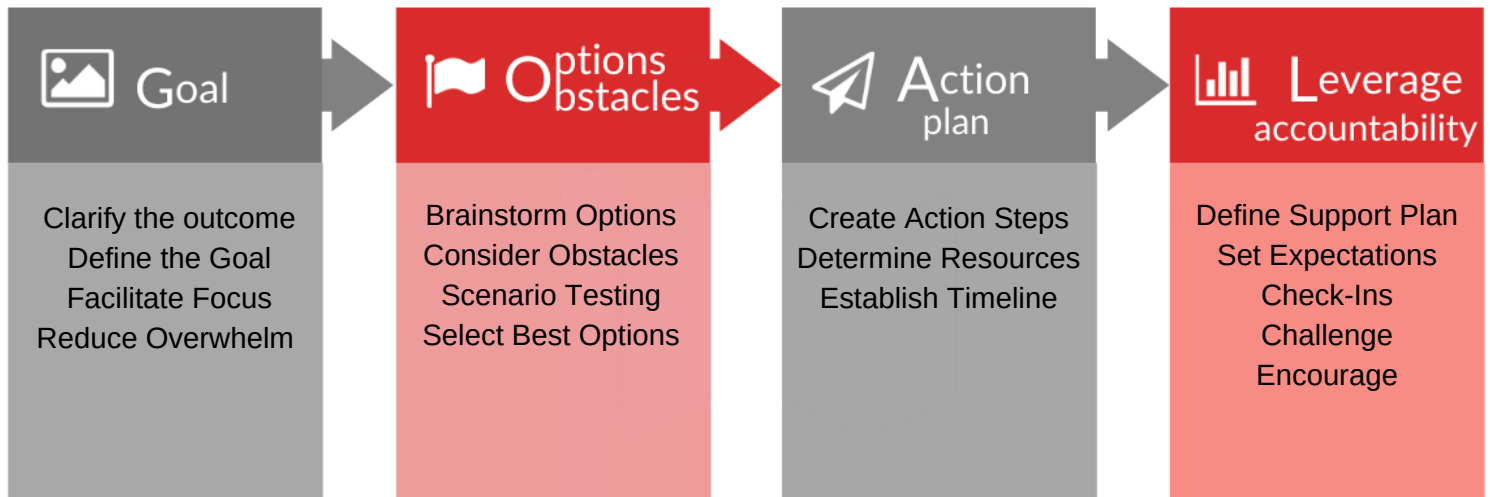
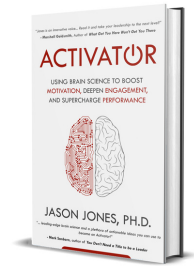


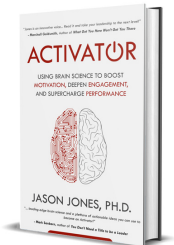
GOAL COACHING MODEL

Conversation Process



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GOAL COACHING QUESTIONS



Goal

- What outcome do you want?
- What do you want to focus on?
- What is your goal?
- What do you want to achieve?
- What problem are you trying to solve?
- What is your top priority?
- What goal would make the most difference?
- What outcome would make this meeting successful?
- What is one thing you want to change?

Options / Obstacles

- What options are available to achieve your goal(s)?
- What are the possible ways to reach your goal(s)?
- What creative actions can you take to begin working toward your goal?
- What have you done before in similar situations?
- What have you not tried?
- What obstacles will you have to overcome?
- What roadblocks are standing in your way?
- How will you remove any obstacles or barriers to your progress?

Action Plan

- What are the most viable options?
- What needs to be the first step?
- What is your step-by-step plan?
- What resources will you need?
- When do you plan to accomplish each step?
- What deadline(s) need to be set?
- What is missing from this plan?
- Can you meet this deadline?
- What is the most important thing to do first?

Leverage Accountability

- What will you have accomplished by this time next week?
- What did you learn from our conversation?
- How will you stick to your commitment?
- How would you like for me to hold you accountable?
- When would you like for me to follow-up with you?
- What can I do to support your efforts?
- How do you plan to measure your change?

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