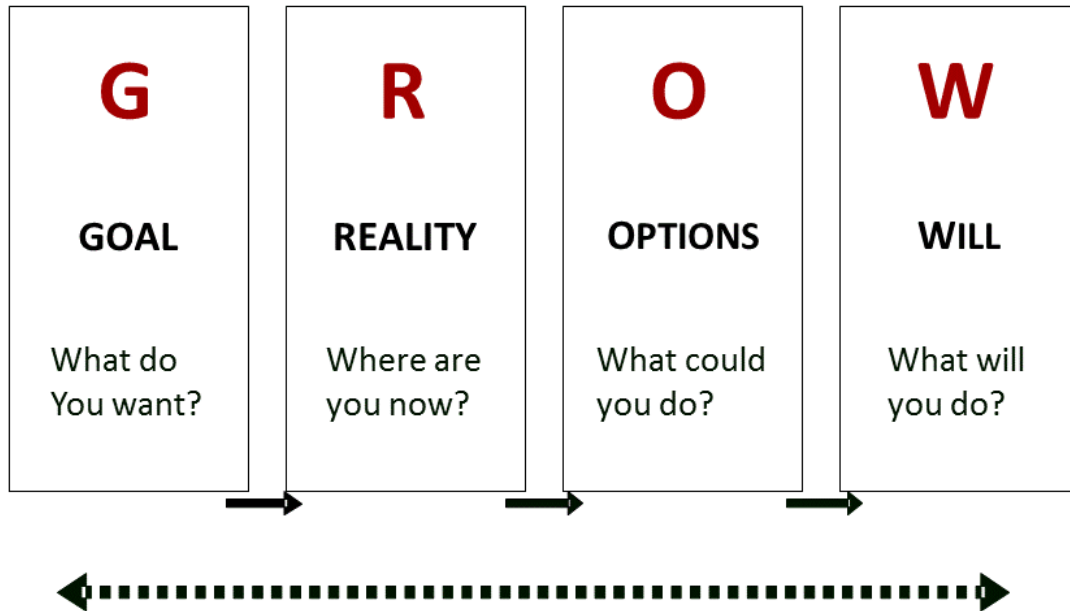


# Grow Model



Coaching for Performance  
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- GROW Model  
[https://www.mindtools.com/pages/article/newLDR\\_89.htm](https://www.mindtools.com/pages/article/newLDR_89.htm)Demonstration of GROW mentor/protégé match
- <https://www.youtube.com/watch?v=6f3X2PEsV-QM>Mutuality video
- <http://www.ethosconsultancynz.com/profiles/blogs/the-benefits-of-reciprocity-in-mentoring>