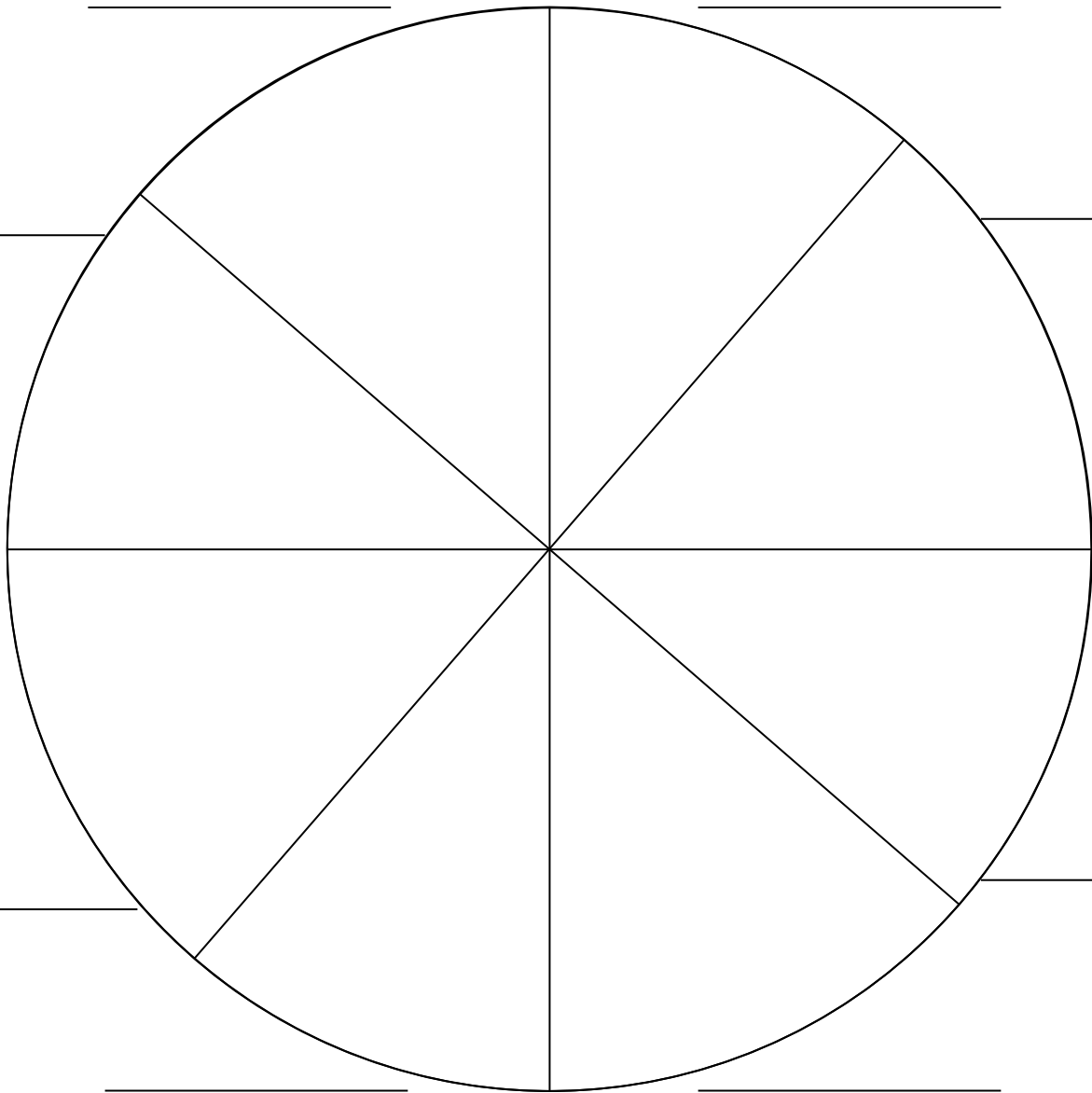


'Coaching Wheel'



- Enter 8 different areas of your life that are important to you for balance—
examples could include: home environment, family and friends, partner, health, career, finances, personal development, fun and recreation.
- Taking the middle of the circle as 0 and the edge as 10 mark your current level of satisfaction for each area
- Consider if there is any prioritisation you feel between sections- which would you like to develop?
- On a separate page make notes and discuss what makes each sections current satisfaction level- list what is appreciated -what challenges are faced and ways you may maintain or develop any given area

