

GROUP A Coaching Model

Goal: Determines the focus of coaching session



What do you want to achieve this session?

Reality: Raise awareness of present realities



How have things gone?

What's worked?

What hasn't worked?

Options: Identify and assess available options. Solutions-focused thinking



What options do you have?

What things might be worth trying?

What else?

Understand Others: Observe of ourselves and others in the group coaching setting

What is your view on the best option?



What was your internal dialogue when you were listening?

How can you integrate that perspective into your own work?

Perform: Determine next best steps. Develop action plans. Build accountability



What's the most important thing to do next?

What might get in the way?

Who will be able to support you?