

COACHING MODELS



R Reflect

A Assess current situation

O Objectives

E Evaluate

C Creative alternatives to the current situation

U Understand the reasons

S Strategize

H Hone goals

T Take stock

U Understand

I Initiate options generation for goal achievement

C Clarify the gap

L Listen

E Evaluate options

O Options generation

T Take action

V Valid action plan

M Motivate to action

S Systematise

E Encourage momentum

E Enthusiasm and encouragement

S Support

Coaching Skills Models Peter Sinclair

RJ Alexander



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