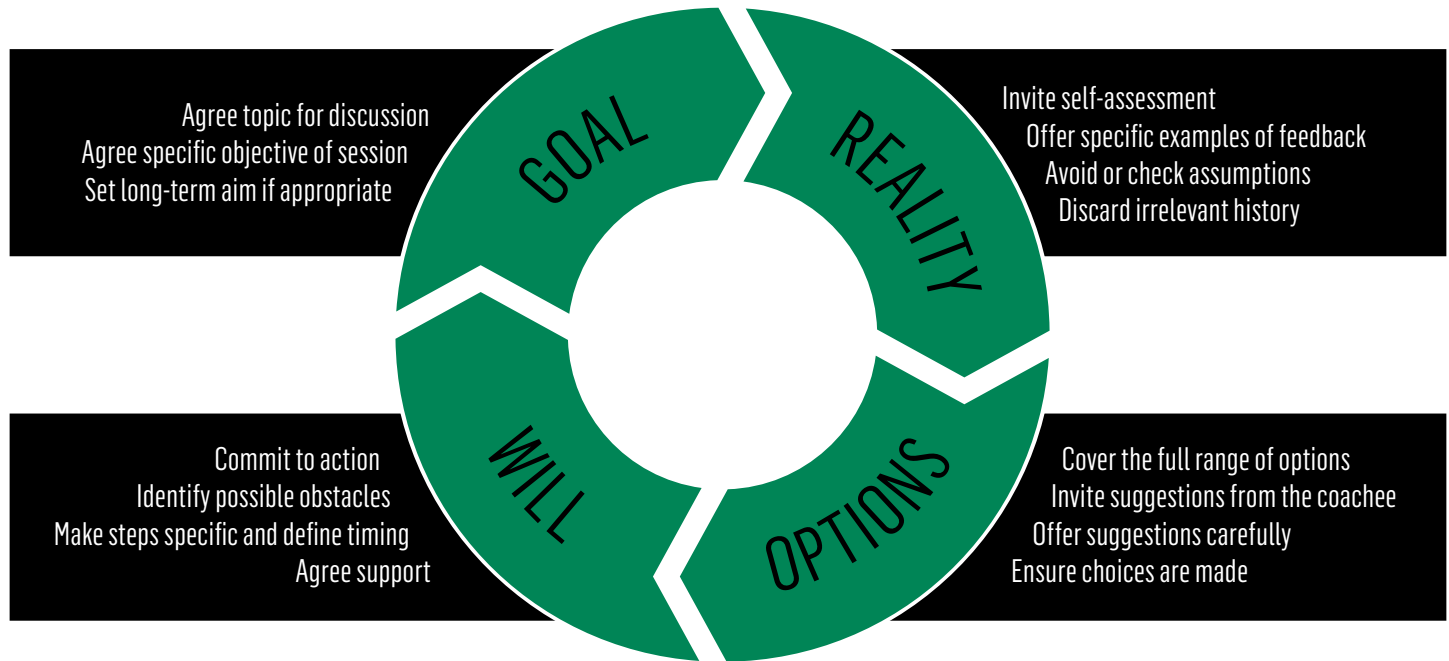


THE GROW MODEL

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Source: Whitmore, J. (2009). 'Coaching for Performance: The Principles and Practices of Coaching and Leadership (People Skills for Professionals).'