

7 powerful coaching questions

The beginning - What



1. What is going on in your life at the moment?
2. What is your ultimate goal with this session?
3. What is at the core of what you want to discuss?
4. What decision must you make today?
5. What must you believe for this to be a problem?
6. What do you need to let go of, to move forward?
7. What do you think you need to learn?

