GROW Model

A tool for problem solving & determining a way forward

G – Goal

- What would "Good" look like? / what is the purpose?

R – Reality

- Honestly where are we placed? Likely outcomes
- Strengths / Weaknesses – create awareness.

O – Options

- Explore options well – look for creativity
- Consider what the likely outcomes for each option.
  - ‣ Costs? Challenges? Opportunities?

W – Way forward

- Choose the best Option
- Plan the way forward (including follow up)
- NB some refer to 'W' as 'Wrap Up' particularly when using GROW as a coaching tool

For assistance in the use of the GROW model contact the Centre for Ministry Development at info@cmd.training or the CMD website