



Sacred Depths Certification

Questioning Skills Self-Quiz

1. What is one benefit of a masterful coaching question?

2. If a practitioner is uncomfortable with the learning process, or fear the client will take too long to learn, what are they prone to doing rather than ask questions?

3. When is learning most optimal for a client?

4. A good question is rooted in...?

- a. Listening to client and being attuned to their needs
- b. Listening to your own intuition and curiosity
- c. Keeping track of bigger picture agenda
- d. Your own experience
- e. All of the above

1) Create awareness, breakthroughs, and new habits; help client access their own intuition; Activate creativity, brainstorming, and problem solving; Empower clients to take responsibility for themselves; Create integrity and foster commitment; Help client articulate their own judgments; Activate learning; or Create connection to self. **2)** Consulting. Too often practitioners consult when what is needed in the moment is a good question. **3)** When it comes through self-discovery, self-inquiry, self-proclamation, or when they answer questions for themselves. **4)** All of the above.

5. T/F: There is a formula for masterful questioning and if you follow that formula, you'll be a master practitioner

6. T/F: As a general rule use open ended questions, instead of multiple-choice questions.

7. When is the best time to use "Am I Getting it Right" types of questions?

8. What is the Principle of Choice and how can you integrate it into your Questioning Skills?

9. When are the best moments to use Number or Percentage Questions?

10. What are the 4 Levels of Learning & Processing?

5) False. Masterful questioning is an art and does not exist in a vacuum. Masterful practitioners are working all their skills, all at the same time. 6) True 7) After you've reflected back to a client or created awareness by mirroring. 8) The Principle of Choice is remembering that your client always has some sort of choice in whatever situation they are sharing, even if they do not immediately recognize that they do. Asking questions like "What would you like to have happen here?" or "What are your choices?" or "In what ways do you have a choice here?" can be helpful. 9) When a client is ready to separate story from Truth. 10) Cognitive, Emotional, Spirit, and Body