

Strengthening Questioning Skills Through Inner Work

experience you are having or one you sense is ripe for exploration.				

2. Read over what you just wrote.

3. Intentionally craft 3-5 powerful coaching questions based on what you just wrote.				
4. Journal on those questions.	At Home Work When working with clients, slow down a bit in sessions. Take a moment to craft questions based on the principles discussed in class. In partner sessions, do the same AND afterwards, breakdown the questions asked to see if you could have gone deeper with your question asking.			