

# Using The GROW Coaching Model

## Action Planning

### Action 1

#### Plan Your Coaching Sessions



Book some coaching sessions for your team over the next month. Ask each team member what subject they want to cover in advance, and write some questions to ask during the session using the GROW Model to help them achieve their objectives.

### Action 2

#### Conduct The Coaching Session



Use your planning questions during the meeting with each individual. Start by explaining the GROW model and how the session will run and ask questions to pull answers from them to form a SMART action plan for them to take away and implement.

### Action 3

#### Supporting Their Action Plan



Arrange regular brief catch up meetings with each individual within your team to discuss their SMART action plans. Offer them additional support and perhaps book additional Coaching sessions based on more needs that are uncovered, to keep the cycle going.