Mentorship Meeting Tool – GROW Model

GROW Model (a simple method for goal setting and problem solving)

Name of Mentee: ________________________  Date: __________________

Goal: (What do you want?)
______________________________________________________________

Reality: (Where are you now?)
1. Accomplishments to date:
______________________________________________________________

2. New Challenges:
______________________________________________________________

Options: (What could you do?)
______________________________________________________________

Wrap-up:
1. Strategies to achieve goal:
______________________________________________________________

2. Evidence of progress: How will you know you’re making progress?
______________________________________________________________

3. Milestones: Sketch a brief timeline of milestones:
______________________________________________________________

Adapted from the UBC Dept. of Medicine Mentoring Program, Director Dr. John Cairns