



# The GROW Model in Action

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## Goal

- What would you like to achieve?
- How would you know when you achieve it?
- When do you want to achieve it by?



## Reality

- What have you done to achieve your goal?
- What challenges have you met and overcome?
- What other challenges do you expect to meet?



## Options

- What could you do?
- What else ...?
- What if ...?



## Will / Way Forward

- Which option would be easier / most efficient?
- What might stop you?
- When will you take action?

