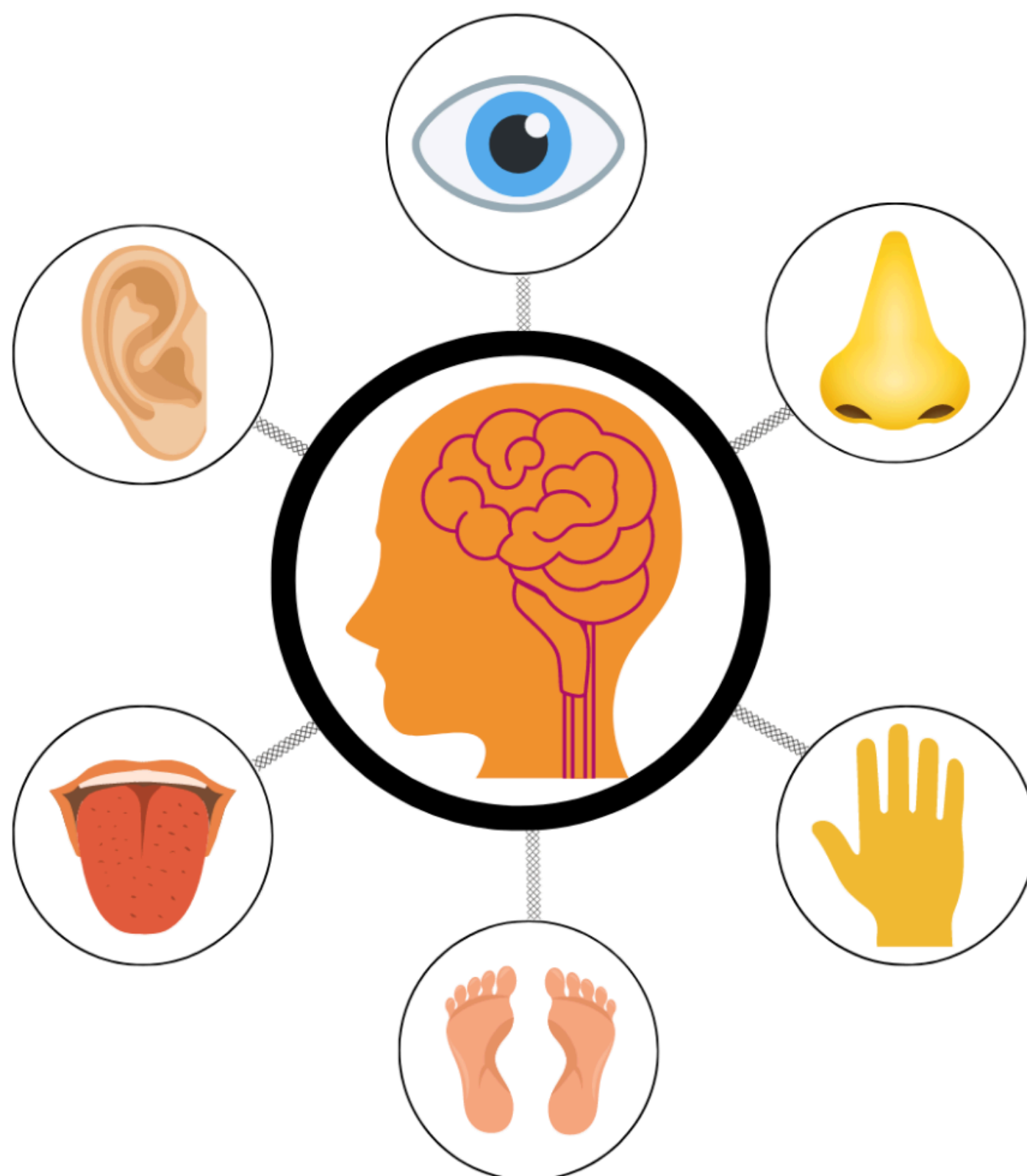


# COACHING QUESTIONS ALIGNED WITH ICF COMPETENCIES



## 10 POWERFUL COACHING QUESTIONS WITH SENSORY AWARENESS ACTIVATORS



**CCE**

ICF CONTINUING  
COACH EDUCATION



BY: LIZ DOBBINS, ICF, PCC

# 10 POWERFUL COACHING QUESTIONS WITH SENSORY AWARENESS ACTIVATORS

**Questions are the cornerstone of great coaching.**

Great questions become a part of our toolkit to support leading clients to their greatest yet to be. You're able to expand what's possible with your clients.

When we add the **sensory language and body awareness**, it expands the effectiveness of your coaching to tap into a new level of connect with your clients. In addition, our bodies are always interpreting sensory information which can be used as a powerful tool for self-awareness with both coach and client.



I'm excited to share **10 Powerful Coaching Questions** designed will support you as a coach with the sensory applications to expand your coaching.

# 10 POWERFUL COACHING QUESTIONS WITH SENSORY AWARENESS ACTIVATORS

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## **1 - How does your intuition reveal itself to you?**

*This question is designed to dial into your clients inner knowing, enabling them to have self-awareness and connect to their intuition.*

## **2 - How does your cultural background influence you and the way you work in your daily routine?**

*This question is an opener during early sessions or in your intake form to open up awareness with cultural influences and how the role they play.*

## **3 - Tuning into your senses, what sense do you use to explore new possibilities or strategies.**

*Ask sensory style of questions ensures clarity for your client to develop their own sensory compass and supports your client in realizing their vision.*

## **4 - What would success at the end of our time today feel, sound, look or taste like?**

*Asking this question will support you as coach to understand your sensory preference of choice and inform future sensory questions for your client.*

## **5 -What does celebration look, sound, feel, or taste like for you?**

*Celebrating your clients success is very important in developing the relationship. Asking this question will give you their sensory preference of what celebration is and provide you with the way to best celebrate in the most meaningful and impactful ways for your client.*



# 10 POWERFUL COACHING QUESTIONS WITH SENSORY AWARENESS ACTIVATORS

## **6 - How would you describe the environment that you thrive in?**

*Asking this question may support the client to describe environments they excel in and what thriving feels, looks, sounds, or tastes like. It also brings awareness to environments that do not support the client. For example: The client may share "I do not like bright lights or noise when I work."*

## **7 - What are the sensory triggers that you may be aware of?**

*By identifying and bringing awareness to sensory triggers, this question is a starting point to support your client with sensory thresholds or limits.*

## **8 - What is your comfort level working in a space of the unknown ?**

*This question offers a deeper dive into sensory thresholds. Your client may relate to fear or uncertainty in new dimensions when answering this.*

## **9 - What else do you feel, experience, hear or taste in this moment?**

*Asking "what else" is a great follow-up question that is simple yet powerful. It signals your interest in the client's story and opens up a safe space for them to share deeper sensory context to enhance understanding of where the client is, so the client can begin to become even more self-aware.*

## **10 - If you knew you are going to be successful, what would it look, feel, sound or taste like?**

*Asking this question will explore beyond current thinking with the integration of sensory preferences and awareness.*

## **BONUS - What does confidence feel like look, like in your body?**

*This supports self ownership and empowers committed action, therefore your client is not waiting for someone to do something to be happy or complete, the client embodies the way of being and is in the drivers seat living in alignment to their values which supports their confidence.*