

107 powerful coaching questions the coaching tools

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Coaching Fundamentals**

Three Coaching Questions:

1. Where are you now?
2. Where do you want to be?
3. How can I help you get there?

Three Coaching Elements for Success:

1. Trust and rapport
2. Active listening
3. Thought-provoking questions

Powerful Questioning in Coaching:

- Open-ended questions
- Questions that explore the client's mindset
- Questions that challenge assumptions

Coaching Models:

Three C's of Coaching:

1. Clarity
2. Choice
3. Commitment

Four C's of Coaching:

1. Curiosity
2. Compassion
3. Capacity
4. Challenge

Three R's in Coaching:

1. Rapport
2. Respect
3. Responsibility

Five C's of Coaching:

1. Curiosity
2. Challenge
3. Care
4. Confidentiality
5. Collaboration

Seven P's of Coaching:

1. Purpose
2. Passion
3. Performance
4. Potential
5. Perspective
6. Progress
7. Plan

Four A's of Coaching:

1. Ask
2. Active listening
3. Affirm
4. Action

Powerful Questions:

- Questions that invite self-reflection
- Questions that spark new insights
- Questions that encourage experimentation

Leading Questions in Coaching:

- Questions that suggest a particular answer
- Questions that are closed-ended
- Questions that are designed to elicit a desired response

Strategic Question in Coaching:

- A question that helps the client identify long-term goals and develop a plan to achieve them

ABCS of Coaching:

- Awareness
- Behavior
- Consequences
- Standards

Four Major Questions of the Coaching Structure:

1. Where are you?
2. Where do you want to be?
3. How can you get there?
4. What can I do to help?

Four Principles of Coaching:

1. Client-centered
2. Solution-focused
3. Collaborative

4. Empowering

Five R's of Coaching:

1. Rapport
2. Reality
3. Responsibility
4. Resourcefulness
5. Results

Five Ps of Coaching:

1. Purpose
2. Process
3. Perspective
4. Presence
5. Power

Six P's of Coaching:

1. Passion
2. Potential
3. Performance
4. Plan
5. Progress
6. Partnership

Three A's of Coaching:

1. Ask powerful questions
2. Active listening
3. Action planning

Three Pillars of Coaching:

1. Relationship
2. Process
3. Outcomes

Six Coaching Steps:

1. Establish the relationship
2. Identify the goals
3. Develop the plan
4. Take action
5. Monitor progress
6. Evaluate and adjust

Big Five in Coaching:

1. Co-creation
2. Curiosity
3. Connection
4. Challenge
5. Compassion

Four Keys to Coaching:

1. Listening
2. Questioning
3. Feedback
4. Challenge

Key Coaching Styles:

- Authoritative
- Facilitative
- Directive
- Transformational

Four Core Elements of Coaching:

1. Goal setting
2. Feedback
3. Accountability
4. Support

Three Elements of Coaching:

1. Ask
2. Listen
3. Support

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