

Coaching questions for insight and action

Questions that encourage reflection or insight

- What's on your mind right now?
- When did you first notice this?
- Why does this have such an impact on you?
- What's the best result you can imagine?
- What's standing in your way?
- How long have you been feeling or thinking this way?
- If you took a step back and looked at this issue, what would you notice?
- Why is this important to you?
- What skills or knowledge would help you here?

Questions to move things forward

- What's the most important thing you need to do?
- What's worked well for you before?
- Why is this goal important to you?
- What's been holding you back?
- What advice would you give someone in the same situation?
- What's the boldest idea you can imagine?