

MODULE 2. COACHING TOOLS



4. MATERIAL FOR PARTICIPANTS: PLAY & ROLE



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Coaching session with a young student.

Role:

- coach (C)
- Client (CI)

Let's get started!

- C:** Hello! I'm glad you're here. Today we will work with the Wheel of Life to identify areas that need your attention. Have you ever heard about the Wheel of Life?
- CI:** No, this will be new for me.
- C:** Great! The Wheel of Life is a tool that helps you assess various aspects of your life, such as career, health, relationships, personal development and more. At the end of the session, you should have a better idea of where to focus your efforts. Now we will draw the Circle of Life. We will divide it into 8 equal parts, with each part representing a different aspect of life: Career, Finance, Health, Family and Friends, Love, Personal Development, Entertainment and Recreation, Environment.

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- **CI:** (Draws a circle and divides it into 8 parts.)
- **C:** Great! We will now rate each area from 1 to 10, where 1 means you are very dissatisfied and 10 means you are completely satisfied. Let's start with Career. How do you rate this area?
- **CI:** I think my Career is at level 5.
- **C:** Okay, what about Finance?
- **CI:** My Finances are at level 3.
- **C:** Excellent. Let's continue with the remaining areas: Health, Family and Friends, Love, Personal Development, Entertainment and Recreation, Environment.
- **CI:** I will now look at the other parts of the wheel.
- **C:** Great, now we have the full picture. What areas do you think need improvement?
- **CI:** Definitely Finance and Health.
- **C:** Okay, let's look at what we can do to improve these areas. Let's start with Finance. What can you do to improve your financial situation?

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- **CI:** I could look for a part-time job or an internship.
- **C:** That's a good idea. What steps do you need to take to find such a job?
- **CI:** Update my CV, browse job offers, send applications.
- **C:** Fantastic. Now let's move on to Health. What can you do to improve this area?
- **CI:** I should start exercising regularly and eat healthier.
- **C:** Perfect. What specific steps will you take to start exercising?
- **CI:** I will sign up for fitness classes and I plan 3 exercise sessions a week.
- **C:** Great, we now have a concrete action plan for Finance and Health. Be sure to review regularly and evaluate your progress. Do you have any further questions or concerns?
- **CI:** No, everything is clear. Thank you for your help!

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- **C:** I'm glad I could help. Good luck with your goals and see you at the next session! It is worth returning to the Wheel of Life at least once a quarter to monitor your progress and make any corrections. Regular use of this tool will help you maintain balance and focus on the most important areas of your life.