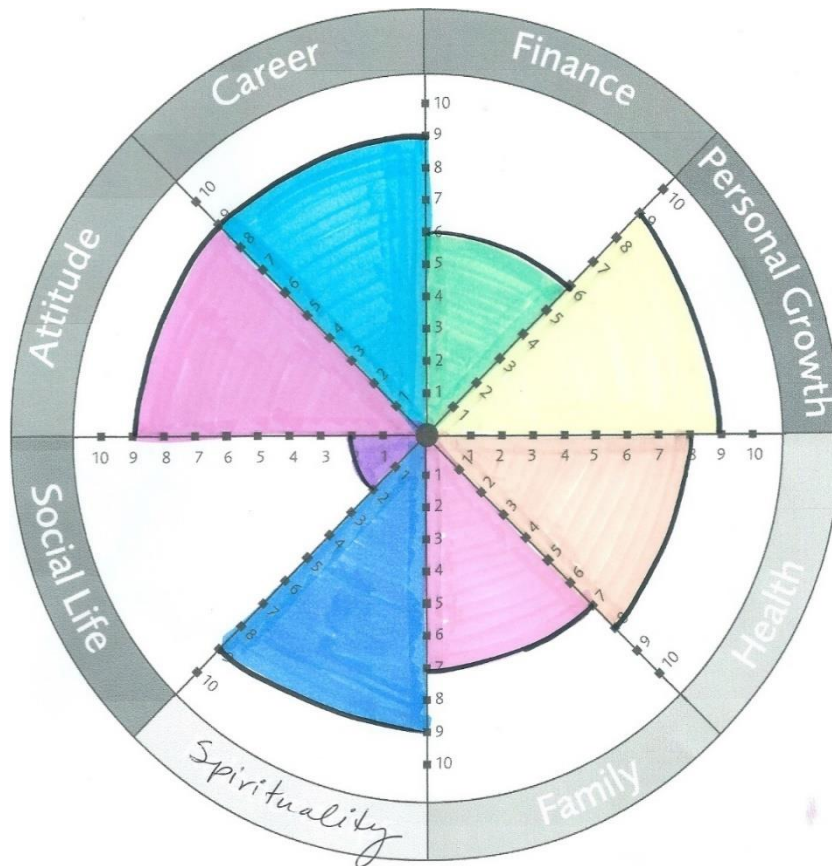




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## Coaching Toolkit: Wheel of Life



### Description

The Wheel of Life was originally created by Paul J. Meyer. It is a simple yet highly effective tool to provide a vivid visual representation of your coachee's whole situation. Each area of life is mapped as a segment of the wheel and the coachee works their way around each one, instinctively rating their level of satisfaction from 0-10.

The completed wheel provides a rich source of information to explore as part of the coaching session, including the way in which the various segments influence one another and where might be a good focus for the coaching.

The Coach and coachee can revisit the Wheel of Life regularly to monitor developments and progress as the coaching progresses.

The segments can be labelled in any way you like and you may wish to use a similar model when coaching teams to reach consensus on what is going well, what isn't going so well and identifying what requires attention and focus. The tool can also be used when helping clients to vision by extending the spokes and asking them to imagine what a '10' would look and feel like and what would they be doing differently as a result.



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Your notes

What I have learned from this model

How I will use this model