# GROW Model – Coach Guide

## Purpose of the Model

The GROW Model is a foundational coaching framework used to structure coaching conversations. It supports clients in setting clear goals, understanding reality, exploring options, and defining the way forward.

## Visual Representation

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

## How to Conduct this Model

### Step 1: Goal

- What do you want to achieve?

- What will success look like?

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### Step 2: Reality

- Where are you now in relation to the goal?

- What obstacles are in your way?

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### Step 3: Options

- What are the possible ways forward?

- What resources or strategies could you use?

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### Step 4: Will/Way Forward

- What actions will you take?

- When will you take them?

- How will you stay accountable?

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