

# **'Killer' Coaching Questions**

1. What are your thoughts?
2. What needs to change?
3. What's stopping you?
4. Tell me your options / Tell me more
5. What I'm hearing is...is that right?
6. Help me to understand / Talk me through you thinking
7. How will you know if it's worked?
8. What's the first (or easiest) step you could take?
9. I'm curious / I'm interested
10. What will happen if you do nothing?