**Dairy NSW Leadership Program**

**GROW Coaching worksheet**

Name of coachee:

Session Date;

**Goals**

(Set goals, write them down, and establish what person wants out of the session)

**Reality**

(Let them tell their story, invite self assessment, what’s happening, when does this happen, what effect does it have, other factors)

**Options**

(Brainstorm options, ask – don’t tell, empower, ensure choice, how can you move toward the goal)

**Will**

(Identify specific steps and any obstacles, write action plan)