

Why does this matter to you?

How much choice do you have about the way in which you act around this situation?

Who are the key players in this situation?

If you removed everything but the facts from how you talk about this situation, what would you say?

What would a person you admire do in this situation?

What could your first 5 options be to move forward in this situation?

What specifically will you do?

What would the best version of you decide to do next?

What does your intuition tell you about what to do next?

Powerful Questions for Coaching and Mentoring

As a measure of success what will be different when you achieve your goal?

When are you intending to achieve your goal?

When you talk to yourself about the situation, what do you say?

What is your greatest fear about this situation?

If you were to take one action immediately following this conversation, what would you do?

What would you do if you knew you could not fail?

Who else needs to know about this action you are about to take?

What could stop you taking this action?

Which of your possibilities are quick wins in terms of high impact/easy to action?

Powerful Questions for Coaching and Mentoring

What interim goals have you got to help you achieve your end goal?

What part do you play in this situation?

How has your perspective changed as a result of this conversation so far?

What would you advise a colleague to do in this situation?

What support do you need in taking this action?

What is your measure of success for this action?

How will the action you are about to take impact other aspects of your work/life?

Powerful Questions for Coaching and Mentoring