

Accendo

coaching & training

GROW Coaching Model

Goal – Remember it needs to be SMART & congruent with your values and motivators

Reality – Bullet point everything that you can think of to describe the reality

Options – Open your mind to every opportunity & capture it – you are not committing at this stage to action

Way Forward – Choose 2 – 3 of your options that you will commit to achieve and don't forget to add a date by which the action will be achieved