

# LIFE COACHES CONNECT

## POWERFUL QUESTIONS IN LIFE COACHING

Powerful questions are the window into your clients' beliefs, stories, and values. From the information we gather by listening deeply, we have the power to create real change in their life. I am committed to supporting Life coaches like you to build your skills, confidence, and connection, so you are empowered and transform your clients' life and expand on the success of your business.

### BUILDING RAPPORT

What would you like to get out of having this experience?  
What do you want to achieve or gain clarity on in this session?  
More specifically...?

### DEEPER DISCOVERY

Why is that important to you?  
What has led you to wanting this change?  
What has blocked you from doing/being/thinking this before?  
Can you tell me more about that?  
Has it happened before?  
Does it occur in other parts of your life?  
How does it impact you?  
Does it impact your relationships, work, finances, health?  
So, having change in this area would mean what?  
To get them into their EMOTION  
How did that feel for you when that happened?  
In the moment when that happened what did you feel/think/do?  
What did it mean to you?  
What does it feel like to fail/not be loved/(use their words and let them go to the negative feeling....

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### FEEL AND REFLECT

(Allow them time and space to process their thoughts and feelings – silence is ok)

Can you tell me what you're feeling at the moment?

What did you hear me say?

What was the trigger for these emotions?

### LEAD THEM TO ACTION

What if it doesn't change? What's the impact?

What if it did change? What's the impact?

Can you think of someone that is already like this or doing this?

What would someone that has it already, be thinking feeling and doing?

Can I make some suggestions?

What would be the first step to move towards this?

Would that be easy to achieve? If not make it smaller.

When will you be able to do it by?

Would you like me to check in with you to check your doing it?

What support would you like from me?

What else is there I can support you in?

What did you get out of today's session?

Check in with them along the way using your active listening and reflective listening skills.

Would you like to connect with peers for support in your coaching journey? Check out the [Support Group for Life Coaches](#). Become a coach filled with confidence and build the coaching business of your dreams. You get encouragement, accountability, and a safe space to share.

If you would like a [private mentoring](#) session to go through any questions you have about the coaching process, just send me a message now and we can have a chat about your needs.

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