**GROW Model Framework**

**GOAL**
Provide understanding of focus for a coaching session related to a problem, challenge, or opportunity

**REALITY**
- Assess current situation in terms of what actions have been taken so far
- Assess potential challenges or barriers

**WILL**
- Step 1: Accountability and achievement of goals
- Step 2: Follow up and feedback

**OPTIONS**
Assess other possibilities, alternatives, and resources

*Permission to use GROW Model granted by estate of Sir John Whitmore and Performance Consultants International*