Coaching Questions

Setting the Agenda
What would you like to focus on?
What do you want to accomplish today?

Vision
What do you want?
What would you like to be different in your life?
What is your goal?
What is your dream?
What inspires you?
How do you define success?
What outcome would you like to see?
What would success look like?
How do you want to feel?
What do you value?
What do you enjoy?
What is fulfilling for you (outside of academics)?
What would a balanced day look like for you?

Action
What are your options?
What have you tried so far?
What do you need to make this happen?
What would be helpful?
What first step could you take today?
What would be a first step?
What is the next step?
When will you do this?
For a friend in the same situation, what would you recommend?

Action (continued)
How do you want to be held accountable?
What would be a simple way to track and assess your progress?
Would you like to involve anyone else in this goal?
On a scale of 1-10, how confident are you that you’ll do this?
What might prevent you from accomplishing this?
How will you remember to do this?
What are the pros and cons?
How can I support you?
How can I be helpful to you?

Reflection
How did things go?
What was your week like?
What happened?
What interests you about this?
What are you proud of?
What can we celebrate?
What was successful?
What was challenging?
How did that feel?
What would you do differently?
What do you make of the contrast that you just described to me?
What do you think of this?
What have you learned?
What lesson(s) are you taking from this?

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