

# Practical Session

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Health Coaching Information Day for  
Medical and Health Professionals

Sydney 1 June 2007

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# Demonstration of Health Coaching Conversation Style

# Having a GROW Conversation

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**General goals** – what does the client want to achieve?

**Reality** – what is the current situation?

**Options** – what are the possible solutions

**Write it down** – write down specific goals and step-by-step action plan.

# The GROW Model turns fuzzy visions into reality

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# GROW Exercise

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- Choose behaviours you are **ready** to change
- Use **GROW** framework to formulate specific goal and action plan
- **Take turns** (10 minutes per person) at being the Coach/Coachee
- Do **NOT** give any suggestions or advice

# GROW Questions

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- What behaviour would you like to change?
- What is currently happening regarding this behaviour?
- What's stopped you in the past?
- What's helped you in the past?
- What are your options now?
- What specific goals could you set?
- What would you need to do to achieve this?
- What ELSE would you need to do?....

# How did you go?

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Did you find it difficult to refrain from jumping in with your own solutions?

Anyone who has never made  
a mistake has never tried  
anything new.

- Albert Einstein

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