GROW Model

G	Goal	The Goal is the end point, where the person wants to be. The goal has to be defined in such a way that it is very clear to the person when they have achieved it.
R	Reality	The Current Reality is where the person is now. What are the issues, the challenges, how far are they away from their goal?
O	Obstacles	There will be Obstacles stopping the person getting from where they are now to where they want to go. If there were no Obstacles the person would already have reached their goal.
	Options	Once Obstacles have been identified, the person needs to find ways of dealing with them if they are to make progress. These are the Options.
W	Way Forward	The Options then need to be converted into action steps which will take the person to their goal. These are the Way Forward.

G	Goal	
R	Reality	
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	Options	
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