

The GROW Coaching Model

Way Forward

- What are the actions?
- Commit to action
- What are the steps?
- Timing and action plan

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Options

- What can you do to bridge the gap?
- What are the options?
- Who can help you?
- What do you need?
- Brainstorm

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Reality

- Where are you now?
- What is the reality?
- Ask for self-assessment
- Get feedback

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Goal

- What do you want to achieve?
- What is the ideal?
- What are your objectives?