

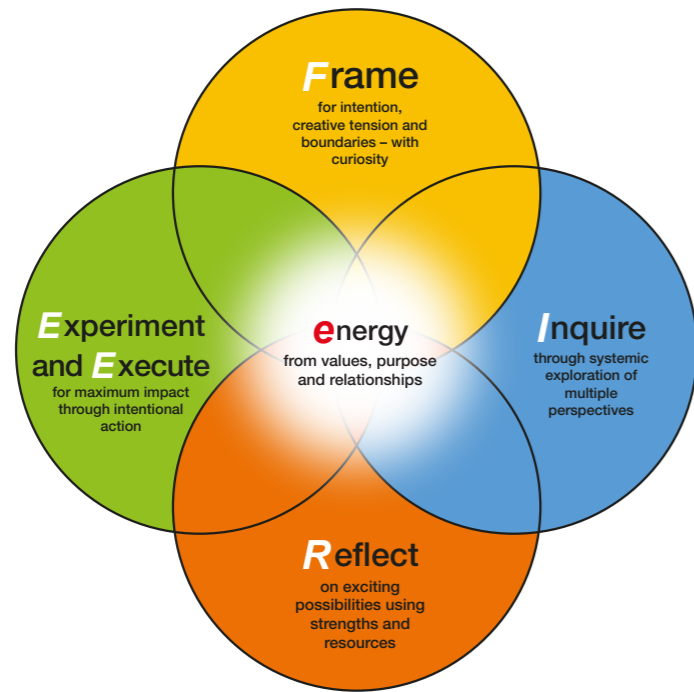


Frame

What would you like to think about in this conversation?
 What is important about this right now?
 If you got exactly what you want, what would that look like?
 If you achieved success, what would others notice?

Inquire

What's happening now that is related to this issue?
 What are your strengths / opportunities that help to achieve success?
 How are you currently approaching things – what's working and what isn't?
 What are the unexpected things that are happening?



eFire: a coaching methodology.

Energy

What is exciting about this?
 Why is this important to you right now?
 What does a great day at work look like?
 If you achieved success and were having fun, what would that mean?

Experiment and Execute

Who is going to do what?
 What might be the obstacles in your way?
 Which way forward is the most exciting?
 What specific steps come next?
 How could you test out and experiment some options?

Reflect

What are all of the possibilities you can think of?
 What strengths of yours will help you?
 What are some radical or unexpected options that might help?
 If there were no constraints, what would you do?