



G.R.O.W. Model Worksheet

Take time to discuss the background and unpack all the issues (reality) around a goal.
Otherwise you might jump in to solutions too soon that are a mismatch for the situation.

Mentee:		Mentor:		Date:	
---------	--	---------	--	-------	--

<u>G</u> oals	<u>R</u> eality	<u>O</u> ptions	<u>W</u> ay forward
---------------	-----------------	-----------------	---------------------

Set Goals *(write it down, is it a SMART goal, establish what person wants out of the session.)*

	Notes:
--	---------------

Rate attractiveness of goal

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Discuss Reality *(let them tell their story, invite self-assessment, what's happening, when does this happen, what effect does it have, other factors.)*

	Notes:
--	---------------



G.R.O.W. Model Worksheet

Explore Options (*Brainstorm options, ensure choice, ask – don't tell, empower, how can you move toward the goal, what has worked in the past.*)

Notes:

Way Forward (*Identify specific steps and any obstacles, write action plan*)

Wrap Up (*evaluate the session –the methods used, the support given and the participation of both parties.*)

Notes:

Action Plan Summary (things I need to do to reach my goal)

-
-
-
-
-