GROW Coaching Notes Template

Use this template when preparing for a coaching session, to take notes during a coaching session, or recording your thoughts when observing a coaching session.

| session. |
|--------------------------------------------------------|
| GOAL: What do you want to take away from this session? |
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| REALITY: What is the present situation in more detail? |
| REALTY. What is the present situation in more detain: |
| |
| |
| OPTIONS: What could you do? |
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| |

WILL: What will you do?