

Coaching questions from each room of the Caplor House

LIBRARY QUESTIONS

- What's the outcome you want to achieve?
- Why do you need to make this change?
- Will you be able to measure success?
- What is your understanding of the current issue, problem or opportunity we are working on?
- What have you already tried and what barriers did you meet?
- Can you assess what you have learnt from those attempts?
- Can you summarise the options you have already identified?
- Are there any specific reasons why you think some are better than others?
- What are the pros and cons of each option?
- Is there any thing missing from these ideas? Any gaps to be filled?
- Can you think of anything else you could do?

OBSERVATORY QUESTIONS

- When you think about the future, and specifically this goal, what do you see?
- What do you imagine the results of making this change will be?
- Is this goal connected to other things that are also important to you?
- What doors do you think will open if you achieve this goal?
- What ideas or possibilities have you already experimented with?
- Have you seen other people addressing similar issues – if so, what did they do?
- Describe the current picture and tell me which parts you'd like to alter
- What excites you about these changes?
- If you had totally free choice and no limitations, what would you do?
- Can you come up with any even more unusual/wild ideas?

KITCHEN QUESTIONS

- Can you describe, specifically, what you want to do and by when?
- What will this cost and how committed are you to achieving it?
- How much of a priority is this for you?
- What physical resources and tools do you have to help you?
- Tell me about what you have already done.
- What, exactly are you going to do first?
- When and where are you going to try that?
- How will you monitor the results/get feedback when you do try it?
- Is there anything else we should think about before you begin?
- What timeframe would you put around achieving that?
- What is the next step you will take?

FAMILY ROOM QUESTIONS

- Why is important to you that we address this?
- What is important to you about our relationship as we work together?
- How do you want to feel at the end of this process?
- How are you feeling about the situation now, as we talk about it?
- Is there anything else you would like to tell me about what is going on for you?
- What are you currently hoping for?
- From the ideas you've already had, which ones appeal the most?
- Are there other people, whose opinions you value, who could help with this?
- As you reach your conclusions, are you comfortable with the changes you are about to make?
- Does this feel right and does it feel like you?
- How will you tell other people what you are working on?
- How will you ask for support when you need it?