

## PAS Problem Solving Canvas

To help somebody solve a problem, address the topics in the numbered order.

Use the suggested questions (and others) as appropriate.

Conclude each section by reading back the coachees answers and confirming, *Have I understood you correctly?*

1a. Coachee	3. What is the goal?	4. What is the problem?
Who is being coached? How do you get in touch with them?	What are you trying to achieve? What is your mission? What would be a good outcome? What would be the best possible outcome? What do the other people want to achieve? What is your definition of awesome? What really matters?	What is making this difficult? What have you already tried? What's missing from your current solution? What are your concerns? What are possible causes? Who else is involved? What do they want to achieve? What is frustrating? Are you doing the right thing? Have you been here before?
1b. Coach		
Who is doing the coaching?		
2. Create Safety Questions for the coach to themself		
What is your goal or purpose in this relationship? Do you have the coachee's permission? What does the coachee need to feel safe? Who will make decisions, you or the coachee? What happens if you don't agree with a coachee's decision? What will you do, what will you not do? What should the coachee do if you cross the line? Is the coachee clear on these points?		
5. Explore Alternatives – How could you solve the problem?		6. What's next?
What have you already considered? What could you do? What else could you do? What are 20 possible ways to achieve your goal? Why is this one a good idea? What could go wrong with this approach?	If you already knew the answer, what would it be? What is a small step you could take, to get started? What is an even smaller step you could do today? Imagine you have already achieved your goal! How did you get there? Who can help?	What resonates? Why is this alternative better than the others? What else could you do?