

# The GROW Method in LINC<sup>TM</sup> Coaching



## STAGE 1: GOAL

- What do you want to achieve?
- What is the ideal?
- What are your objectives?



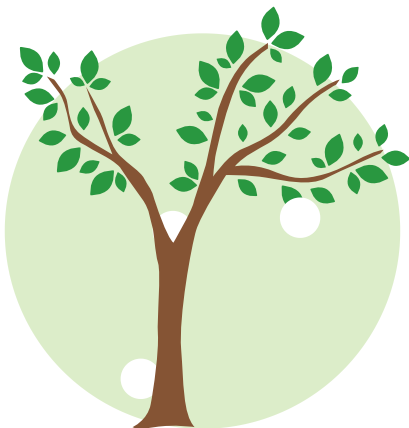
## STAGE 2: REALITY

- Where are you now?
- What is the reality?
- Ask for self- assessment
- Get feedback



## STAGE 3: OPTIONS

- What can you do to bridge the gap?
- What are the options?
- Who can help you?
- What do you need?
- Brainstorm



## STAGE 4: WHAT WILL YOU DO?

- What are the actions?
- Commit to the action
- What are the steps?
- Timing and action plan