



# Great Questions to Move People Forward

Our emotions can help or hinder our ability to shine like a North Star. Helping others identify their emotions related to a situation can help them shine their brightest.

## Stuck



What advice would you give yourself?  
If you let go of this story, what could happen?  
What do you need to let go of?  
What do you need in order to move forward?

## Overwhelmed



What one challenge is weighing on you the most?  
What can you control?  
What is the first step?  
How have you managed another time when you were overwhelmed?  
Where do you want to be a week/ month from now?

## Resistant



What is the data telling you?  
What are your reservations?  
How can we address those concerns?  
What are the possible wins if this works?  
What is causing the most reservation?  
What is your understanding for the need to do this?

## Emotional Drama



How is this story serving you?  
What do you want to happen?  
What can you control?  
If you let go of this story, what could happen?  
How much energy is being spent on this situation?

## Shame



What head talk needs shifting?  
What part of this story talk is true?  
What facts confirm your story?  
What would someone you love tell you right now?  
What part of your story can you let go of?

# Great questions that help people move forward

## Hurt



What is one message you need to hear?  
What part of the story are you hanging on to?  
If you could go back, what would you do differently?  
What do you want a month from now?  
What advice would someone who believes in you give you?

## Anger



What button gets pushed for you in this situation?  
How do you want to show up?  
What is the impact of giving these feelings your attention?  
What do you wish would happen?  
What can you control?  
What was the impact of your words?

## Fear



What information do you need?  
What story are you telling yourself?  
What outcome do you want?  
What data tells you that your fears will come true?  
If this happened, what would you do?

## Frustration



Who can you partner with to address these frustrations?  
Where are you pushing a boulder?  
What is in your control?  
What do you want out of this situation?

It takes strong emotional intelligence to suspend judgement and reaction when others are being emotional. These questions are powerful tools for leaders to help individuals slow down, identify what is getting in their way, and move forward. Dr. Kerri Burchill specializes in **helping teams and individuals pull out of the day-to-day spin so they can slow down to go fast and achieve ambitious results.**