

The Balanced Wheel Exercise

The Balanced Wheel (alternatively known as the Wheel of Life) is a great way for a coach to get to know a coachee and build rapport at the beginning of a coaching relationship.

Regarding the centre of the wheel as 0 and the outer edge as 10, the coachee ranks their level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge. If this was a real wheel, how bumpy would the ride be?

