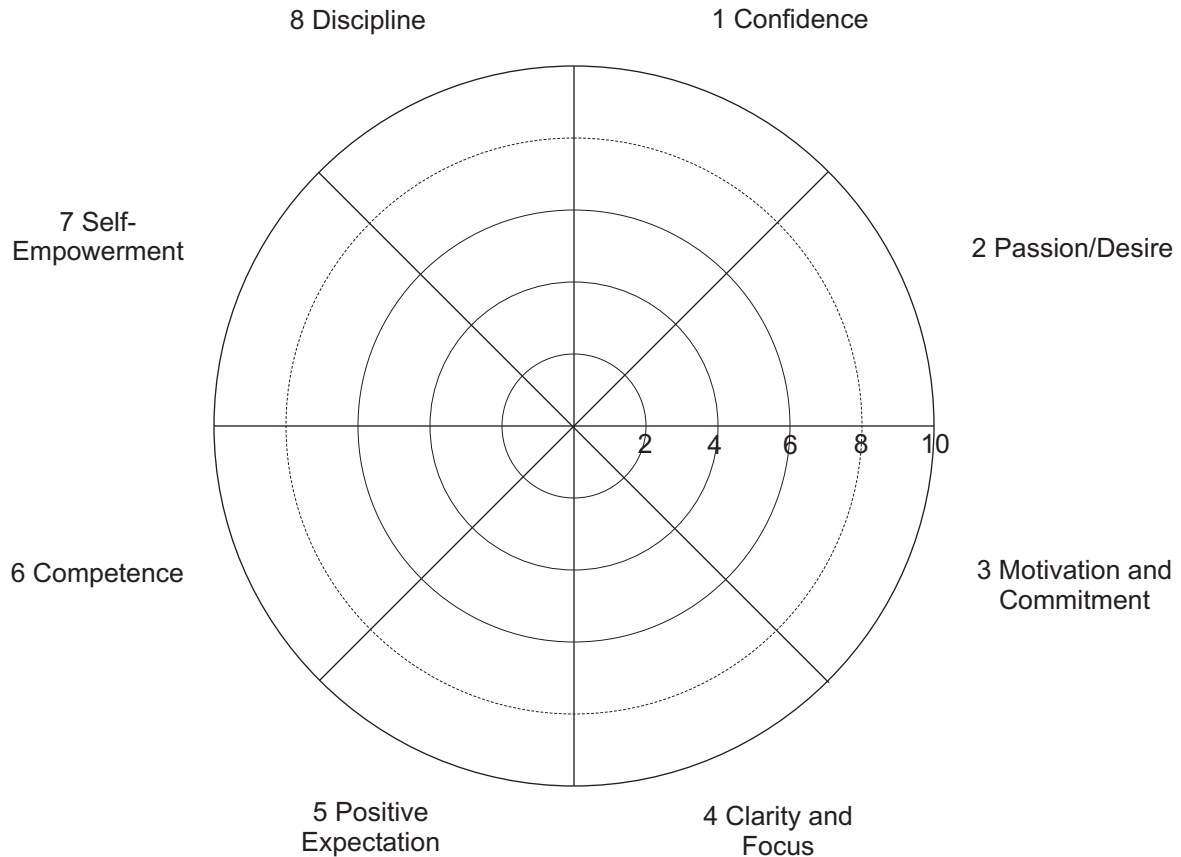


Core Coaching Areas Wheel



This coaching wheel is a tool you can use on an ongoing basis to evaluate the health of your relationship with your client. In each session, notice how strong the client is in each of these areas. All of them are critical to the client's ability and desire to continue toward goals.

When you start working with a new client, notice if any of these areas need boosting. Build up where needed. Then keep an eye on them during each session. If the client starts to lag in any of these areas, they may give up on their dreams.

With awareness, you may be able to prevent this from happening. If, for example, the client lacks competence in an area related to a goal, you can help him or her to find resources. Similarly, if the client is becoming undisciplined and not making progress, you can help with time management, balancing, or prioritizing.