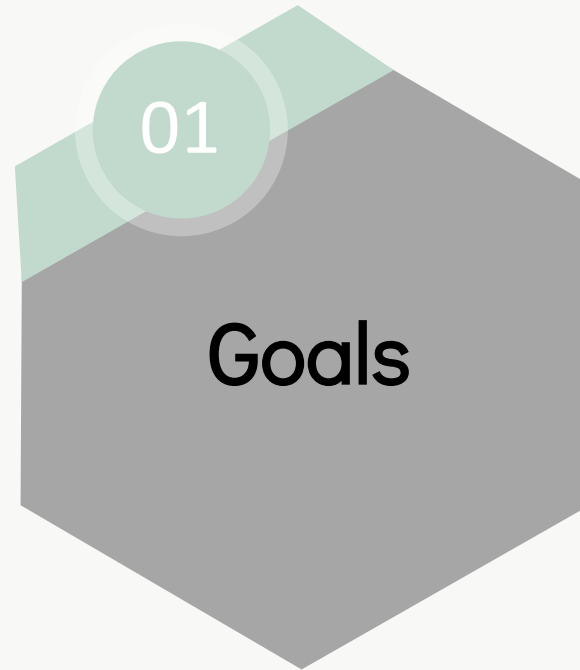


GROWER Coaching Framework



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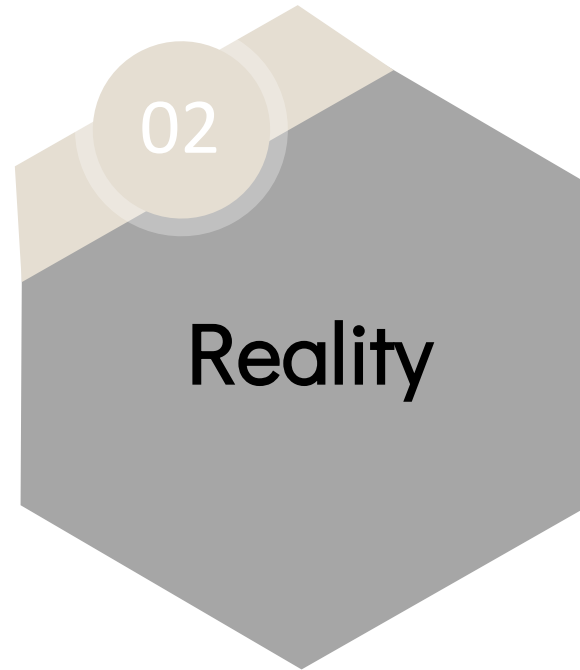


Determine what the coachee wants to achieve, their top priorities, and their planning preferences.

Questions to ask include:

- What are your goals for this project?
- What outcome are you looking for?
- What are your top three priorities for this quarter?

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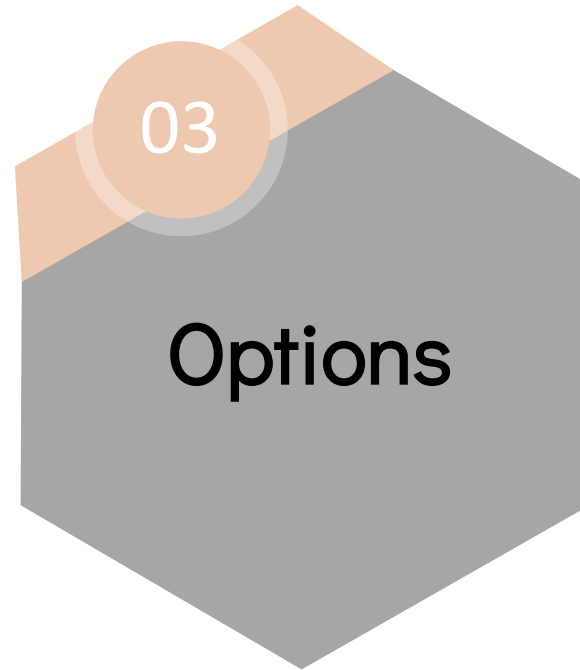


Understand the current situation, skills/resources, and what has prevented progress.

Questions to ask include:

- What have you done so far?
- What is the current situation?
- What skills/resources do you have to help?
- What has prevented you from getting started already?

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Explore alternative paths and potential solutions.

Questions to ask include:

- What else could you do?
- Tell me 3 things that you might be able to do to solve this issue.
- If you had a friend struggling with this, what would you tell them?

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04

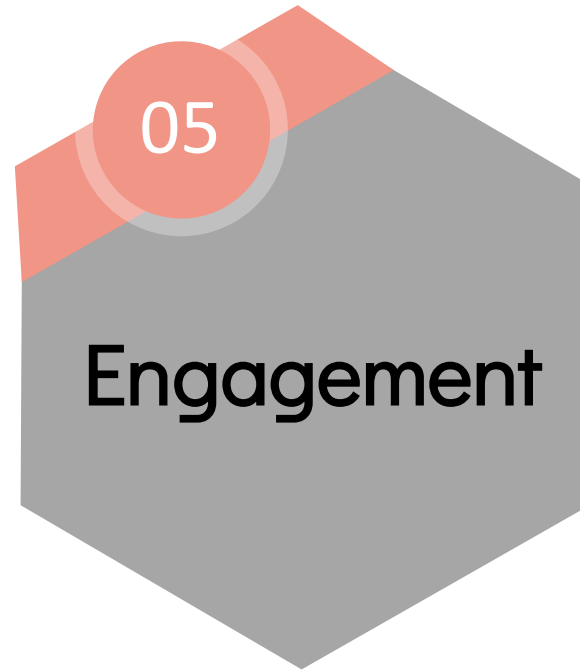
Way
Forward

Decide on a specific path and determine the steps needed to reach the goal.

Questions to ask include:

- What might get in the way?
- What steps will you take first?
- When will you take these steps?
- How is it going to feel when you become successful?

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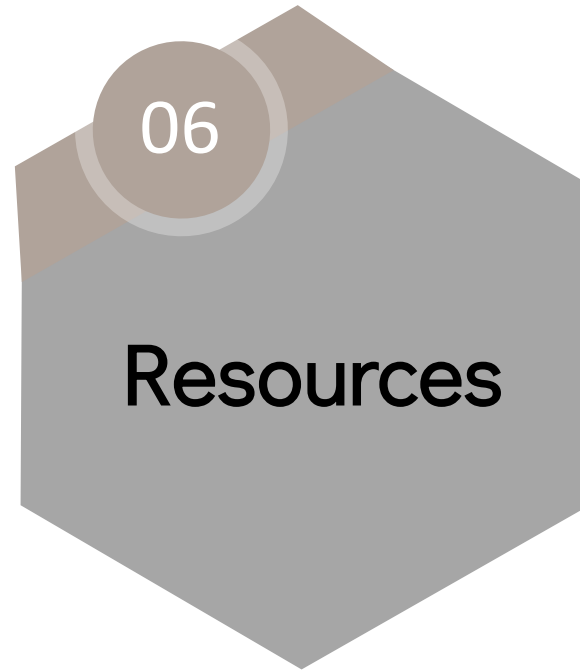


Establish a partnership with the coachee and provide support and trust.

Questions to ask include:

- What can I do to support you?
- What do you need from me to succeed?

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Offer resources to supplement learning, such as books, articles, podcasts, and videos.

Questions to ask include:

- Are there any resources that might be helpful for you?
- What types of resources do you prefer?