



A Clear Understanding of Your Coaching Question

1. What challenges are you confronted with in your work or career ?

2. Describe the change you seek, in terms of what you want more or less of in your work / or career (e.g. more creativity, less conflict with colleagues, etc.)

3. Describe what your work situation or career would look like if you were to make the change you seek

4. Describe what motivates you in your work or career
