

The Curious Conversation Toolkit

Ditch the advice. Lead with curiosity. Empower better conversations.

Instead of giving advice, try asking...

- ◆ "What's the real challenge here for you?"
- ◆ "What do you want in this situation?"
- ◆ "What part feels the hardest right now?"
- ◆ "What would support look like for you?"
- ◆ "What have you already tried?"
- ◆ "If nothing changes, how will that feel six months from now?"
- ◆ "What's one small step you could take from here?"
- ◆ "What does your gut say?"
- ◆ "What else?" (Always powerful—never underestimate it!)

Phrases to avoid

- ◆ "You should just..."
- ◆ "Here's what I would do..."
- ◆ "Why don't you just...?"
- ◆ "That happened to me too—let me tell you..."
- ◆ "Let me fix this for you."
- ◆ "Well, if you ask me..."

When you feel the urge to jump in...

- ◆ Take a breath.
- ◆ Get curious.
- ◆ Ask one open-ended question.
- ◆ Hold the space—don't rush to solve.

Bonus Tip

Remember, the goal of a curious conversation isn't to provide the answer—it's to help the other person discover it.