

GROW MODEL

GOALS

- What do you want to achieve in this coaching session?

- What is your objective?



WRAP UP

- What are you going to do after the coaching session?

- What might get in the way?

OPTIONS

- What other options can you use in order to achieve your goals?

REALITY

- What is the current state of things?

- How motivated are you to achieve your goals?

- How did you solve problems in the past?