

GROW Model

Why aren't you making the progress that you really want to make?

Notes

Goal

"What do you want?"

"What are the obstacles getting in the way of progress?"

Reality

"Where are you now?"

"Which of these obstacles do you need to overcome and why?"

Options

"What could you do?"

"What else can you do?"

Way Forward

"What will you do?"

"What actions are you going to take?"

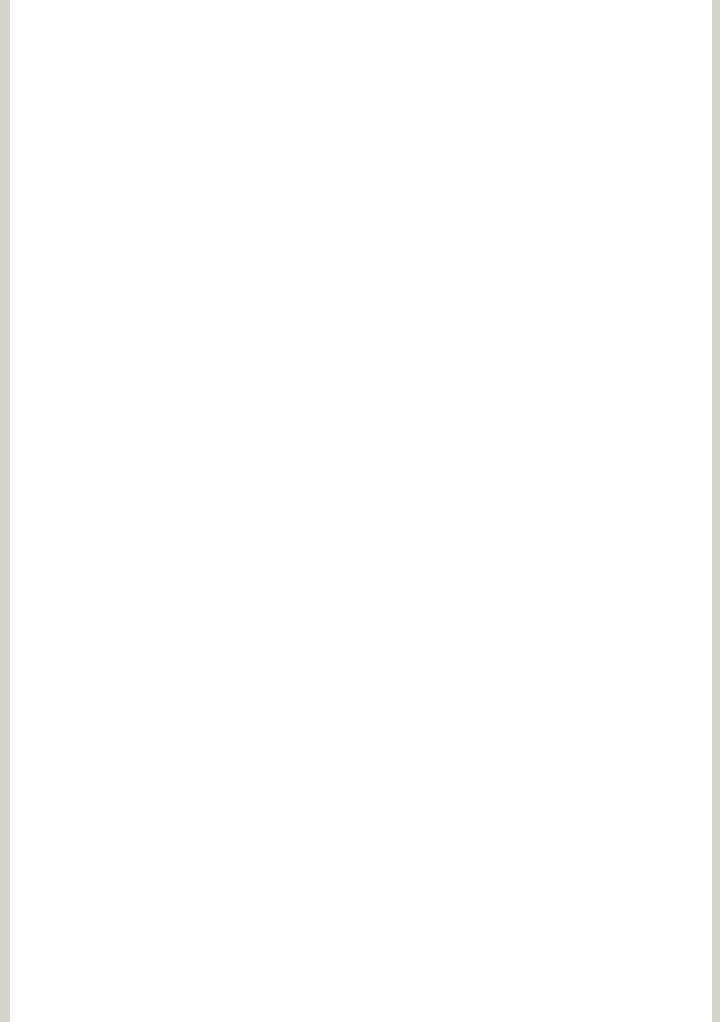
The Left-Hand Column

Private

What I was thinking

Public

What I said



What is
thought and may
be said or not

Private Conversation

What is said
and heard

Public Conversation

What is said
and heard

What is
thought and may
be said or not

Private Conversation

