

## Confidence Coaching Questions

1. What is an area where you would like more confidence?
2. What would having more confidence in this area give you?
3. What would be happening if you had more confidence?
4. What would you be hearing from others if you gained more confidence in this area?
5. Describe what confidence means to you?
6. How would you know if you were more confident?
7. When do you want to feel this?
8. What specific results are you looking for?
9. What has got in your way of being confident so far?
10. What concerns you about this area you want to be more confident in?
11. What specifically have you done so far?
12. What worked for you?
13. What didn't work for you?
14. What has got in your way in the past?
15. What skills do you already have in that area?
16. Imagine you are fully confident in your abilities, what could you do?
17. What could you do to move forwards with your confidence?
18. What would be an obvious step to take?
19. What would you advise a colleague to do who is going through a similar situation?
20. What is something you have been avoiding doing?
21. Who do you know who is super confident?
22. What would they advise you to do?

**LSV Coaching Ltd**

m: +44 (0) 7702 754221

e: [lucy@lucyshuttvine.com](mailto:lucy@lucyshuttvine.com)

w: [www.lucyshuttvine.com](http://www.lucyshuttvine.com)

23. What is the most enjoyable part of building your confidence in this area?
24. How could you do more of that?
25. What's one action you could do in the next 10 minutes to help your confidence?
26. Who could support you to build your confidence?
27. What three actions could you take that make sense this week?
28. What will push you out of your comfort zone?
29. What needs to have happened in the next 2 weeks for you to know you have gained confidence?
30. How will you celebrate your achievements in growing your confidence?