

Spiritual Integration Coaching

MCC COACHING QUESTIONS

Coaching Session Questions after any check-in, noticing, report building :

1. "We have ____ minutes left; what do you want to focus on today that would be of value?"
2. "What is important about that?"
3. "How will you know you have achieved that?"
4. "What do you hope to take away by the end of this session?"
5. **Be sure you nail down the topic and get an agreement about the topic, i.e., " Ok, what you want to focus on is _____, is that right?"**
6. **Coach to the topic using the method of choice.**
7. **Halfway through the session, "Is this heading in the right direction for you? Is this coaching working for you, or do we need to do something different?"**
8. **Check for obstacles to any action decided on in the session and coach to the solution.**
9. "What are you learning about yourself from this conversation?"
10. "How might you apply this to other areas or situations?"
11. "What other takeaways do you have?"
12. **Permission to close the session, "Do you feel complete?" "Does this feel like a good place to end the session?"**