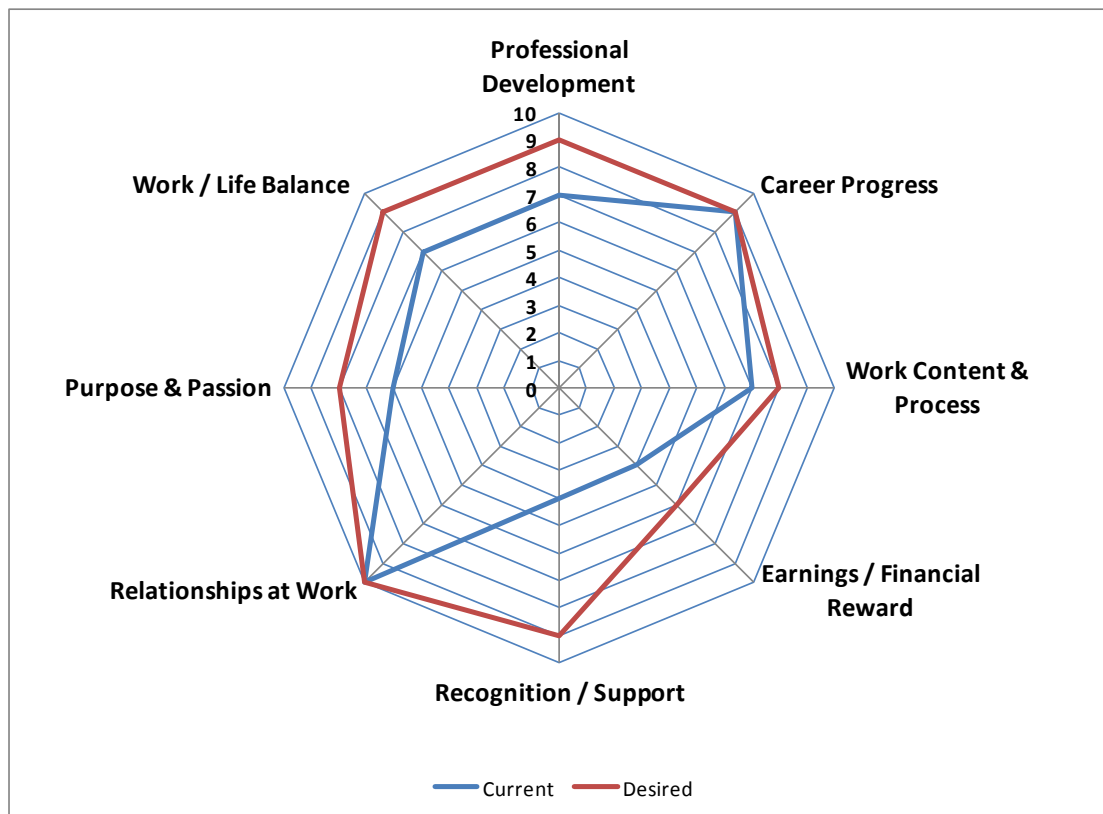


Wheel of Life & Wheel of Work

Please complete either or both wheels on the next page.

The eight spokes in the Wheel of Life and the Wheel of Work represent your current balance. Seeing the centre of the wheel as 0 and the outer edges as 10, rank your **current level of satisfaction** with each area. Using the Wheel of Work as an example, if you are very happy / satisfied with your Career Progress you may score yourself 9 out of 10. If you are very unhappy / dissatisfied with your Recognition / Support, score yourself 4 out of 10. Then draw a line across each set of spokes to create a new outer edge. The new perimeter represents your Wheel of Work.

Repeat the process but now draw lines in a different colour representing your **desired level of satisfaction**. The gaps between your current and desired levels of satisfaction could indicate areas of concern / development you might wish to discuss with your coach. In the completed Wheel of Work example below Recognition / Support indicates such an area.

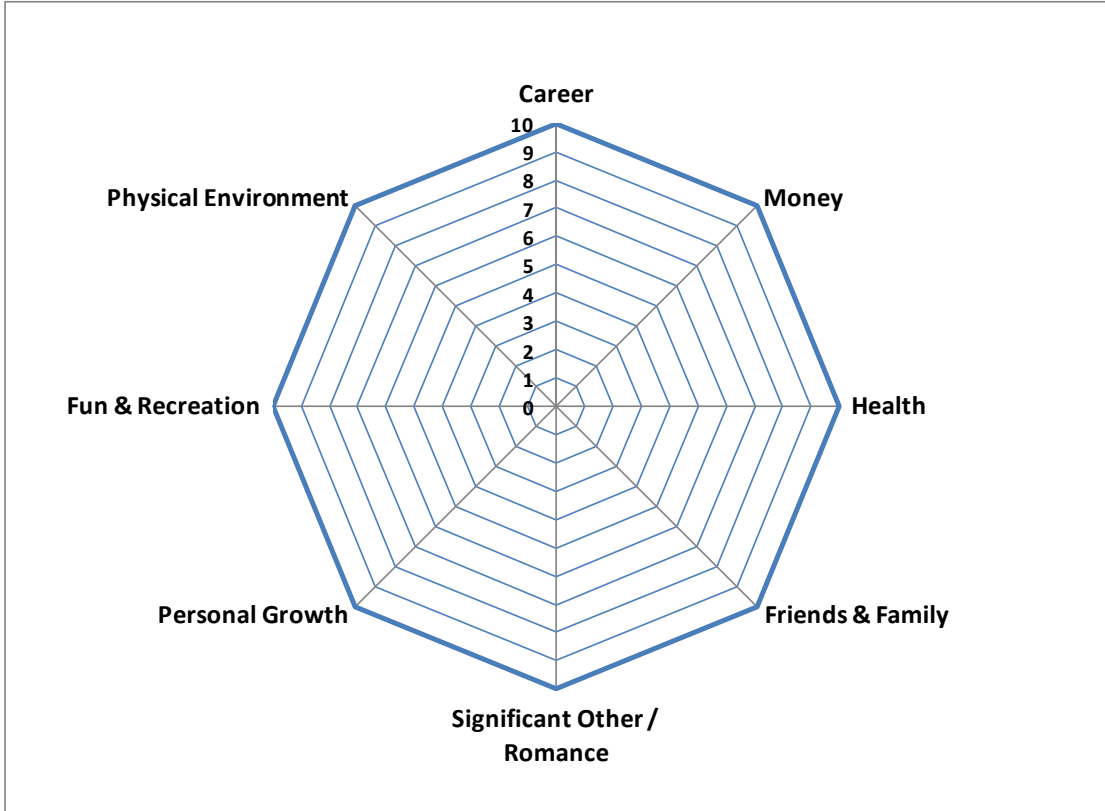


This exercise gives you a little taste of what coaching is like. You have the opportunity to focus on yourself — your life, your work, your needs, your hopes, your dreams and your goals.

All information disclosed during the coaching sessions will be treated as confidential and will not be shared with any persons outside of the coaching relationship without the client's prior consent.

Wheel of Life & Wheel of Work

Wheel of Life



Wheel of Work

