

# Coaching Inquiry and Awareness

The most common communication with a professional doesn't work because it focuses on providing:

education, advice, goals, strategies, new skills, and prescribing a specific program

## Coaches:

Guide the coaching process, by asking open ended questions

Focuses on the present with a view toward the future vision

Help client develop short and long term goals

Focus on the clients priorities, listen carefully to discover what they are

Hold the client accountable for what they commit to do

Help your client become more honest with themselves

Work toward independence, to sustain their new behaviors without you

help client figure out their values and goals by asking great questions

Through “coaching moments” they empower clients to find their own answers

through asking non-judgmental question they providing thoughtful reflections and discovery

## Rules for a good coach

The client needs to work and speak at least as hard and as much as the coach

Use only one reflection at a time, speak less and simply

During the session ask yourself often what do they need most expert advice or coaching

Balance questions with reflections to avoid the feeling of an inquisition.

Use silence, it can help increase thinking and reflection

## Awareness

We generally operate on automatic pilot, this is good for some things but makes bad habit hard to break because we are mindlessly doing them before we are able to stop ourselves. This can occur when eating, exercising, worrying. Instead of being more aware of what we are doing so that we may enjoy more or be more aware of why we do what we do.

Awareness is a way to break free from this autopilot and learn to pay attention to the present moment.

We are able to do this by paying attention to our thoughts, feelings, behaviors, and environments.

Through our questions we can have our clients pay closer attention so that they can make the appropriate changes to better achieve their goals.

For instance to be mindful while eating can help them eat slower and enjoy their meals even more and change their relationship to food. This allows them to make conscious decisions about their eating habits rather than blindly continue the same old habits.

We must become more mindful ourselves if we want to help our clients to become mindful. One way of doing this is to “show up” mentally for our coaching sessions. To be alert and in the present and not just going through the motions.

## Sample questions for coaching inquiry:

What would you like your wellness to look like in three months, one year, five years...?  
What would you like your life and wellness to look like in three months, or in one year?  
What are the top three values in your life? How is your wellness linked to these values?  
What are the top three goals in your life? How is your wellness linked to these goals?  
What part of your life is most important to you? How does your wellness fit in?  
What would you like less of in your life? How is that linked to your wellness?  
What would you like more of in your life? How is that linked to your wellness?  
What excites you? How can we link that to your wellness?  
What would you like to accomplish in the next three months?  
What motivators are important enough to you to enable you to overcome your obstacles and meet your goals?  
What would your life be like if you achieve these goals? How would that feel?  
What would your life be like if you do not this goal? How would that feel?  
What is the best case scenario?  
What is the worst case scenario?  
What obstacles might get in the way of you reaching your goals and vision?  
What strategies have you used in the past to overcome obstacles? What has/hasn't worked  
What will it take for you to reach this goal? What needs to happen for you to reach this goal?  
What will it take for you to make changes?  
In the next week, what could you think about or do, that would move you forward?  
What have you tried and succeeded to accomplish in your life that is similar to this goal?  
What are some new possibilities that you haven't considered before?  
What do you think is the best possible outcome of our coaching program?  
What do you think is the likely outcome of our coaching program?  
What do you think is the worst possible outcome of our coaching program?  
What would you like the outcome to our coaching program to be?  
What can I do to best help you today?  
What might I do better to help you today?

### **Samples of questions to ask to help your client become more Mindful:**

What are you thinking about as you are eating?  
What does the food look, smell, feel, and taste like?  
What did you learn about food from your family of origin?  
Is food a substitute for comfort when you are feeling tired, bored or depressed?  
Was dinnertime with your family calm or chaotic?  
Did you share a meal with family members at all?