

Inquiry

An inquiry is a powerful question that is so open-ended it could take a week for the client to ponder its many answers. Isn't that a coincidence? The inquiry is a special form of powerful question typically given to clients as a homework assignment. Their assignment is to work with that inquiry between coaching sessions, looking at the question and answering it from as many different directions as possible. Day-by-day, the inquiry can bring to the surface new insight. Some typical examples are, "What are you tolerating in your life? What's missing? What is there to celebrate today? or What's important about that?"

Some coaches create an inquiry in the moment with their clients — an inquiry that captures the direction the client is looking during the coaching session — as a way to keep the search going. Sometimes the client is in the land of internal exploration and the best way to keep exploring is by using the power of an inquiry. In some cases, coaches simply pick an inquiry for the week and invite all their clients to explore that one provocative question. Use the approach that works best for you and your clients, naturally.