



# GROW

goal. reality. options. way ahead.

THE GROW MODEL IS AN ACTION-ORIENTED FRAMEWORK FOR STRUCTURING COACHING AND MENTORING SESSIONS

<b>g.</b>	<p>goal.</p> <p>WHAT DO YOU WANT TO ACCOMPLISH? WHAT DO YOU WANT TO CHANGE?</p>		
<b>r.</b>	<p>reality.</p> <p>WHAT IS HAPPENING RIGHT NOW? WHAT IS WORKING? WHAT IS HOLDING YOU BACK?</p>	<u>WORKING</u>	<u>NOT WORKING</u>
<b>o.</b>	<p>options.</p> <p>WHAT CAN YOU DO RIGHT NOW? WHAT ARE THE POSSIBILITIES? WHAT CAN YOU START DOING NOW?</p>		
<b>w.</b>	<p>way ahead.</p> <p>WHAT WILL YOU DO FROM HERE? WHAT IS A WAY FORWARD? WHO OR WHAT CAN HELP? WHAT IS YOUR TIMELINE?</p>	<p><u>ACTIONS:</u></p> <p><u>HELP / RESOURCES:</u></p> <p><u>TIMELINE:</u></p>	

