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| **GROW model steps** | **How do I coach someone?**  **Write out the steps to meet your selected goals** |
| 1. **G**OAL - what you want to achieve |  |
| 1. **R**EALITY - what’s happening now |  |
| 1. **O**PTIONS - what you could do |  |
| 1. **W**AY FORWARD - what you’ll do |  |

**Coaching**