



Brain Based Coaching Questioning

1. Are you ok if I ask you a few questions to help you to think it through
2. How important is it to you to ã .
3. How satisfied do you feel about the amount of thinking you have given it?
4. Can you tell me more about that, not satisfied?
5. What priority is it for you to ã ?
6. What benefit would it be to you to ã ?
7. If I am here supporting you to think it through, how can I best support you in this conversation?
8. Have you got any thoughts on how you can ã ?
9. What else?
10. How would that look?
11. How you would like it to be?
12. What you would be doing?
13. What you would feel?
14. Now that you have a plan how will your thinking change / be?

Let them give themselves feedback . let them win