

G.R.O.W. WITH GOD: COACHING FOR TRANSFORMATION

INTEGRATING FAITH WITH COACHING CONVERSATIONS

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FACILITATOR: COACH ALBERT

DATE: JUNE 14, 2025



LEADERSHIP
COACH TRAINING

PURPOSE

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- EQUIP CHRISTIAN COACHES TO USE THE G.R.O.W. MODEL EFFECTIVELY
- INTEGRATE SCRIPTURE AND SPIRITUAL DISCERNMENT INTO COACHING
- ENCOURAGE FAITHFUL, TRANSFORMATIONAL CONVERSATIONS

WHAT IS G.R.O.W.?

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G = Goal

R = Reality

O = Options

W = Will / Way Forward

- A framework for guiding meaningful conversations



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G – GOAL

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- Define the objective or vision
- Scripture: Habakkuk 2:2
- Coaching Questions:
 - What do you want to achieve?
 - What do you sense God is calling you to?

R – REALITY

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- Understand the present context
- Scripture: Lamentations 3:40
- Coaching Questions:
 - Where are you now?
 - What challenges or supports are in place?

O – OPTIONS

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- Explore possible ways forward
- Scripture: Proverbs 15:22
- Coaching Questions:
 - What could you do?
 - What ideas are emerging through prayer or wise counsel?

W – WILL

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- Define next steps and commitment
- Scripture: James 1:22
- Coaching Questions:
 - What will you do?
 - What's your first faithful step?

SAMPLE COACHING FLOW⁺ . ○

- **Goal:** Lead a Bible study
- **Reality:** Nervous, not started yet
- **Options:** Set a date, pray, ask for help
- **Will:** Decide on theme and date this week

HOLY SPIRIT AS COACH

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- Invite God into each conversation
- Listen with spiritual discernment
- Coaching is a partnership with the Holy Spirit

REFLECTION & APPLICATION⁺

- Which G.R.O.W. stage do you want to strengthen?
- How can you deepen your dependence on God in coaching?
- Who could you coach this week?



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CLOSING ENCOURAGEMENT.

“Be doers of the word...” – James 1:22

- Trust the Spirit’s work
- Stay curious, humble, and faithful
- You are planting seeds of transformation



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THANK YOU

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