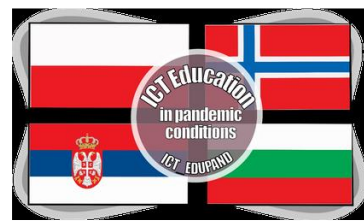




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WHEEL OF COMPETENCES

Instruction for completing the exercise:

1. Print the wheel of competences without headings (p.2).
2. Ask the participant in the coaching process to identify the competencies necessary for his dream job. Mark the competences on the areas of the wheel of life (the number is unlimited). If you are leading the class in a group, divide the group participants into pairs, then one person will ask questions and the other will give answers. You could consider reversing the roles.
3. Ask the person in the coaching process to evaluate on a 10-point scale the level of satisfaction with the competences presented in the circle, where **1** means no satisfaction at all with the level of competence held, while **10** means maximum satisfaction with the level of competence held.
4. Try to ask the coachee helpful questions e.g. Now look at your satisfaction ratings of your level of competence:
 - Were you surprised, upset or perhaps delighted by something?
 - Have you learnt something new about yourself?
 - Do you see things that are important to you?
 - What conclusions do you draw from this exercise?
5. How much would you like to change, by how many points, your satisfaction with your level of competence? Imagine what your life would be like at this new level of satisfaction.

Note: aiming for a higher level of satisfaction in a chosen area of life can be the first stage of the GROW model (Appendix 4), which focuses on goal setting for the whole coaching process.



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