



# Online Free Resources

We develop people – they develop your business

## Wheel of Life/Work – Resource 4

**The wheel of Life is a veteran tool of the coach, often used at the start of a coaching programme, it breaks down barriers and highlights key areas for growth very quickly, giving you a great insight into the development requirements of your staff.**

### Why use this tool

All coaching programmes begin with the coach finding out from the coachee a bit more about them and ultimately where their development needs will lie. Depending on the issues this can take some time and appear like a question and answer session that is not coaching. Coaches always look for tools which can accelerate this process to allow them to delve into issues very quickly and increase the effectivity of the coaching programme from the outset.

The most well know tool for this process is The Wheel Of Life and is presented here in its original form for your use. The tool here uses a well defined set of 8 criteria against which life is assessed, there is nothing stopping you creating extra lines and different criteria.

### How to use this tool

Select eight categories from the titles below and fill them in on the empty boxes around the wheel, choose subjects most relevant to your development requirement

#### Life

- Relationships
- Fun & Recreation
- Health and physical
- Personal Development
- Friendship
- Family
- Environment
- Finance
- Spirituality

#### Work

- Career
- Learning and Development
- Work/life Balance
- Knowledge and understanding
- Finance and rewards
- Working environment
- Enjoyment
- Responsibility
- Sense of achievement

Take each sector one by one, and rate level of satisfaction 1-10 (10 is high) and mark on the line within the wheel, your satisfaction level for that criteria. Once complete join the points together to make your own wheel of life.

This provides you with and immediate visual on your life balance. It is said that if you imagine your wheel as a genuine wheel this would represent the smoothness of your life journey?

### Where to use this tool

This tool is intended for initial coaching sessions however can also be used appraisals and reviews



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