

# 25 IMPORTANT QUESTIONS COACHES CAN ASK CHILDREN



@BelievePHQ

## How did that make you feel?

 Why did that make you feel that way?

**What** can we take away for next time?

**What** could we do differently?

**What** can we do to improve?

**What** happened and why?

**Can** you explain this in a bit more depth?

**ask**  
When did it happen?

**IF**  
The situation arose again what would you do differently?

## CAN YOU TELL ME MORE?

 What will we do next time?

 What were other ways you could have overcome this?



**X Y**  
If you had done x how would that have changed y?

How else could this have been handled?

## How might this situation have been different if you had used this strategy?

 Why did you do that in this situation?

 What went well?

 What didn't go so well?

 What was good about the experience?

 What was bad about the experience?

## Help children to think creatively by asking them the right questions

 Can you explain what you mean?

 What other ways could you solve the problem?

 Why did that go well?

 Why do you think that?

# 11 Questions to ask when Coaching

 **HOW**

HOW DID THAT MAKE YOU FEEL?

**WHAT**

WHAT WENT WELL AND WHY?

**HOW**

HOW DID YOU THINK THINGS WENT?

**IF**

IF YOU HAD DONE X HOW WOULD THAT HAVE CHANGED Y?

**WHAT**

WHAT WERE OTHER WAYS YOU COULD HAVE OVERCOME THIS?

**IF**

IF THE SITUATION AROSE AGAIN WHAT WOULD YOU DO DIFFERENTLY?

**HOW**

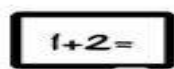
HOW COULD YOU HAVE HANDLED THE SITUATION BETTER?

**WHAT**

WHAT CAN WE TAKE AWAY FOR NEXT TIME?



WHAT CAN WE DO TO IMPROVE?

**WHAT**

WHAT HAVE WE LEARNT FROM THIS?

**WHY**

Why did that make you feel that way?