

GROW Model



SheLEADS

Accelerator



Purpose of the Grow Model

A guided worksheet for structuring coaching or 1:1 meetings, based on the **GROW** model:

G

GOAL

What do you want to achieve?

R

REALITY

What's happening now?

O

OPTIONS

What could you do?

W

WILL

What will you do next?

- ✦ Provides a consistent approach for developmental conversations.
- ✦ Encourages accountability and action.

<i>GOAL</i>		<i>REALITY</i>	
<i>OPTIONS</i>		<i>WILL</i>	

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Thank You!



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