

6 Types of coaching questions:

GREASE

Goals, Responsibility, Explore, Action, Situation, Engage Responsibly with Life

Set goals

Understand the situation

Explore options

Provoke action

Raise awareness

Assume responsibility

Your Goals:

what are you willing to change to make things better?

3-5 years, what needs to change for you to be personally and professionally fulfilled?

What do you want?

What are you good at?

(About Dan Sullivan: @Strategic Coach)

Responsibility: You must take 100% responsibility for you and your results. There is no they. There is always something you can do. There is some way that you are contributing to your current reality. You have a responsibility to either take some action or not.

Success Principles Jack Canfield).

Explore Options.

Write a list of the options as you see them. Find at least 20. The Good the bad and the silly ones.

Designed to open your mind to different perspectives.

What else could you do. What would you need. who not how.

Take Action:

Nothing will change if you don't change. What is the next best step. Who holds you accountable to ensure you take that action. No matter how small. End date.

As a coach its about letting the client know that some one is there to assist. To find the courage to be open to possibility.

To always be taking the next best step to fulfill the goal.

The journey begins with the first step.

Situation:

Where you are compared to where you want to be. Your current reality, your resources, your skills and your knowledge must be realistically assessed. Be aware of how others see you.

You must learn what are your sources of power.

Engage with your Life.

When are you going to be responsible for your life.

No one is coming to save you from your life.

Investigate the possibilities.

As always....if it is t be its up to me.