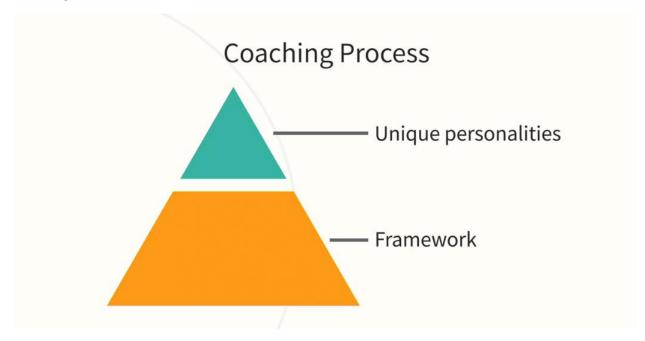
2. COACHING MODELS

Coaching frameworks



- ACHIEVE
- OSCAR
- CLEAR
- o GROW

Coaching Process

- **1.** Principle of discovery
- 2. Coachee's perspective
- 3. Current situation vs. ideal situation
- **4.** Solution Discovery
- 5. Action plan
- 6. Follow-up and support

GROW coaching model

- Goal
- Reality
- Options
- o Will

GROW Model

- **1.** Establish the goal.
- **2.** Examine reality.
- **3.** Explore options.
- **4.** Establish the will.