

The Art of Developmental Coaching – Free Workshop

3 Coaching Questions that can Change Who We Are - with Jennifer Garvey Berger – 29th January, 2020

- What's going on behind what's going on?
What is happening here for you now?
What has energy for you now? What draws you/energizes you?
Can I trust myself right now? And can I trust my client right now?
What are you longing for?
How does that issue make you feel? / How do you feel about this right now?
What is most needed at this time?
What do you want? ... And What Else?
What would you like to have happen? and What difference would that make for you?
What does success look like?
What's the best that could happen?
What do you need to move on?
What have you tried and how is that working for you?
What is your wish?
What would need to happen for everything to be okay for you in this situation?
What do you need to give yourself permission for?
If I had a magic wand
What would you like to happen as you wish?
What change you want to make and why do you want to change?
What is one change that, if you make it, will make everything else easier or unnecessary?
What is it you really *don't* want to change?
What would make the most significant difference for you right now?
- If you did not think 'XYZ' about yourself, who would you be and how would you feel about your life and yourself?
Who do you need to be (for this to be true)?
What would have to be true?
Who would you be without the thought/belief ...?
How would you like it to be?
What needs to shift within you in order to make this happen?
If you were able to inhabit your highest self in this situation, how would you handle it?
What's happening in your body right now? / What does your body tell you right now?
What do you need to let go if you want to get to your goal?
What do you want in your box to help you with X?
What does that bring to you or to your life?
What is your vision for X?
How do you see my coaching helping you with the change you want?
How are you *you* in your own way?
What inspires you about ...and what makes you feel stuck?
What would good look like?
How do you allow yourself to XYZ?
What do you make of that?
Why is that important to you?
- What do I believe?
And how could I be wrong?
How is this other person a hero?
Who do I want to be next?
What would make this conversation extraordinary for you right now?
What are you most curious about right now?
What else can you assume?
What questions are living in my very center right now?
What question would you ask if you were me?
Why did you make time for this session?
What question should I ask you next?
What question would you *hate* for me to ask now? / What question *don't* you want me to ask?
How have you arrived at that assessment about ... ?
- What's left for you to do in your life? For the sake of what?
What would you like to hear people say about you at your retirement party?
What is most important about this for you?
What brings you alive?
What is your leadership purpose?
Where you would like to be a year from now?
If your higher self were here, what would he/she say about that?
How do you "show up" when you are at your best?
How do you create ease in your daily life?
What's the most courageous thing you have ever done?
What does your best life look like? Feel like?
If you knew that you were (*opposite of limiting belief*) good at 'x', what would you do?
What does a good day look like for you?
What *don't* you want people to know about you?
What can you celebrate about that? / What's working right now? / What's the good news?
What is the compliment of acknowledgment do you hear most often about yourself?
What's (most) at risk? / What's the worst thing that can happen? / What is be the worst thing that could happen?
What is the core concern? / What is the worst about that?
Why is this so difficult?
What is your biggest fear?
What's at risk if you make this change? What's at risk if you don't?
If you imagine the worst possible scenario, what do you feel?