

10 Most Effective Coaching Questions

1. What is the change you want to make?
2. How will this change affect your life?
3. What are the resources or help that you will need to succeed?
4. What are the obstacles that might get in your way?
5. How will you work around them if you cannot remove them?
6. What are the steps you will need to take to accomplish this goal?
7. What accountability will you structure to ensure your success?
8. What steps would you take if you had no fear?
9. What are you willing to do to make this change happen?
10. How does God fit into this change equation?

ABOUT THE AUTHORS

Mary Akey, M.A. and Kim Fredrickson, M.S, are Christian Life Coaches in Roseville, CA. Mary and Kim provide Individual and Group Coaching as well as are popular Retreat and Workshop Leaders. Mary and Kim formed **From Here 2 There Ministries**, a non-profit organization dedicated to helping people clarify where they are; where they want to go, and how to get there. To learn more about Mary and Kim, as well as sign up for their monthly e-mail Newsletter, visit their site at www.FromHere2There.net

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