

# Formal Coaching Sessions

## **Core Coaching Skills**

Active Listening

Asking Powerful Questions **Empathy** 

Using the **GROW** Model



### Will

- Step 1: Accountability & achievement of goals
- Step 2: Follow up & Feedback



#### Goal

Provide understanding of focus for a coaching session related to a problem, challenge, or opportunity



# Reality

Assess current situation in terms of what actions have been taken so far Assess potential challenges or barriers



# **O**ptions

Assess other possibilities alternatives, and resources

