



## Template

# GROW Coaching Session

This template is designed to help you prepare for coaching conversations in which you plan to use the GROW model – one of the most popular and widely used models of coaching.

## Task

1. Consider the questions that you are going to ask during each stage of the coaching conversation. Note these down in the Questions column.
2. Take the template along with you to the coaching session. Record points of interest in the Notes section.

It's important to bear in mind that GROW is a question-based framework and the coach's role is to help the coachee reach their own conclusions, rather than to provide explicit advice or guidance.

You can find the template on page 2 of this document.



Name of Coach:

Name of Coachee:

Date:

Stage	Questions	Notes
<b>Goals</b> Establish what the coachee wants to achieve.	e.g., What would you like to get out of this coaching session? <input type="text"/>	<input type="text"/>
<b>Reality</b> Consider coachee's objective in the context of the real world.	e.g., What challenges or obstacles do you expect to encounter? <input type="text"/>	<input type="text"/>
<b>Options</b> Identify and explore different ways in which coachee might achieve objective.	e.g., How could you improve this situation? <input type="text"/>	<input type="text"/>
<b>Will/Way forward</b> Identify action points and gain commitment from coachee.	e.g., How will you feel when you achieve your goal? <input type="text"/>	<input type="text"/>