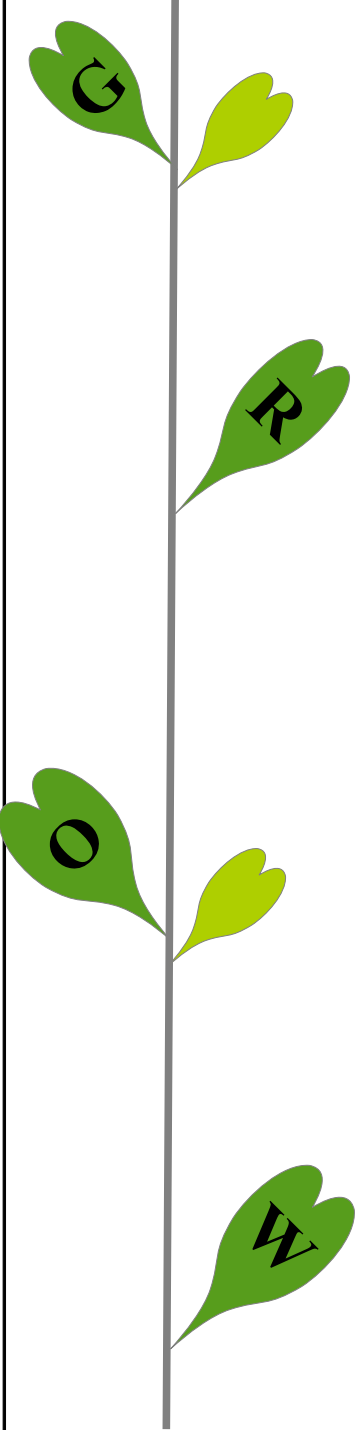
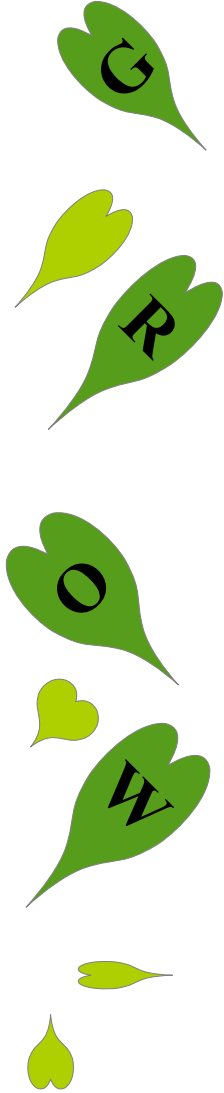


GROW Model: Peer2Peer Coaching

Adapted from CORE Education, New Zealand

	<p>OUR GOAL:</p> <ul style="list-style-type: none"> • What would we like to achieve? • What is most important to us right now? • What needs to happen in order for us to walk away feeling that our time was well spent? 	<p>OUR THOUGHTS</p>
	<p>OUR REALITY:</p> <ul style="list-style-type: none"> • Where are we in relation to our goal? • What have we tried so far? • What are our key challenges? • What is working well and how do we know that? 	
	<p>OUR OPTIONS:</p> <ul style="list-style-type: none"> • How have we tackled this /similar situation before? • What alternatives are there to our approach? • Who might be able to help? • Is there something new we need to learn about? • What are the benefits and pitfalls of our options? 	
	<p>OUR WAY FORWARD:</p> <ul style="list-style-type: none"> • What are our next steps? • What is the one small step we are going to take now? • What might get in the way? • What support might we need to get through that? • How will we know if we have been successful? • On a scale of 1-10 how committed are we to doing it? 	

 <p>A vertical decorative column on the left side of the page. It features a series of green leaves of various sizes and orientations. The letters G, R, O, and W are printed in black on some of the leaves, arranged vertically to spell out the word 'GROW'. The leaves are scattered around these letters, with some being smaller and lighter green than others.</p>	<p>MORE OF OUR THOUGHTS...</p> <hr/> <hr/> <hr/> <hr/> <hr/>
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