# CLEAR Model – Coach Guide

## Purpose of the Model

The CLEAR Model, developed by Peter Hawkins, emphasizes building trust, exploring the client’s world, identifying actions, and reviewing progress. It is widely used for performance and leadership coaching.

## Visual Representation

[Insert diagram here: boxes/arrows showing model flow]

## How to Conduct this Model

### Step 1: Contracting

- What do we want to achieve from this session?

- What would make this valuable?

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### Step 2: Listening

- What is happening for you right now?

- How do you feel about this situation?

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### Step 3: Exploring

- What options do you see?

- What patterns do you notice?

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### Step 4: Action

- What steps will you take?

- How will you implement them?

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### Step 5: Review

- What have you learned?

- What will you take forward into future sessions?

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