

SELF-COACHING

Self-coaching is a powerful personal development strategy. It enables you to take control of your growth and evolution, by setting goals, reflecting on progress, and cultivating independent problem-solving skills

The GROW model (J.Whitmore 92') is a simple, solution-focused tool to help steer your self-coaching journey. Use it to get clear on your goals, understand where you are right now, explore different options, choose your next steps, and commit to taking action. It offers a structured framework for turning reflection into real life results

GROW MODEL

GOAL

What do you want to achieve? What would success look like for you?

REALITY

What are the current circumstances? What steps have you already taken?

OPTIONS / OBSTACLES

What choices do you have? What could you do differently?

WILL / WAY FORWARD

What action will you take? What is your level of commitment from 0-10? (10 being the highest level)