

# GROW Model

## *A Coaching Session Template*

Goals	<ul style="list-style-type: none"><li>• What would be the perfect outcome?</li><li>• If there were no limits what would you do?</li><li>• If you could have it all what would that feel like?</li></ul>	
Reality	<ul style="list-style-type: none"><li>• Tell me where you are now?</li><li>• What's holding you back?</li><li>• What's hard about this?</li><li>• What constraints/impediments are keeping you from moving forward?</li></ul>	
Options	<ul style="list-style-type: none"><li>• Lets explore all of the options.</li><li>• Lets brainstorm how you can overcome .....</li><li>• What have you tried before that has worked?</li><li>• What are your thoughts?</li></ul>	
What will you do?	<ul style="list-style-type: none"><li>• Where do you want to start?</li><li>• What do you want to do?</li><li>• What is the most compelling first step?</li></ul>	



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