



# BetterBalance Coaching Coaching Tool Kit

## The G.R.O.W. Model



**Jeff Gill I.C.F. Professional Certified Coach**



## Getting started

The **GROW** model is just one of many useful coaching tools that can be used to help you get started and gain clarity about how to achieve your goals. Awareness and Responsibility are key throughout.

<p><b>G</b></p> <p>Identifying goals. What do you want? What do you want to achieve? Where do you want to be in six months time?</p>	<p><b>R</b></p> <p>Current Reality. What have you got? Where are you now? What is your starting point?</p>
<p><b>O</b></p> <p>Options and Obstacles. What are your options for getting to what you want? What may be standing in your way or need to be overcome?</p>	<p><b>W</b></p> <p>Will Do. (will, what, where, when, who) What is your level of motivation and commitment? What kind of actions will you take? How Will you go about it?</p>

**A blank one for you to complete is on the next page**



<b>G</b>	<b>R</b>
<b>O</b>	<b>W</b>