

Levels of Praise

Level 1: Surface Praise

“You did great!”

Level 2: Specific Praise

“You took extra time to explain the procedure to your patient.”

Level 3: Attribute Praise

“You showed clear compassion for that patient in the way you spoke and by taking extra time to explain the procedure.”

Action Plan

I plan to:

Coaching

Appreciation

(Activity)

By

(Date)

For

(Faculty Member)

By doing the following:

Specific

Measurable

Attainable

Relevant

Time-Based



Icahn School
of Medicine at
**Mount
Sinai**

*Office of Well-Being
and Resilience*

GROW Model

GOAL

What do you want?

- What does success look like for you?
- What goal do you want to achieve?
- What do you want to do more of?
- What are you passionate about?
- What do you enjoy doing most?

REALITY

Where are you now?

- Where are you now in relation to your goal?
- Have you already taken any steps toward that goal?

OPTIONS

What could you do?

- What could you do to reach your goal?
- What are some possible steps to take?
- What other ideas do you have?
- What has worked in the past?

WILL

What will you do?

- What will you do to reach your goal?
- Which of the options will you take?
- How are you going to go about it?
- By when will this happen?
- How can I help you with this?
- Can I make a suggestion?