

# PLATT-FORM

## *Performance Coaching*

Here at Platt-Form we blend the "T-GROW" and "OSKAR" coaching methods, combined with our "4M Method" to deliver the most impactful and relevant coaching process to help you achieve your goals in record time. Here's what our unique coaching process looks like:

**T: Topic** – clarification of the overarching topic

**G: Goal** – setting of specific goals – long/medium/short term

**R: Reality** – understanding where you are now in relation to your goals?

**O: Options** – exploring options for moving forward

**W: Way Forward** – identifying and agreeing on specific action

*\*Adopted from the OSKAR model...*

**K: Know-How** - What skills/knowledge/attributes do you currently have that will help you? When have you done this/something similar before? What would others say is working for you?

**R: Review** - This final stage is for reviewing progress against actions and is therefore most likely to take place at the beginning of the next coaching session. The emphasis is on reviewing the positives.