



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

Dealing with an issue or problem using



A tool for a structured approach

Describe the issue or problem in a sentence:

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?

Head:

Heart:

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

Execution: What exactly am I going to do? Use SMART Goal Template