



# Basic Framework for Coaching

## GROW Model

1. What is your **G**oal?
  - a. What about this goal is important to you?
  - b. What will change if you achieve this goal?
  - c. How will you know if you achieve this goal?
  
2. What is the **R**eality of your current situation?
  - a. What resources do you have at your disposal?
  - b. Who can you ask to help?
  - c. What are some potential obstacles in your way?
  
3. What **O**ptions do you have in front of you?
  - a. What are the benefits of option 1? What are the drawbacks?
  - b. What are the benefits of option 2? What are the drawbacks?
  - c. What are the benefits of option 3? What are the drawbacks?
  
4. What **W**ay will you choose to go forward?
  - a. What is your plan going forward?
  - b. When will you get started?
  - c. When will you finish?