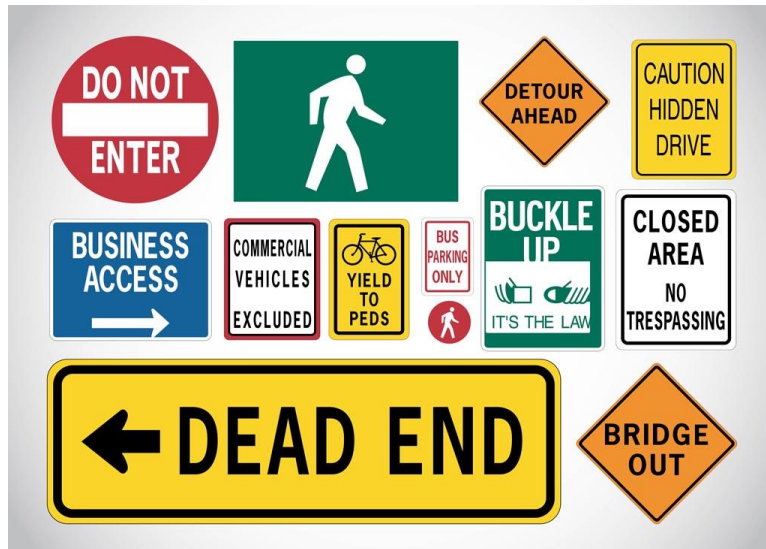


# Coaching Framework

**G** - Imagine what a good outcome looks like or an ideal future position?  
What is the goal or destination?



**R** – What is the reality, where are we positioned now?  
What is the Road Block?  
Face the brutal facts

**O** – What options do we have?  
Different routes or detours?



**W** – What are we going to do about it?  
When are we getting started?  
Avoid ‘procrastination’.