

COMMON QUESTIONS FOR ACCOMPANIMENT COACHING

Below is a list of general questions to ask while accompanying someone through their Strengths. Reference this list when you are getting started in coaching, and let it inspire your own original questions for your client rooted in deep listening. Recognize this list is by no means comprehensive; it is simply a starting point.

Description of Strength:

Which bullet point...

- *stood out to you most?*
- *was the most relatable?*
- *got you most excited?*

Maximizing your potential / Opportunities for growth:

Which bullet point stands out as...

- *your greatest opportunity for growth?*
- *the one that would provide the greatest return on investment for your effort?*
- *the most important area of growth for you in this season of life?*

Creative questions:

- *Given what you read, what are some ways you feel called to refine this Talent of yours to make it a Strength?*
- *On a scale of 1-10, how developed is this Strength for you? What would it take to move this Strength to the next level?*

Blind Spots:

Which of these blind spots stands out as more challenging to manage than the others?

Which blind spot is most likely to get between you and...

- *your intended goal?*
- *your dream?*
- *the people most important to you?*

Review / Reflection on Strength:

What is your major takeaway from reviewing this Strength today?

What is something you would like to tell [*INSERT from below*] about this Strength?

- *those closest to you*
- *your family*
- *your colleagues*
- *your manager*

How do you think you could more effectively steward this Strength?

How could you more effectively use this Strength in...

- *your daily life?*
- *the workplace?*
- *your church / parish?*

How might misuse or mismanagement of this Strength hold you back?

If you steward it well, how could this Strength bless you in the next 5 years?

