



Time / Topic

We have an hour today. What would you like to give some thought to?

Objective

What would you like to have by the end of this conversation?

Meaning

What makes this important to bring to coaching?
What will it give you to have x by the end?

Situation

What's the current situation?

Change

What would you like to have happen?

Options

What options do you have? Which will you pursue?

Direction

How will you move forward? What's next?

Explore

What do you know now that you didn't know at the beginning of our conversation?