

# Coaching Tool: Wheel of Life

## Transcript

### Appearing

In order of appearance:

1. MAJ David Stephens
2. GPCAPT Chris Ward

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### Transcript details

MAJ David Stephens Chris, tell me a little bit about another tool that we can use in our coaching engagements, and that's the "Wheel of Life". What is the "Wheel of Life"? How can we use that with our coaching campaigns?

GPCAPT Chris Ward So the "Wheel of Life" is a very common self-coaching tool. You could take your coaching counterpart through the "Wheel of Life". Alternatively, you can do it yourself. And I've got an example here, David, which has been filled out. And essentially you can have one of two wheels. Usually, it's divided into your personal wheel or your professional wheel.

GPCAPT Chris Ward And if you've got a coaching counterpart struggling to identify goals for themselves, then taking them through the "Wheel of Life" can be very useful. There's different... there's a different criterion on each of these axes, and I simply get the coachee to choose one of them. And you'll notice that I use the initial colour is blue. And I ask them to mark on each of these axes how important this aspect of their personal life is to them generally now, and so you'll see family, health, being myself and personal development. Those are just examples. And they're shown on the 6 o'clock, 9 o'clock, 12 o'clock, and 3 o'clock axes. So after the person has marked and in this example in blue, how important this is to them. I asked them to choose a different colour and mark on these axes, which starts at zero and ends at ten. How well they're doing?

GPCAPT Chris Ward And what this "Wheel of Life" spread bears out is the difference between how important something is and how they're tracking. And so, you can see pictorially, it's quite obvious that in terms of the person who fill this out at the moment, there's a big gap between how important their family is to them and how they're going with it, because that's where the biggest difference between the two colours is on that axis.



GPCAPT  
Chris Ward

So then what that tells me, and it tells my coaching counterpart, is that maybe we should look at that aspect of their personal life and family and perhaps set some goals about that, because clearly, the difference between how important it is to them and how they're traveling at the moment is very big. And maybe by pursuing a couple of goals, you can help them close the gap.

MAJ David  
Stephens

So, it's a great tool for helping your coaching counterpart to focus on those areas of their life, either personal or professional, depending on which wheel you're looking at. In order to be able to identify those gaps and then they could then become goals, the things that they might want to work on.

GPCAPT  
Chris Ward

That's right. So this only works in very general terms. And then what you can do if there's a large gap between the importance and achievement at the moment, then you can start to work with your coach to identify some goals which will help them close that gap.

MAJ David  
Stephens

Great. Thanks for sharing.

