

COLLABORATIVE COACHING PARTNERSHIPS: QUESTIONS TO INFORM PERSPECTIVES

Questions can be used for a variety of reasons:

TO INFORM COACHING BELIEFS

- What do you know about coaching? How might your personal background or other experiences influence your participation in this partnership?

TO UNDERSTAND GENERAL PERSPECTIVES

- Is there anything you would like me to know about... (e.g., learning style, communication preferences, organizational style, life experiences)

TO INFORM GOAL SETTING

- Tell me about a time in your life when you experienced change. How did you respond? What feelings come up when there are big changes in your life? How do you typically respond to change (e.g., is it something you push through? Hesitant about?) How can I best support you as we create and work to achieve goals?

TO INFORM RESPONSIVENESS TO STRESSFUL SITUATIONS

- What are some ways you take time for yourself? What are some things in your experience that tend to make you feel stressed? What are some things you find calming when you are stressed? How can I best support you when you are starting to feel stressed during the coaching process?