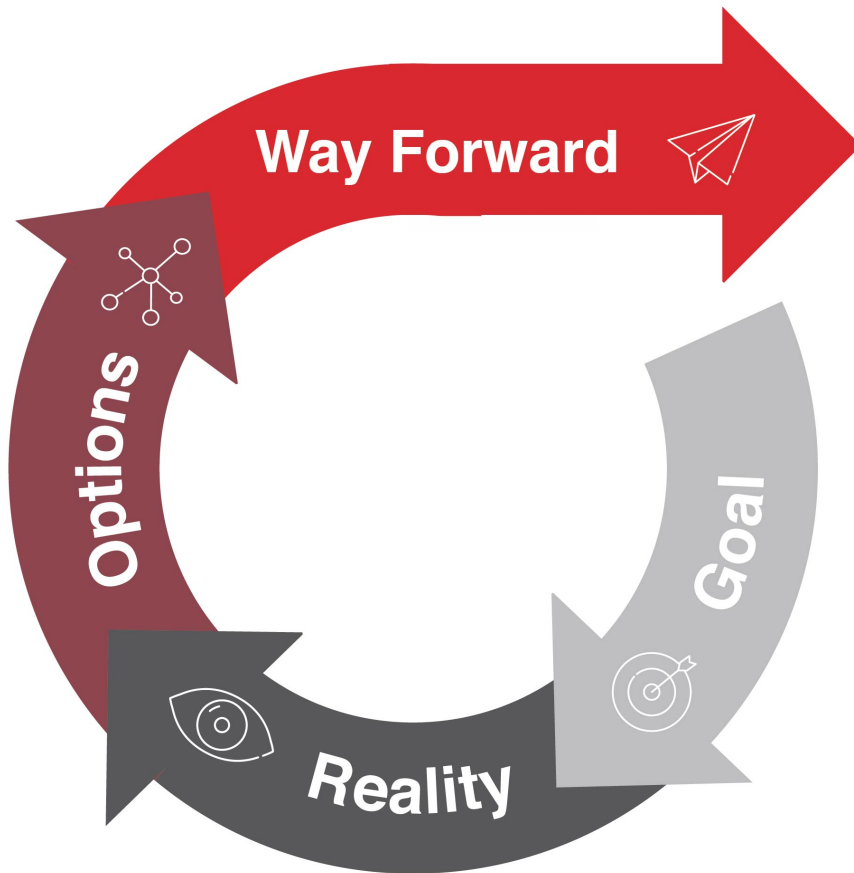


The Grow Model



G	<ul style="list-style-type: none">- Agree purpose of meeting- Agree expected outcomes from session- Establish goals
R	<ul style="list-style-type: none">- Describe situation / challenges to be overcome- Offer specific examples of feedback- Ensure there is agreement that change is needed
O	<ul style="list-style-type: none">- Brainstorm potential options- Assess pros and cons of each option- Choose the best option
W	<ul style="list-style-type: none">- Commit to action- Agree support required- Set time to review progress

The model was originally developed in the 1980s by business coaches Graham Alexander, Alan Fine, and Sir John Whitmore.