

12 Impactful Coaching Questions

How To Use Them
To Create Breakthroughs



1 Who are you when you are at your best?

It helps my clients see themselves operating from strengths, feeling confident, aligned with their core values.



Bring positive emotions to broaden the scopes of cognition of your clients => Enable creative thinking.



Swipe >

2

What would you like to get out of this conversation?

This question helps my client focus on what they REALLY want.



Narrow down the coaching topic when it is too broad.

Swipe >



3

What does success look like?

Help your clients create a mental imagery of success (like athletes do) with my all-time favourite question.



TIP

Setting a **GOAL** is essential, but defining an appealing **OUTCOME** is a game-changer.

Swipe >



4

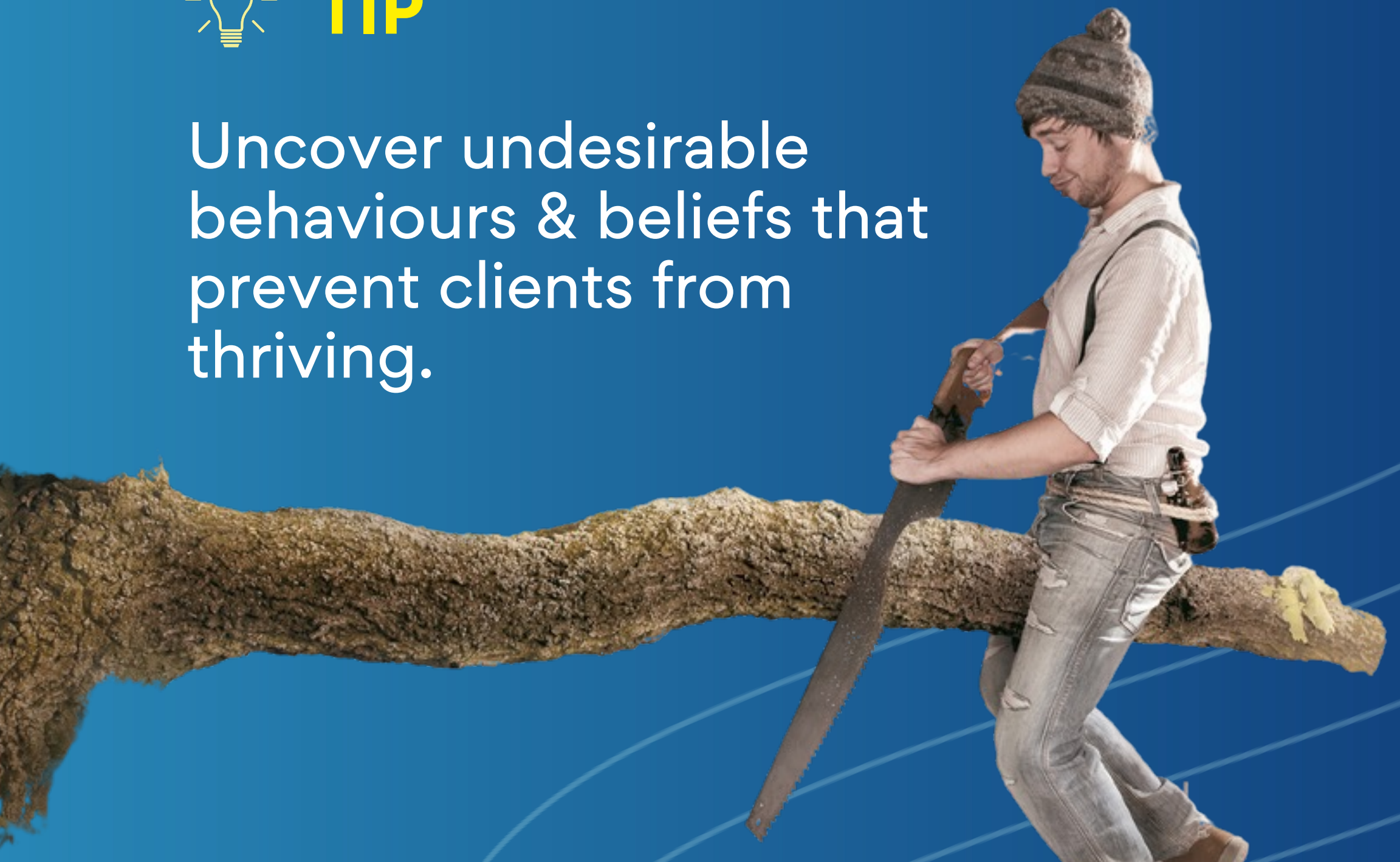
What are you doing to NOT achieve this goal?

This question is very simple yet powerful.



TIP

Uncover undesirable behaviours & beliefs that prevent clients from thriving.



5

What is the **REAL** challenge here?

I use this question when the client starts digressing into long winded tales that are not helping them.



TIP

Swipe >

Try to keep your client's interest in mind to help them focus on what **REALLY** matters.

6

Why is it important for you?

Help your client understand the deep WHY of their goal. Don't stay at the superficial level, go deeper to reveal their deep motivation.



TIP

This magic question is also the best way to shift a conversation from the Problem to the Person.

“When the WHY is clear the HOW becomes easy”.



7

What are you afraid of?

Explore the real blockers ... You can't change what you don't notice.



TIP

Discover and unpack potential limiting beliefs.

Swipe >



8

What would you do if you were not afraid?

Create new perspectives. Empower your client to see what they could achieve. Boost them!



TIP

Offer your clients the gift of greater possibilities.

Swipe >



9

Silence...

One of the best questions

"Silence is the great teacher and to learn its lessons you must pay attention to it." Deepak Chopra



TIP

Get comfortable with not knowing and not talking. Let silence do the heavy lifting.

Swipe >



10

What would your mentor/ best friend advise you?

When my client is stuck, I offer them the opportunity to see the situation from a different angle : someone else's perspective...



TIP

Swipe >

The conscious attempt to imagine another's point of view can build new neural pathways and reshape perceptions.



11

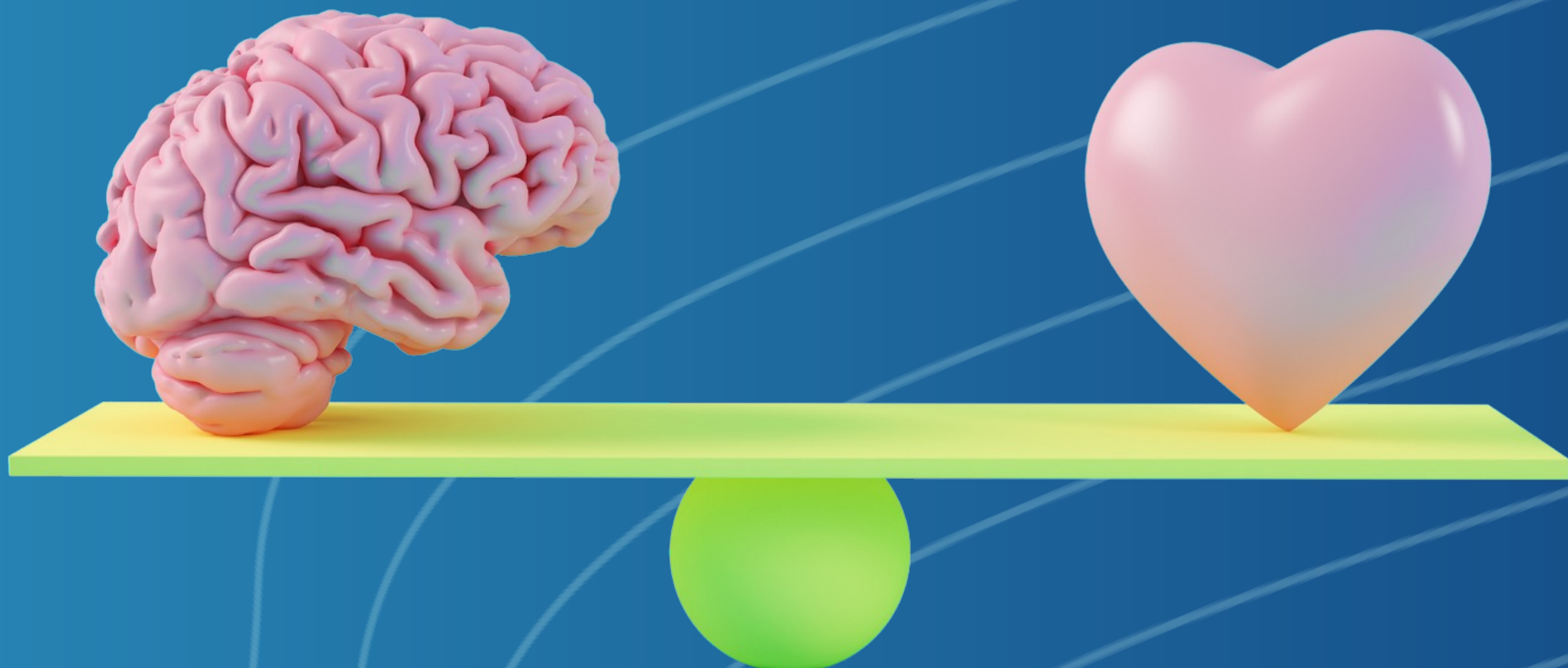
What is your intuition telling you?

Many of my clients are very rational thinkers. When they are stuck, I ask this question to help them tap into their intuition.



TIP

Reconnect with emotions & intuition for fresher perspectives.



12

What's one new thing you know now you didn't know an hour ago?

A great way to properly close a conversation and reflect on insights and new learnings.



TIP

Ask for feedback after this question to improve your next coaching conversation.



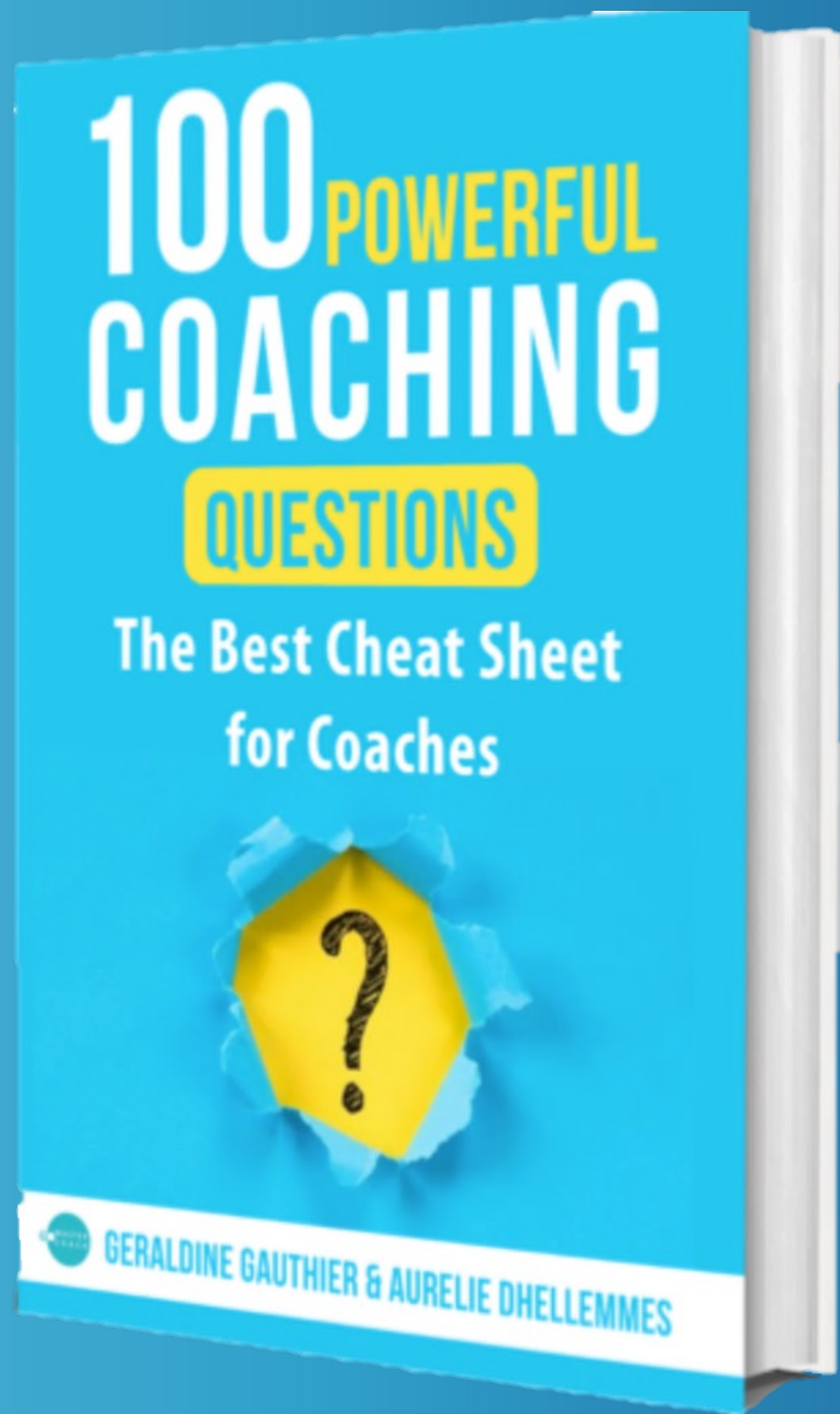
That's a WRAP!

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