

GROW Model – Coaching for Success!

Goal

- What do you want to achieve?
- What is important to you right now?
- What would you like to get from the next 30 minutes?
- What areas do you want to work on?
- Describe your perfect world
- What do you want to achieve as a result of this session?
- What will make you feel this time has been well spent?

Reality

- Where are you now in relation to your goal?
- On a scale of 1 -10 where are you?
- What has contributed to your success so far?
- What skills/knowledge/attributes do you have?
- What progress have you made so far?
- What is working well right now?
- What is required of you?

Options

- What are your options?
- How have you tackled this/ a similar situation before?
- What could you do differently?
- Who do you know who has encountered a similar situation?
- Give me 5 options
- If anything was possible what would you do?
- What would your best friend /mother suggest?
- What else?

Wrap up – What's Next

- Which options work best for you?
- What one small step are you going to take now?
- What actions will you take?
- When are you going to start?
- Who will help you?
- How will you know you have been successful
- How will you ensure that you do it?
- On a scale of 1 -10 how committed /motivated are you to doing it?