

12 solution focused coaching-questions for the solution-pyramid

The Ground – The Topic

1. What is important to you to talk about today?

Level 1: The Goal and it's Impact

2. What is **your** goal, what do you want to reach?
3. And if you have reached your goal, how would that affect you?
And how else?
4. Suppose, you have reached your goal, what will you do differently?
And what else? **what will be possible for you?**
5. And if you have reached your goal, how would that affect others?
And how else? And who else?

Level 2: What already Works

6. On a scale of 0 to 10, where 10 means, that you have reached your goal and 0 means the opposite, where do you think you are at the moment?
7. And how did you manage to be there and not at 0 anymore?
And how else?
(if needed: And what was your contribution to that)

Level 3: The Next Steps and their Impact

8. Suppose, you are already one step closer to 10 ... what is different here?
And what else?
9. When you are one step closer, what do you do differently now?
And what else?
10. How would others notice **your** next step, when it will be done?
And how else?
11. How will you have managed to do this next step?

Level 4: The Confidence-Check

12. On a confidence scale from 0 to 10, how confident are you, that you will do this next step?
(if needed: What would make you even more confident?)