



Coaching for **Performance, Learning and Development** to **Achieve, Fulfil, Enjoy,** and take **Responsibility**

Dealing with an issue or problem using



A coaching and discovery tool for a structured approach

Describe the issue or problem in a sentence or diagram:

Reality: What exactly is happening now? What are the symptoms?



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Options: What options and choices can I see or consider?

Quest: What am I choosing to do in this issue?

Score out of 10 how it resonates for you in your: a) Head: b) Heart:

My **Unique** Needs: What do I need to have / do / put in place before I can embark upon my Quest?

Execution: What exactly am I going to do? Use SMART Goal Template. How am I going to be accountable and to whom?