

## Jeff's Five Favorite Coaching Questions

### Exploratory Questions

These are “come from” questions that help you open up your mind, to help the individual be more curious, explore, and discover new and different approaches. Basically, you take typical questions and add these phrases to the beginning of them.

- I'm curious...
- I wonder...

### Diagnostic Questions

These ask people what they are good at (strengths) or what they struggle with (weakness). These questions are not overwhelming and help get to the heart of where a person is stuck or identify what enabled them to be successful.

- What's hard?
- What's easy?

### Attention Questions

These questions are designed to help individuals gain insight on what they are attending to and ask them why? To **PAUSE**... question what they are attending to... **PONDER**... and to put them in choice (continue to pay attention to something or choose to attend to something else) before they **PROCEED**.

- How does this serve you?

### BONUS QUESTION

- Why is this so important to you?