Some hints and tips on questions to ask during a session

**Goal Questions in the sessions:**

* What is it you would like to discuss?
* What would you like to achieve?
* What would you like from (to achieve in) this session?
* What would need to happen for you to walk away feeling that this time was well spent?
* If I could grant you a wish for this session, what would it be?
* What would you like to be different when you leave this session?
* What would you like to happen that is not happening now or what would you like not to happen that is happening now?
* What outcome would you like from this session/discussion/interaction?
* Is that realistic?
* Can we do that in the time we have available?
* Will that be of real value to you?

**Reality Questions – Checking understanding**

* What is happening at the moment?
* How do you know that this is accurate?
* When does this happen?
* How often does this happen? Be precise if possible
* What effect does this have?
* How have you verified, or would you verify, that this is so?
* What other factors are relevant?
* Who else is relevant?
* What is their perception of the situation?
* What have you tried so far?

**Options Questions – Big picture thinking**

* What could you do to change the situation?
* What alternatives are there to that approach?
* Tell me about what possibilities for action you see. Do not worry about
* whether they are realistic at this stage.
* What approach/actions have you seen used, or used yourself, in similar
* circumstances?
* Who might be able to help?
* Would you like suggestions from me?
* Which options do you like the most?
* What are the benefits and pitfalls of these options?
* Which options are of interest to you?
* Rate from 1 – 10 your interest level in/the practicality of each of these
* options?
* Would you like to choose an option to act on?