

Removing Obstacles and Increasing Performance

Using the GROW® Model

At InsideOut Development, we've spent decades helping thousands of individuals, teams, and organizations reach their highest potential by creating a culture of coaching. If you don't have a simple, repeatable process to create focus on a regular basis, you'll never create it. This is where the GROW model can be of enormous benefit.

What Is the GROW Model and How Can It Boost Your Performance?

The GROW Model is a systematic approach to decision making, designed to make it easier to identify the problem and the right next step. It's built to boost decision velocity—the speed and accuracy of decisions that drive performance.

There are four components of the decision-making process:

- 1. Goal:** What topic do you want to discuss and what does increased performance look like?
- 2. Reality:** What has been happening and what are the obstacles that could impact the achievement of that goal?
- 3. Options:** What are the options for solving the problem and how might you go about it?
- 4. Way Forward:** What is the specific action plan you can take from the available options and when will you do it?



InsideOut Development is the world leader in workplace and executive leadership coaching. Our coaching programs are rooted in scientifically proven methodologies, and we know how to unlock potential and deliver measurable results.

To learn more about creating a coaching culture that delivers high performance, [schedule a consultation](#) with our team of experts.