



A tool for determining a way forward or problem solving

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
- What would the outcomes be? Costs? Challenges? Opportunities?

W – Way forward

- Decide
- Plan the way forward (including follow up)
- NB some refer to ‘W’ as ‘Wrap Up’ particularly when using GROW as a coaching tool