get stopped?
45. What is your unique talent?
46. How is this problem perfect?
47. Who can get you that answer?
48. How are you?
49. Will you tell me everything?
50. How are you best coached?

There's More ...

50 More Coaching Questions

Note: Many of these questions were also written by Thomas Leonard.

1. Where do you want to be in 5 years?
2. What's the biggest challenge you have?
3. What interests you most about coaching?
4. How perfect is your life?
5. If you could have anything, it would be ..
6. When shall we start?
7. What are you looking for in a coach?
8. Would a coach help you earn more?
9. What are you wasting your time with?
10. What's holding you back the most?
11. What is your business vision?
12. What is your most urgent problem?
13. Where are you falling behind?
14. What opportunities are you missing?
15. What changes should you make now?
16. What goal are you ready to achieve?
17. Are you earning enough?
18. What holds you back financially?
19. What needs immediate attention?
20. Are you up for a personal makeover?
21. What are you putting up with?
22. What's the dream you've given up on?
23. What are you waiting for?
24. Is there a single change worth making?
25. What will your legacy be?
26. What does your ideal life look like?
27. What skill do you most want to learn?
28. Would you like to master the Internet?
29. Who is taking advantage of you?
30. What gifts aren't being fully developed?
31. Are you coaching or managing?
32. What measurable results are important?
33. Have you worked with a coach before?
34. May I tell you how I work?
35. What are you selling on your website?
36. What gets you out of bed each day?
37. What's your strategy to achieve that?
38. Would you like to sort that out?
39. What keeps tripping you up?
40. What's possible for you financially?
41. How might I be able to help?
42. Would support make the difference?
43. How would you use a coach for that?
44. Are you feeling a bit out of balance?
45. How open are you to collaboration?
46. Ready for the next level of your life?
47. Whose life are you living?
48. In your company, who needs coaching?
49. What is your most important project?
50. How much freedom is that costing you?

And More! ...

An Additional 25 Coaching Questions

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1. What can you do today to get you back on track?
2. What could happen to change your mind?
3. How would that look?
4. What could keep you from completing that?
5. How might you simplify that?
6. How will you know if you are going in the right
7. (or wrong) direction?
8. What is currently motivating you?
9. What do you need most right now?
10. What are some steps that you can take this week towards achieving that?
11. In what way is that in alignment with your values?
12. What does your inner wisdom say about it?
13. Is there anything to delegate?
14. How will you test your idea?
15. How will you know if you are overextending yourself?
16. What would make this a win for you?
17. Would it be useful to write it down?
18. How are you taking care of yourself?
19. How does that fit into the big picture for your life?
20. Where are you tolerating less than the best for yourself?
21. What do you already know about it/him/her that indicates what you can expect?
22. What do you need to know that you don't know?
23. What is your priority?
24. How will you know when to discontinue your efforts?
25. What does your experience teach you about that?
26. What could happen to change your mind?