GROW Model Coaching Template

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| **Acronym and Description:** | **Example Questions: (school or individuals)** |
| **G-Goal** > Long term aspirations and focus for the coaching session or team meeting. |  |
| **R-Reality** > Current situation and beliefs held by group or individuals. |  |
| **O-Options** > The possibilities for action and resources available. |  |
| **W-Way Forward** > Actions that will be taken to achieve goals. |  |