

Questions to ask about....

Getting the most out of lectures

- What is the issue here for you?
- What do you want to achieve?
- What have you already tried?
- Imagine you have solved this problem, what would you see, hear, feel?
- What is standing in the way of that ideal outcome?
- Imagine yourself in the future when you have solved this problem: what advice can you give to yourself now?
- What could you do which would make a difference? What else?
- What would be the easiest thing to do first?
- What would have the biggest impact?
- What could be your first step?
- How can you make sure you do this, and either maintain it or move on to the next step?
- Who could support you in making this change?
- How will you know if the change has made a difference?
- How will you decide what change to make after that?

If you are interested in reading ideas from BU staff about using coaching in lectures, click [here](#).