

COACHING FOR DEVELOPMENT

Developmental wheel

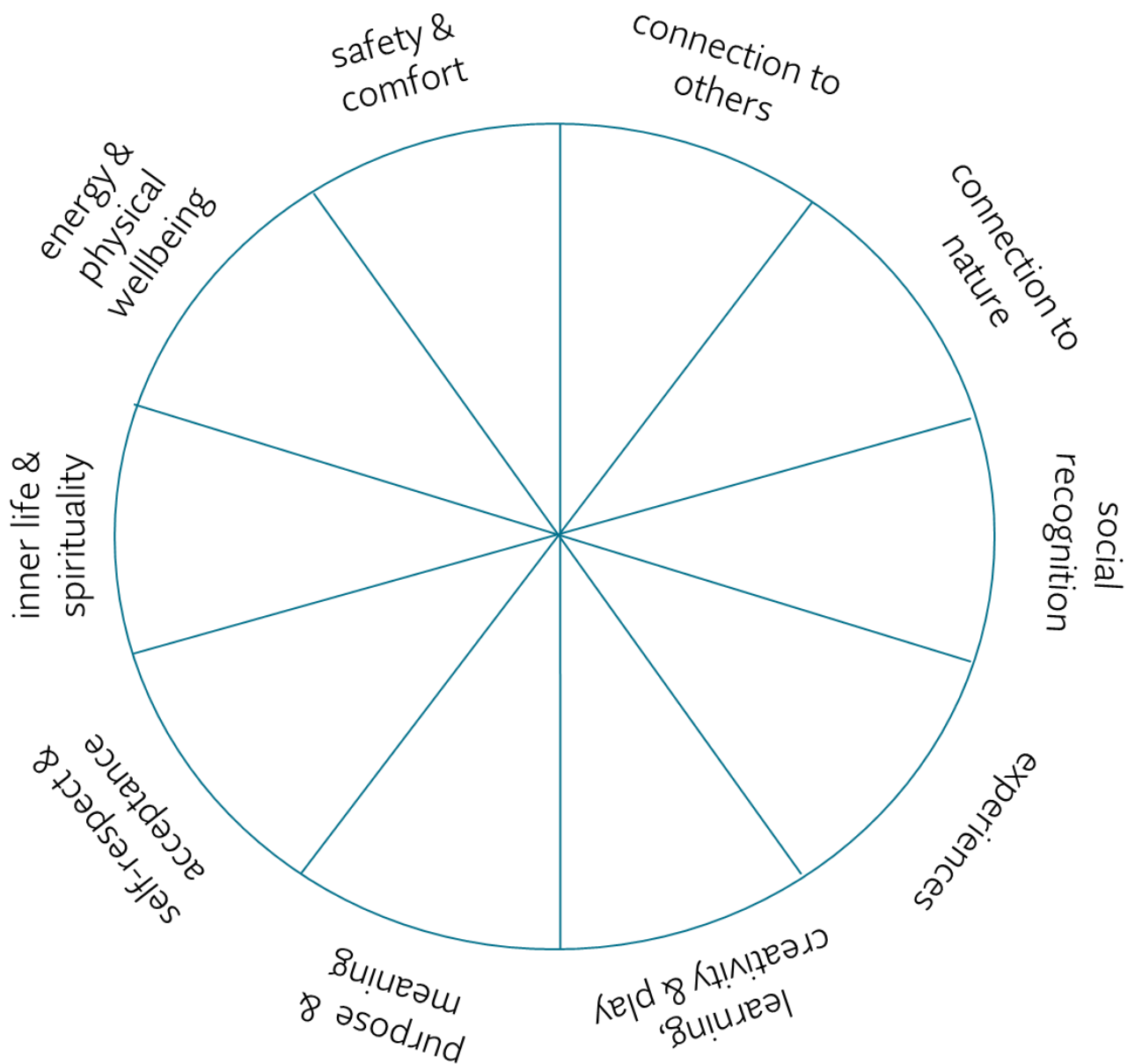


A tool from Coaching for development
to start your journey
of personal and professional change
www.laetitia.coach

Developmental wheel



The wheel below represents major life domains. Use this tool to take stock of what is going well for you at the moment, and what you would like to improve.



Step 1: Evaluate where you are.

1. For each domain, how satisfied or fulfilled are you on a scale from 0 to 10?

2. For each domain, what are the achievements, habits, behaviours and progress that you perceive as successes in your life today? (list as many as possible)

3. For each domain, what are your perceived areas of stuckness and opportunities for improvement?

Step 2: Analyse your Wheel.

4. What do you notice as you look at your wheel?

5. What is the quality of your presence and of the time you dedicate to each domain?

6. What domain(s) do you want to improve in priority? Why?

Step 3: Take action.

7. For the domain(s) you want to improve, what does a +1 point level of satisfaction or fulfilment would look like for you?

8. How will you know that you have reached the next (+1 point) level on the scale?

9. Imagine the difference it would make for you to reach the next level on the scale on priority domain(s). What do you feel when you reach the next level on the scale? What do you do? How do you show up in your personal and professional interactions?

10. What is the first small action you will take to start moving towards the next (+1 point) level of fulfilment for your priority domain(s) on your wheel?



work with me

Has this tool been useful to you?

Would you like to go further in its exploration?

Would you like to adapt this tool to other domains of your life ?

Would you want to implement the changes that you have identified?

Would you like to discover more tools to support your personal and professional development?

⇒ **Book a (free-of-charge) coaching discovery session**

<https://laetitia.coach/book-a-free-initial-session/>

I look forward to our conversation,

Walk Gently!

Laetitia



Integrative approach &
Nature-connected

Hi, I'm **Laetitia Antonowicz**, a professional certified and accredited coach (EMCC). I have 30 years of professional experience in education and international development. Since 2017, I've coached professionals & leaders– present, past and future – who care about people & the planet. Together we work on next professional chapters and career change, life transitions, and leadership development for greater alignment, clarity, connection, resilience, courage and impact.

For more information: www.laetitia.coach