

The G.R.O.W. Coaching Model

Seven conversations with pre-mid & post play

1	TRUTH	Personal Assessment Discussion	Confronting your truth
2	G OALS	Actions & Outcomes - M.V.P. Lists	Set D.U.M.B. Goals
3	R EALITY	Progress & Experience around G.R.O.W. Model	What's stopping you?
4	O PTIONS	Doing the Right Things Right - M.V.P. List Review	Energy Management
5	W ILL	Going Deeper on the G.R.O.W. Model	Personal Commitment
6	MEASURE	Measurement & Accountability	Personal K.P.I. s
7	ADVANCE	Achievements, coaching frameworks and pathways to recognised qualifications.	What's Next?

