

## **Coaching Questions to Motivate Your Client At Work**

1. What successes have you had in the past that you can build off of to reach this goal?
2. What resources do you need to reach this goal?
3. What are the benefits of making this change or reaching this goal?
4. What parts of this could you delegate to someone else?
5. What parts of this do you enjoy doing?
6. How could you break this into smaller pieces that feel easier to accomplish?
7. What demotivates you about this?
8. What barriers are you encountering?
9. What is getting in your way?
10. How will you benefit when you have completed this goal?
11. How will you feel when you have completed this goal?