



SURFACE TO SOUL

Live Well | Lead Well | Coach Well

Using the “5R” Coaching Model

1 | RELATE QUESTIONS

- How are you doing? How is it with your soul?
- What's new since we last spoke?
- What have you been practicing? Learning? Reading?
- What's come up that we need to discuss during this session?
- What faith practices have you been incorporating into your life recently?
- When have you experienced Sabbath moments this past month?

2 | REVIEW QUESTIONS

- What progress have you made on your goals since last month?
- What obstacles have you been facing, or are you currently facing?
- What were the contributing factors that led to your successes?

3 | REFLECT QUESTIONS

- What have you been learning about yourself? Others?
- What seems to be working? What's not working?
- What might you do differently in the future?
- What skills or resources were lacking? How might you address this in the future?
- What might you do to increase your effectiveness and influence in the future?
- On a scale of 1-10 (10= very willing), how willing are you to make these changes?
- Are you modeling the change you desire for others?

4 | REFOCUS QUESTIONS

- What are your goals/next steps for the next 30 days?
- What would you like to be celebrating a month from now?
- What are the possible ways to get there?
- How will you select your course of action?
- What will you do (who, what, where, when, how)?
- How will you measure your progress?
- Where do you anticipate you might get stuck or experience resistance?
- What will you do in the next 48 hours?
- What's next in our coaching relationship?

5 | RESOURCE & WRAP-UP QUESTIONS

- What did we accomplish today?
- What did each of us commit to between now and our next meeting?
- What was the most helpful portion of the meeting for you? What was least helpful?
- How might we better utilize our time together in the future?
- Are there any people or concerns that you'd like me to keep in my prayers?
- When is our next meeting?



jladoux@vibrantfaith.org



surfacetosoul.org

