# FUEL Model – Coach Guide

## Purpose of the Model

The FUEL Model is a structured corporate coaching framework designed to improve performance, engagement, and leadership capability by following four key steps: Frame, Understand, Explore, and Lay out a plan.

## Visual Representation

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

## How to Conduct this Model

### Step 1: Frame the Conversation

- What is the purpose of this discussion?

- What outcome are we aiming for today?

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### Step 2: Understand the Current State

- What is happening now?

- What challenges are you experiencing?

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### Step 3: Explore the Desired State

- What does success look like for you?

- What options could lead you there?

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### Step 4: Lay Out a Plan

- What actions will you commit to?

- What support do you need to succeed?

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