



Inquiry of 7.1 – Current ways of thinking

Q - What might be another way to see this situation that you haven't considered yet?"

Q - What has inspired this goal ?

Q - What makes this so important now ?

Q - What belief may be supporting you now ?

Q - As you share this goal, what is becoming sure in your mind ?

Q - As you view this situation, from a distance (like a witness) what is coming up ?

Q - When you step out of this and watch this situation, what's your reading ?

Q - What may be supporting your thinking here ?

Q - What have you noticed about yourself, in these kind of decisions ?





Inquiry of 7.2 – Beyond current ways to new expanded ways of thinking about the who

Q - What might be another way to see this situation that you haven't considered yet?

Q - If you were to step into your future self's shoes, what advice would they give you right now?

Q - What would change if you fully believed in your ability to handle this?

Q - How might someone who deeply admires you describe your strengths in this situation?

Q - If you could rewrite the story of this challenge, how would it sound?

Q - What perspectives are you resisting, and what might they reveal to you?

Q - Imagine you are looking at yourself as an observer—what do you notice that you hadn't before?

Q - If you were to approach this with a completely new mindset, what would that look like?





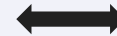
- Coach asks questions about the client, such as their current way of [thinking, feeling, values, needs, wants, beliefs or behavior.]



✓ CURRENT – How they are being now?



- Coach asks questions to help the client explore beyond the client's current thinking or feeling to new or expanded ways of thinking or feeling about themselves (the who).



✓ BEYOND CURRENT – ABOUT THEMSELVES, The Who – Who would they like to be ?

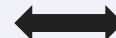


- Coach asks questions to help the client explore beyond the client's current thinking or feeling to new or expanded ways of thinking or feeling about their situation (the what).



✓ 3. BEYOND CURRENT – ABOUT The WHAT.
How can they look at the situation differently ?

- Coach asks questions to help the client explore beyond current thinking, feeling or behaving toward the outcome the client desires.



✓ 4. BEYOND CURRENT – TOWARD THE OUTCOME
How would the outcome look like ? How would they feel when they get what they desire?





Inquiry of 7.3 – Beyond current ways to new expanded ways of thinking about the what – situation

Q - What is another way to interpret this situation that feels more empowering to you?

Q - What strengths have you developed as a result of facing this challenge?

Q - What assumptions are you making about this challenge that might not be entirely true?

Q - What role do you see yourself playing in this situation, and how might that role be influencing the outcome?

Q - If you were to look at this from someone else's perspective (e.g., a mentor, colleague, or loved one), what might they see that you haven't?

Q - How does this situation align (or not align) with your core values and priorities?





Cont...Inquiry of 7.3 – Beyond current ways to new expanded ways of thinking about the what – situation

Q - What has this experience taught you about your own resilience and adaptability?

Q - "How might you describe this situation differently if you were to focus on what is possible rather than what is difficult?"

Q - What impact does your current environment have on your thinking and emotions regarding this situation?

Q - What small shift in perspective could make the biggest difference in how you approach this?





Inquiry of 7.4 – Explore beyond current thinking, feeling and believing

Q - What assumptions might you be making about yourself or this situation that could be limiting your options?

Q - What patterns do you notice in how you typically approach challenges like this?

Q - What beliefs are shaping your current choices, and how might they be influencing your next steps?

Q - How do your values align with the actions you are currently considering?

Q - What perspectives have you not yet considered that could shift how you see this?





..cont..Inquiry of 7.4 – Explore beyond current thinking, feeling and believing

Q - What would be a different way to approach this, based on what you already know about yourself?

Q - What might be keeping you from making the decision or commitment you want?

Q - "What is one question you could ask yourself that would open up new ways of thinking about this?"

Q - What emotions come up when you think about moving forward, and what are they telling you?

Q - What strengths or past experiences can you draw from to navigate this situation differently?



Examples of inter-relatedness of things



- Assumptions and what you desire to have
 - I hear you say “ this is not my cup of tea”. How is this assumption helping you to build your business?
 - How will this thinking [about your limitation] help you to get to your goal
- What you value and who you are?
 - You said, you want to grow. I hear a value stability. How can this value help you grow **OR** What is the connection between growth & stability
- EoD and ‘What’ aspect of the goal
 - (small a) I want clarity and It’s important to do the right thing. How can clarity help you to move towards the right thing.
- Abstract value and client’s content
 - I hear a value of integrity and how does that connect to you as a Decision maker in this scenario
- Situation they are in & their world view of themselves
 - You want to be caring towards him and you look at yourself as a practical person. How would these two be related for you ?

Inquiry Tools



To Evoke Awareness throughout the Conversation



**Intention and inner voice
Self talk**

Fresh new perspective

Inter relatedness

New learnings

Metaphors & Symbolic Language

**1st 2nd 3rd
Loop Learning**

- **Awareness – Deliberation – New awareness**
- **Related ness of things**
- **Other words to mean the same thing or mean different things**
- **Conflicting thoughts or words**
- **Sensed Concerns or Explicit concerns**
- **What drives a thought and what stops an action?**