

## **Powerful Questions for Coaches**

## Rebecca Blanchard, PhD, MEd, CPCC + Maggie Hadinger, EdD, MS, ACC

Rebecca.Blanchard@onlinemeded.org Maggie.Hadinger@onlinemeded.org

Open

What are you hoping to achieve? What are you passionate about? What's most important to you now? What has meaning for you? What's been up for you?

What's on your mind?

What do you want to learn? What's your vision? What's taking shape?

How do you want to contribute?

**Explore** 

How did that make you feel? What is the opportunity here? What would success look like? What would it cost to do this? What would it cost if you don't do this?

What could you imagine doing if you knew you couldn't fail?

What's missing from this picture so far?

**Commit to** Action



Reflect

What's the real challenge here? What's your action plan? What's the first step? Who's in your corner to help you?

What would a great decision look like? How will you make the decision? What's the next level of thinking

we need to do?

What was most helpful for you? What has helped? What hasn't? What should we change? How do your values play into this? How about your fears?

What felt right? What's left to do? What have you accomplished? What assumptions or beliefs are you holding onto?

## Selected References:

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