

## **GROW Coaching Model**

This model can be used as a general structure for all coaching sessions.

### **G - GOAL for the session**

- What do you want to achieve in today's session?
- What is your intention?
- What problem, pain point or pattern are you currently dealing with?
- What will make this session a success for you?

### **R - REALITY that's currently happening**

- Use the SUDs model
  - How distressing is this problem, pattern or pain point?
- What progress have you made so far?
- What ANTs, distressing feelings or energetic blocks are you observing?
  - Where are they coming from?
  - When did they start?
  - When else have you had similar thoughts, feelings or blocks?
- What is working well right now?
- What obstacles are you currently facing?

### **O - OPTIONS to achieve intentions/goals**

- What are all possible options?
- When have you encountered a similar situation before?
  - How did you approach it?
  - What worked well that you can leverage again?
  - What would you like to do differently this time?

### **W - WAY forward**

- Which options feel best to you? Why?
- What healing do you need to support this option?
  - Have them create supportive thoughts or affirmations.
- When are you going to start to work on this?
- Who do you need help from?
- What will success look like to you?
- What will you do if unexpected situations come up?
- On a scale of 1-10 how committed /motivated are you to doing it?

## **Mindset & Energetic Coaching**

- Identify the situation or event
- On a scale of 1-10, how do you rate your energy/vibration related to this situation (10 being the highest)?
  - What is motivating that assessment?
- Identify the ANT (automatic negative thought)
- Triggered emotion
- Behavior, urge, or action
  
- Challenge the ANT
- New emotions
- New behaviors, urges, and actions to implement