

<b>G</b> oal – clarify context and direction of session	<b>R</b> eality – the current situation	<b>O</b> ptions – probe for the possibilities	<b>W</b> ill/ <b>W</b> hat next – action consequential to the session
<ul style="list-style-type: none"> <li>• Tell me more...</li> <li>• Can you bring that down to one sentence?</li> <li>• What is top of mind for you today?</li> <li>• How can I help you in this coaching session today?</li> <li>• What do you really want to explore today?</li> <li>• What element of you/your skills/your thinking would need to grow to meet this situation?</li> <li>• What is your intention?</li> <li>• How would you know that you have achieved this?</li> <li>• What will success look like here?</li> <li>• What aspects of your potential are not currently being met?</li> <li>• What has happened since our last call/session?</li> <li>• What is the most significant aspect of this for you?</li> </ul>	<ul style="list-style-type: none"> <li>• How do you see the current situation?</li> <li>• What thinking do you have about this issue as it stands?</li> <li>• How would you rate your current level (in relation to the context), say, out of 10?</li> <li>• What rating would you be happy with?</li> <li>• What rating would be a stretch for you?</li> <li>• How important is this to you? Top 5, top 3, top 1?</li> <li>• Imagine that you are now at that rating – what do you notice happening around you? What feelings will you notice?</li> <li>• Is there another part of you life where you are successful in this skill/with this thinking?</li> <li>• How does your impact match your intent?</li> <li>• Is there anything you might be missing in your thinking?</li> </ul>	<ul style="list-style-type: none"> <li>• I want you to vision or imagine that you have reached your goal. Looking back from this position, what steps did you take?</li> <li>• What options emerge for you that will move you to your goal?</li> <li>• What do you see happening next? Any alternatives?</li> <li>• How could you think differently about this?</li> <li>• What do you need to gain clarity on this?</li> <li>• What steps can you take to explore more alternatives?</li> <li>• Are there any steps or strategies that might be missing?</li> <li>• What will help you sustain this change?</li> <li>• What resources do you need to progress?</li> <li>• What will most benefit from your energy this week/fortnight?</li> </ul>	<ul style="list-style-type: none"> <li>• What steps or actions can you take from here?</li> <li>• What will move you forward now?</li> <li>• Which options are you most energetic about?</li> <li>• What can you do that will be a stretch towards your goal?</li> <li>• What actions can you complete on that would deeply satisfy you in two weeks?</li> <li>• Where to from here?</li> <li>• Would that be a stretch for you?</li> <li>• That sounds like an action to me – what do you think?</li> </ul>
<p style="text-align: center;"><b><u>Stuck?</u></b></p> <ul style="list-style-type: none"> <li>• Reframe last question...</li> <li>• Summarize last group of answers...</li> <li>• How can I help your thinking move forward from here?</li> <li>• What next for you then?</li> <li>• What are your thoughts?</li> </ul>	<p style="text-align: center;"><b><u>Checking in on Learning:</u></b></p> <ul style="list-style-type: none"> <li>• What has happened since our last call/session?</li> <li>• What would you acknowledge yourself for?</li> <li>• What learning has taken place for you?</li> </ul>	<p style="text-align: center;"><b><u>Habits Unblocking Steps</u></b></p> <ul style="list-style-type: none"> <li>• Build awareness of the habit</li> <li>• Build awareness of the impact of the habit</li> <li>• Build connection to a preferred new habit</li> </ul>	<p style="text-align: center;"><b><u>The 4 Johari Window Questions</u></b></p> <ul style="list-style-type: none"> <li>• How do you see yourself?</li> <li>• How do others see you?</li> <li>• How do you want to be seen?</li> <li>• How do you need to be seen/think/act to be effective?</li> </ul>

