

Coaching Questions Based on “Learning Style” Preference

Visual Learner Questions – See, Imagine, Draw

1. Do you **see** where you’re stuck?
2. Can you **describe** what is blocking you?
3. Can you **paint me** a picture of the issue?
4. What does it **look** like from 10,000 feet?
5. What does success **look** like?
6. If you were to pick an image that represented this, what would it be?
7. What word, **if you saw it**, would remind you to take this action?

Auditory Learner Questions – Hear, Sound, Manipulate Words

1. If you could **hear** what is keeping you stuck, what would it sound like?
2. Would you like to **brainstorm** that?
3. Do you **hear** the underlying meaning here?
4. Let me reflect that back to you, when you hear it, what does it **mean** to you?
5. Can you tell me what your **inner voice** is saying about this?
6. Is there a **song** that represents success to you?
7. What does success **sound** like?
8. What are **other words** you could use to describe that?
9. What question could you **ask yourself** to create greater understanding of this?
10. Tell me the new **story** of how things will be going forward?

Kinesthetic Learner Questions – Feel, Touch, Move, Build, Do

1. How does being stuck **feel**?
2. Can you **feel** your way out of it?
3. If you were to **build** a model of this, what would it look like?
4. What **object** represents success for you?
5. What does success **feel** like?
6. How could you **position** that idea?
7. How could you **build** on that idea?
8. What is your **body** telling you?
9. If you were on a **hike** in the woods, and this happened, how would you approach it?
10. What **sports** metaphor could you apply to this situation?
11. What **steps** can you take to improve this situation?