



Sacred Depths

COACH CERTIFICATION

Principles of Powerful Breakthrough Questions

“ *At the heart of masterful coaching and real transformation is masterful questioning.* ”

The most masterful coaching questions have the ability to do the following:

- Create awareness, breakthroughs and new habits
- Access client's intuition
- Promote creativity, brainstorming, and problem solving
- Empower clients to take responsibility for themselves
- Create integrity and commitment
- Help client articulate their judgment
- Activate learning
- Create connection to self

Principles of Powerful Questions

1. Avoid getting attached to a particular answer or outcome
2. A good question is rooted in:
 - Listening to client and being attuned to their needs
 - Listening to your own intuition and curiosity
 - Keeping track of bigger picture agenda
 - Your own experience
3. Remember client ALWAYS has a choice
4. Be willing to be lovingly bold
5. Language can help create masterful questions
6. As a general, use open-ended questions
7. Slow down the line of questions and connect the dots
8. Think about word choices when asking questions
9. Questions should sometimes challenge and stretch client
10. Be conscious of what level of learning and transformation a client needs in that moment
11. Use your questions to make connections on patterns, events, habits, or ways of being you notice in your client's behavior.
12. Know when something is meant to remain in the mystery for the time being

Make sure questions aren't leading. Avoid making assumptions and baking those assumptions into your questions.