**EWSNetwork- Health Coaching Powerful Questions**

**Examples of open-ended questions a consultant can use to**

**get a conversation going.**

* What do you want?
* What works?
* How does that work for you?
* How do you do that?
* What’s the difference?
* **Are you ready?** When will you be ready? If you did know, when would that be?
* Does that fit with your sense of self?
* What does that do for you?
* And what else are you? (use when they are in negative mode. i.e. “I’m lazy, I’m fat etc. To get them to see what positive things they are. i.e. I’m a good parent, I’m organized etc.)
* And who else are you?
* Is that all you are?
* Is that helpful for you?
* Is that working for you?
* What is your part in this?
* What are you going to do about it?
* What would it be like if.....?
**What would happen if you did**?
* What prevents you?
* **What’s next**?
* What question do you need me to ask, so that you can tell me what you want to tell me?
* Is there someone you could delegate to
* How can you manage that challenge?
* You always have a choice of action.
* **What are your choices**? (here it can be useful in the wellness setting to help give them choices, and they choose what feels best for them, or it can help them come up with their own option that you can then assist them with)
* It is useful to give yourself at least 3 possibilities.
* You are more than your behaviour.
* What works?
* What will that do for you?
* Is this outcome in keeping with your sense of self?
* What does it need to be like?
* When do you work best?
* **What do you expect from this change**?
* **What will I see you doing (hear you saying etc.) when you achieve your goal?**
* How will you know when you’ve achieved your goal?

“The stronger the connection between your desired outcome and your sense of self, the more compelled you will be to achieve it.”

“Be a fly on the wall....if you were watching you, what would become clear?”

“Does your outcome fit with what others may want in their lives?”

“Changing habits is easier when you realize they are no longer a part of your self-image. You outgrow them effortlessly.”