



### **Useful questions**

*(Any question beginning with 'what' or 'how' is likely to be a useful question, as a general rule.)*

#### **A - Questions for focusing attention on the current situation**

1. What's important to you about this issue and why?
2. How does this issue connect or conflict with your personal, and professional, values?
3. What is the core issue?
4. What do you do well in your current job and what do others see that you do well? How can these be best utilised in tackling this issue?
5. What is the authentic action (feels true to who you are) that you need to take?

#### **B - Questions for reviewing future possibilities**

6. What assumptions might you be making? How can you test to see if they are facts?
7. What challenges are raised that you really look forward to / prefer to avoid?
8. Can you create a safety net? What, or who, would it involve?

#### **C - Questions that create movement towards new possibilities**

9. What is a priority and needs your attention going forward?
10. Whose support do you need with this?
11. What will give you the confidence to move forward successfully?
12. What is it that you fear? What would enable you to allay this fear?
13. If you knew you would be successful, what is it that you would choose to do?