

3 Most Effective Coaching Methods

01

Goal-oriented coaching (GROW)

The GROW (Goal, Reality, Options, Will) model helps to set goals, analyse the current situation, consider options and plan actions. It has a clear framework that leads to concrete results.

02

Transformational coaching

It focuses on deep change and personal growth, helping clients identify and break down internal barriers. It increases self-awareness and long-term change.

03

Strengths-based coaching

It focuses on identifying and utilising the client's natural talents and strengths. It builds confidence and improves performance by developing what the client is already good at.