

bQUICK® Coaching Model

b Be Present

- Stop
- Get present
- Connect and build rapport
- Give your full attention to the other person

Q Question the Situation

- Where are you now?
- Tell me a bit more about?
- What else?
- Is there anything else that would be useful for me to know about?

U Understand the Outcome

- What would you like to have happen?
- And when, then what happens?
- And when, what does that do for you / get you?
- What aspects of your outcome are within your control?

I Investigate the Solution

- What have you tried / thought of so far?
- What could you do?
- What else could you do / is there anything else?
- And out of all of those solutions, which one are you drawn to the most?

C Conclude the Action

- What are you going to do?
- What might be a good first step?
- On a scale of 1-10 how committed are you to this?

K Keep in Touch

- When shall we check back in?
- Is there anything else I can do to support you?
- Is this an ok place to leave this?