

Q360

Asking questions from many different angles can help broaden the coachee's perspective and increase insights. Begin with a summary, followed by a question from the new angle.

Start here ↘

Background

- Explain the situation.
- Step back for a moment, what are the underlying issues?

Result

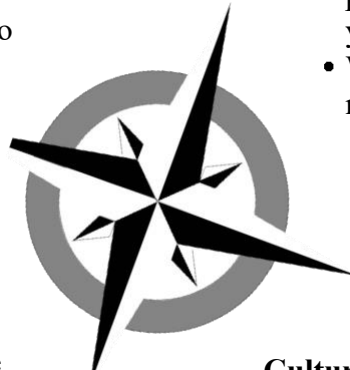
- What result would you like to have from this situation?
- What would achieving that do for you?

Interpersonal

- What are the relational dynamics in this situation?
- What relational work needs to be done to move forward?

Spiritual

- From a spiritual perspective, what do you see?
- What spiritual solutions might be helpful?



Values

- Which of your values are you trying to honor in this situation?
- How might you do that?

Cultural

- In what ways might culture be involved?
- What are normal cultural ways of handling this?

Inner Change

- What changes need to be made in you?
- How would you describe yourself with the changes in effect?

Systemic

- What other factors are influencing this situation?
- How can you use these factors to move forward?

End here



Strategy

- What are the first steps to work on this?
- What parts give you energy?