

# COACHING CONVERSATION GUIDE

NAME: \_\_\_\_\_

RANK: \_\_\_\_\_ DATE: \_\_\_\_\_

G.R.O.W.	NOTES
<p><b>GOAL</b></p> <ul style="list-style-type: none"><li>• What is your GOAL?</li><li>• Why is that important to you?</li></ul>	
<p><b>REALITY</b></p> <ul style="list-style-type: none"><li>• What is happening now?</li><li>• What actions have you taken so far?</li><li>• What might hold you back from achieving this goal?</li></ul>	
<p><b>OPTIONS</b></p> <ul style="list-style-type: none"><li>• What else could you do?</li><li>• Would you like a few suggestions?</li></ul>	
<p><b>WHAT'S NEXT?</b></p> <ul style="list-style-type: none"><li>• What will you do?</li><li>• When will you do it?</li></ul>	