

BU Staff Feedback on the GROW Model

The structure of GROW works and can be trusted

As a coach keeping quiet can be as powerful as asking questions

I need to get to know the GROW structure better so it feels natural

The process helped me find actions which are realistic and manageable

Other issues may surface behind the presenting issue, and these may be the ones which really need attention

The questions which asked me as coachee to give a rating helped me realign priorities

The process helped me find actions which are realistic and manageable

I thought my goal was too big, but now I can see how I can achieve it

I need to keep focussed on what the student is saying, as my thoughts tend to wander. Constant listening is essential

The phrasing of the coaching questions can unintentionally steer the conversation. It can help if I focus on curiosity rather than on possible solutions

As a coach I am an observer of the issue rather than a participant in it. This makes coaching very different from helping friends with a problem