GROWS Model for Facilitative Mentoring
List of Prompts

1. Goal
- How do you want ____ to turn out?
- What do you want to happen?
- What is your desired outcome?
- What benefits would you like to get out of __?

2. Reality
- What do you mean by ____?
- Can you clarify?
- Tell me more about the situation.
- What are the different perspectives that are affecting the issue?

3. Options
- What solutions have you tried so far?
- What do you propose to do? Can you think of any other options?
- If you do this, how will it affect __?
- What else do you need to consider?

4. Way Forward
- What is the best way forward?
- Which option has the most advantages and least disadvantages?
- How will this influence different stakeholders?

5. Summary
- Can you summarize where you are right now and what you want to do next?
- How can I help you connect with the individuals and resources that you need?