

## Curiosity & Coaching Questions

### QUESTIONS TO UNDERSTAND THE SITUATION

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- What's on your mind?
- How would you describe your challenge in a headline?
- How easy is it for you to have this conversation with me?
- How important is this to you?
- What will it look like if resolved successfully?
- How would you describe the problem in a sentence?
- What is the real challenge for you?

### QUESTIONS TO EXPLORE

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- What are your ideas?
- What do you really want?
- And what else?
- What do you understand about this situation?
- What is challenging about this situation?
- How can you find out more?
- What have you tried already?
- What haven't you tried?
- What's confusing about this?
- What's holding you back?
- If you had to guess what to do, what would it be?

### QUESTIONS TO BUILD CONFIDENCE

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- What would you do if there were no obstacles?
- What has worked for you before?
- How can your strengths help you in this situation?
- What in your experience has prepared you for this situation?
- What other options could there be?
- What does good look like?
- How can you reframe this situation?
- What is missing that could make a difference?
- What internal or external resources can you access?
- What is in your control and out of your control?

### QUESTIONS TO MOTIVATE ACTION

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- How ready are you to act?
- What would amazing results look like?
- What's the first small step you could take?
- What are you willing to risk for the best outcome?
- If you say yes to this, what are you saying no to?
- What will you do to celebrate when this is complete?