



## *Useful Questions to Ask When Stuck*

- In a nutshell what is most important about that now?
- What else about that?
- If there was one area where we could focus, one area that would make a significant difference to achieving your coaching outcome, what is that one area where we can focus now?
- And if you did know?
- Do you think it would be helpful now to review your initial goal and outcomes and then decide where it is best to focus attention?
- If there is a root cause for where you are now, what is that root cause?
- What do you care most about in relation to your goal for this session?
- How can I best serve your interests and objectives for coaching now?