

Key Strategies and Language Good Coaches Use

Coaching Strategy	Coaching Language
Maintaining a nonjudgmental stance	<ul style="list-style-type: none">• Let me see if I understand . . .• In other words . . .
Listening	<ul style="list-style-type: none">• Tell me what you mean when you say . . .• Let's review the key points so far . . .
Inquiring and probing for specificity	<ul style="list-style-type: none">• To what extent . . .• What might be another way . . .• What do you see as your next steps . . .