

# Coaching



## SELF-COACHING USING THE GROW MODEL

<p><b>Goal</b></p> <p><b>Think about your issue and in your mind's eye go forward in time to when the issue is as you want it to be.</b></p>	<p>What is your problem?</p> <p>Looking to the future, what do you see that shows you have solved the problem or achieved the goal?</p> <p>Imagine how you feel when the issue is as you want it to be?</p> <p>When do you want to be in this position? <i>You must have a time-scale in mind – next week, next month, or next year. It must be realistic. ('Yesterday' isn't realistic.)</i></p> <p>How challenging or exciting is achieving this goal? <i>If it's too challenging, break it down into an element you can achieve within the time-scale you set.</i></p> <p>How will you know you have achieved your goal? Is there a measure you can use?</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
	<p>Outline your goal</p> <hr/> <hr/> <hr/>	
<p><b>Reality</b></p> <p><b>It is important to know where you are now before deciding how to get where you want to go.</b></p>	<p>What is happening now that tells you that you have an issue or problem?</p> <p>As well as what is happening – what is missing from your Reality that you would like to have?</p> <p>What's happening now that is good, that you want to keep happening to contribute to achieving your goal?</p> <p><i>Describe these things in terms of events, actions, behaviours, and so on, not in terms of results.</i></p> <p>What have you done so far to improve things?</p> <p>What were the results you got from doing these things?</p> <p>How did the results compare – specifically – with what you hoped for?</p> <p>What obstacles are in your way which prevent or hinder you from moving forward?</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>



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