

Preparing for a GROW Coaching Session

COACHEE: Use this sheet to prepare for your coaching session.

Goals:	<i>What would I like to talk about? Achieve? Resolve? Solve? (This could be a long-term goal, a performance goal, or a current problem I need help with.)</i>
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This coaching session will be successful for me if I take away:

Current Reality:	<i>What is happening now? What have I tried so far? What barriers are there? What resources do I need?</i>
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What information does my coach need to know about the situation?

Options:	<i>What could I do? What else might work? What if I did nothing? Do I need help to brainstorm more options?</i>
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What have I already thought of, or tried? What are the pros and cons of these options? What feedback do I need from my supervisor?

What's next?	<i>Of these options, what is my most powerful next step?</i>
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At the end of the session, I will commit to do (what) by (when), and report my progress.