

Classic questions in coaching



Here are ten questions any person could use in coaching conversations. This is prepared for use within a coaching or mutual trust relationship.

- 1) **Prayer**
How has your prayer life been this year? Growing? Fading? Exciting? Faltering? Boring? How did you pray through these significant events? Is this an area that needs more attention for you?
- 2) **Learning**
What have you studied this year (formally or informally)? In what context did this happen (Preparation, research, interest)? What learning assisted or hindered you dealing with the events of the year?
- 3) **Congregational Life**
Are you attending church weekly? How has this been? Highs? Lows? Are you taking time to prepare or "just showing up"? How were you able to connect personal life events and your experience of congregational life and worship?
- 4) **Leadership Skills**
Do you sense that your capacity to lead has grown, developed or increased? Are you observing the leadership of others? What are you learning about your own style, areas of growth? How did your life experiences impact your leadership?
- 5) **Community Building**
How are you connecting with and building your networks and community? What formal links do you have (clubs, societies, groups)? Informal (occasional relationships, connections)? How did your wider relational networks help or hinder the way you dealt with life situations this year?
- 6) **Public or social action**
Where have you been publicly visible expressing your faith or commitments? What blocks you from action?
- 7) **Serving Others**
Where and in what relationships have you served God this year? Where do you sense your deepest and most significant work has been done?
- 8) **Sense of Growth**
In what ways did the events or situations above cause personal growth this year; spiritually, emotionally, relationally? Describe your current growing edge?
- 9) **Balance**
How is your sense of living a balanced life? Do you keep sabbath (a regular day off)? How are your stress levels overall? What small achievable adjustment would produce a more balanced life?
- 10) **Kingdom Fulfilment**
We all accept that there is room to grow into the fullness of the kingdom. Where do you sense you are called to focus in the coming year?

*Adapted from a resource by Tim Dyer 2019
from an original list by Patricia Hayes, Alban Consultant*