



Powerful questioning and curiosity are two key skills for the Ikigai Coach, complementing and deepening active listening and empathy. They stimulate thought, insight, and awareness in the client, helping them clarify their ikigai and take action.

Powerful questioning involves asking open-ended, short, and targeted questions that invite the client to explore their experience, beliefs, and aspirations. Rather than closed questions that call for a yes or no answer, or inductive questions that lead to an expected answer, powerful questions are generative: they open up new perspectives and possibilities. For example, instead of asking "Are you satisfied with your current job?", the Ikigai Coach might explore: "What deeply motivates you in your work? What would you like to experience more?"

Powerful questions are often metaphorical or analogous, appealing to the client's imagination and creativity. They may lead them to project into the future, tap into their resources, or consider a situation from a new angle. For instance: "If your ikigai were a seed, what would it need to germinate and fully blossom?" or "Imagine that you could jump into the future, and meet your Self five years from now, living your ikigai. What would they tell you?"

Curiosity is the attitude underpinning powerful questioning. It is a kind-hearted curiosity without an agenda, which genuinely takes an interest in the client's inner world, without trying to steer them towards a preconceived answer. The Ikigai Coach cultivates a posture of "not-knowing," suspending their own interpretations and advice to allow the client's own wisdom to emerge. They receive with curiosity what unfolds in the moment, including silences, hesitations or contradictions, which are often rich learning opportunities.

Curiosity is also expressed through short follow-ups that encourage the client to deepen and clarify their thinking. "Tell me more...", "What do you mean by...?", "What lies behind this word?" are invitations to delve further, to unfold the meaning and nuances of the experience. The Ikigai Coach pays attention to specific words used by the client, and can reflect them back with curiosity: "You used the word 'vocation'. What does that evoke for you?"

Powerful questioning and curiosity unveil the limiting beliefs, fears, and deep desires that influence the client's quest for ikigai. By exploring these subtle dimensions with delicacy and respect, the Ikigai Coach helps them become aware of what holds them back or propels them forward, and align their actions with their deep aspirations. It's a true art of questioning, which refines with practice and experience.

To develop powerful questioning, the Ikigai Coach could practice formulating various types of open-ended, metaphorical, and curious questions. They can also practice mindful presence and letting go, to be fully available to what emerges in the moment. Cultivating their own curiosity, exploring new areas, and challenging their certainties, will help them accompany their clients with freshness and openness.

By mastering powerful questioning and curiosity, the Ikigai Coach becomes a true catalyst for awareness and transformation for their clients. They invite them to dive into themselves with courage and honesty, emerging with a clearer and more inspiring vision of their ikigai. These skills, combined with listening and empathy, lie at the heart of the Socratic method of coaching, the art of helping minds deliver their potential and innate wisdom.

Takeaways:

- Powerful questioning and curiosity are two key skills for the Ikigai Coach, complementing active listening and empathy.
- Powerful questioning involves asking open-ended, short, targeted, and generative questions, opening up new perspectives and possibilities for the client.
- Powerful questions are often metaphorical or analogous, appealing to the client's imagination and creativity.
- Curiosity is a kind-hearted attitude with no agenda, genuinely interested in the client's inner world, without directing them. The Ikigai coach cultivates a "not-knowing" posture.
- Curiosity is also expressed through short follow-ups that encourage the client to deepen and clarify their thinking.
- Powerful questioning and curiosity unveil the limiting beliefs, fears, and deep desires

influencing the client's ikigai quest.

- To develop powerful questioning, the Ikigai Coach can practice formulating various types of questions, practicing mindful presence, and cultivating their own curiosity.

- By mastering these skills, combined with listening and empathy, the Ikigai Coach becomes a catalyst for awareness and transformation, at the heart of the coaching's Socratic method.