

## GROW Model

The **GROW** model was developed by the pioneer of coaching, Sir John Whitmore. This model is one of the most famous coaching models and is widely used in the field of education. It **provides** a simple and efficient **framework** for **solving problems** (Whitmore 2009).



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## THE GROW COACHING MODEL

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# GROW

- ✓ What **goal** do you want to **achieve**?
- ✓ What would you like to **do** in working **towards** this **goal**?
- ✓ What **will get you** to that goal?
- ✓ What do you **want** to **modify** or change, and **why**?
- ✓ What would the **effects** be if you **achieved** this goal?
- ✓ How will you **determine** the results and **measure** the success?

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# GROW

- ✓ What is **doing well** right **now**?
- ✓ What can you **learn** and know from what has **worked**?
- ✓ What could you **do better**?
- ✓ What are the **current changes** telling you?
- ✓ **Where** are you **now** concerning your goal?
- ✓ What has **helped** your **success** so far?
- ✓ What **progress** have you **made** so far?
- ✓ What **steps** have you already **made** towards **goal**? What **impact** has that had?

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### GROW

- ✓ Without filtering them, what are the **first options** that come to your mind?
- ✓ What are some of the **ways** you could approach this?
- ✓ What do you think you **need** to do next?

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### GROW

- ✓ What do you think you **need to do** right **now**?
- ✓ How will you **know** when you have **done** it?
- ✓ Is there **anything else** you can do?
- ✓ How **will** you **track** your **progress**?
- ✓ When are you going to **start**?
- ✓ How will you know that you have been **successful**?
- ✓ What **support** do you **need** to get that done?

# Video in Coaching

## (GROW Model)