



Powerful questions are an essential tool in the Ikigai Coach's toolkit to stimulate thought, introspection, and awareness in the client. Unlike closed questions that call for a yes or no response, powerful questions are open-ended questions that invite a deep exploration of thoughts, emotions, and beliefs.

The formulation of potent questions is an art that requires practice and finesse. A potent question is both simple and precise, evocative and meaningful. It opens a space for reflection and internal dialogue, without inducing judgment or a particular direction. Some examples of powerful questions to explore Ikigai might be: "What brings you vibrancy in life?", "What are the fundamental values that guide your choices?" or "Imagine that everything is possible, what unique contribution would you like to make to the world?".

The art of powerful questioning relies on active listening and curious presence from the coach. It is about seizing opportunities to deepen a line of thought, to shed light on an unspoken truth or challenge a limiting belief. Powerful questions often emerge by bouncing off of the words and expressions used by the client, reframing them in a way to broaden the perspective.

For example, if the client says, "I don't know if I am capable of realizing my Ikigai," the coach could ask, "What makes you doubt your ability?" or "What personal resources could you mobilize to meet this challenge?". These questions invite exploration of underlying beliefs and consideration of new possibilities.

Powerful questions can be used at different key moments in the Ikigai coaching process. During the exploration phase, they help to clarify the client's aspirations, talents, and areas of alignment. During the goal setting phase, they aid in identifying deep motivations and

criteria for success. In the implementation phase, they support reflection on learning and necessary adjustments.

It is important to subtly dose powerful questions and use them with discernment. A rapid succession of questions can generate discomfort or a feeling of interrogation in the client. It's essential to respect silences and give time for reflection to unfold. The coach must also be ready to graciously accept the emotions that these questions may raise, offering a space of safety and non-judgment.

Mastery of potent questions enhances the Ikigai Coach's partner and facilitator posture. By asking the right questions at the right time, the coach stimulates the client's autonomous thought and helps them access their own answers. Thus, potent questions promote the client's responsibility and commitment to achieving their Ikigai.

Throughout their practice, the Ikigai Coach develops their own palette of powerful questions, drawing inspiration from their training, experience, and creativity. They hone their ability to formulate questions tailored to each client and each situation, staying attuned to their intuition and the dynamics of the coaching relationship. Reflective practice and supervision enable the identification of particularly impactful questions and continue to enrich their register.

Points to remember:

- Powerful questions are open-ended questions that stimulate thought, introspection, and awareness in the client.
- The formulation of powerful questions requires practice and finesse. They need to be simple, precise, evocative and meaningful.
- The art of powerful questioning relies on active listening and the coach's curious presence, seizing opportunities to deepen thought and challenge limiting beliefs.
- Powerful questions can be used at different key moments in the Ikigai coaching process: exploration, goal definition, and action.
- It is important to subtly dose powerful questions, respect silences and graciously accept the emotions they may raise.
- Mastery of potent questions enhances the Ikigai Coach's partner and facilitator posture, promoting the client's responsibility and commitment to achieving their Ikigai.
- The Ikigai Coach develops their own palette of powerful questions throughout their practice, drawing inspiration from their training, experience, and creativity.