

1. Goal

What do you want to achieve from this coaching session?

Can you describe your ideal outcome?

By when do you hope to achieve your goal?

How will you know that you have achieved your goal?

What does success look like to you in this context?

2. Reality

Where are you now in relation to your goal?

What have you tried so far?

What challenges are you currently facing?

How are these challenges affecting your progress?

What resources do you have at your disposal that could help?



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3. Options

What could you do to move closer to your goal?

Who could assist you in achieving your goal?

If there were no constraints, what would you try?

What are the pros and cons of each option you're considering?

How have you overcome similar challenges in the past?

4. Will (Way Forward)

What will you do next, and by when?

On a scale of 1-10, how committed are you to taking this action?

What could potentially stop you from moving forward, and how will you overcome it?

How will you keep yourself accountable?

When should we check in on your progress?