

## Sample Coaching Session Prompts



# Prompts for Coaching Sessions

The 8 different categories below, each with a set of useful prompts, will help structure a coaching session effectively. Be sure to add prompts related to your own coaching curriculum or industry.

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## 1. Ice Breakers & Building Rapport

Start by creating a comfortable space for the client. Use these prompts to help establish trust and open communication.

- "How has your week been going?"
- "What's something positive that happened recently?"
- "What are you hoping to get out of today's session?"
- "Tell me something about yourself that you're proud of."
- "What's something you're feeling excited or nervous about?"

## 2. Goal Setting & Clarity

Clarify the client's objectives and desired outcomes. Use these questions to guide them in setting specific, measurable, attainable, relevant, and time-bound (SMART) goals.

- "What are your top 3 goals right now?"
- "Why is achieving this goal important to you?"
- "How will you know when you've achieved this goal?"
- "What specific action steps can we break this goal down into?"
- "What obstacles do you foresee in reaching this goal?"
- "On a scale of 1-10, how committed are you to achieving this?"

## 3. Self-Reflection & Progress

Use reflection prompts to help clients assess their progress and identify areas for growth.

- "Looking back since our last session, what stands out?"
- "What have you accomplished that you're proud of?"
- "What challenges have you faced and how did you overcome them?"
- "Is there anything you feel stuck on? Let's explore why."
- "What new insight or learning have you gained?"
- "What would you do differently next time?"

## 4. Problem Solving & Strategy

Help your clients come up with actionable solutions for any issues they are facing.

- "What's the most pressing issue you want to tackle today?"
- "What options or solutions do you think could work?"
- "What resources or support do you need to move forward?"
- "How can we break this challenge into smaller, more manageable parts?"
- "What's one action step you can take this week to move closer to your goal?"

## 5. Accountability & Motivation

Ensure the client is committed to their actions and staying on track.

- "What specific actions will you take before our next session?"
- "What support do you need from me to stay on track?"
- "How will you stay accountable to your goal?"
- "What might interfere with your progress and how can you plan for that?"
- "How will you celebrate your progress along the way?"
- "When you face resistance, what strategies can you use to push through?"

## 6. Mindset & Mental Blocks

Help clients uncover limiting beliefs and enhance their mindset.

- "What thoughts or beliefs do you have about yourself that might be holding you back?"
- "When you think about your goal, what fears or doubts come up?"
- "What would happen if you didn't let that fear control you?"
- "What's the best possible outcome, and how can you start working toward that?"
- "How can you reframe that negative thought into a positive one?"

## 7. Reflection & Next Steps

End the session with a focus on action and reflection. Review progress and outline next steps.

- "What's one key takeaway you'll remember from today's session?"
- "How do you feel about the progress you've made?"
- "What's one action you're excited to take this week?"
- "How will you ensure that you follow through?"
- "What's one thing you'll focus on before our next session?"
- "How will you feel when you've achieved this goal?"

## 8. Feedback & Closing

Seek feedback to improve your coaching approach and wrap up on a positive note.

- "How did today's session feel for you?"
- "Is there anything I can do differently to support you better?"
- "What's one thing you'd like more focus on in future sessions?"
- "How would you rate this session on a scale of 1-10 and why?"
- "Anything else you'd like to discuss before we wrap up?"

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