## GROW Model template

<table>
<thead>
<tr>
<th>Prompts and Notes</th>
</tr>
</thead>
</table>
| **Goal**  
Agree on a goal for the mentor session |
| **Reality**  
Assess the current situation  
- constructive feedback  
- performance  
- data |
| **Options**  
Explore the various opportunities and actions that might solve the problem and achieve the goal |
| **Will**  
Commit to a course of action and agree on an implementation plan include any support or resources |