

Coaching model comparison

By [Andi Roberts](#)

	<u>Coach U</u> Who,What,How	<u>Coach U</u> 123! Coach	<u>Performance Consultants</u> "GROW"	<u>Full Potential group</u> "CIGAR"	<u>Fleming & Taylor</u> "COACH"
Where are you at currently and what do you want to achieve? (sharing understanding)	Who	Listen	GOAL	Context	Competency
	What	Learn	REALITY	Ideal situation	Outcomes
What do you want to do / can you do about the Issue? (generating options)	How	Empower	OPTIONS	Gaps, Obstacles Barriers	Action
		Recap		Action & Accountability	
How will you ensure that you will do what you want? (action planning)		Action	WRAP UP	Review, Reinforcement reality	CHecking