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Coaching Tools  
for Success

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Job & Life  
Satisfaction Wheels

# Use these tools for yourself or with your clients.

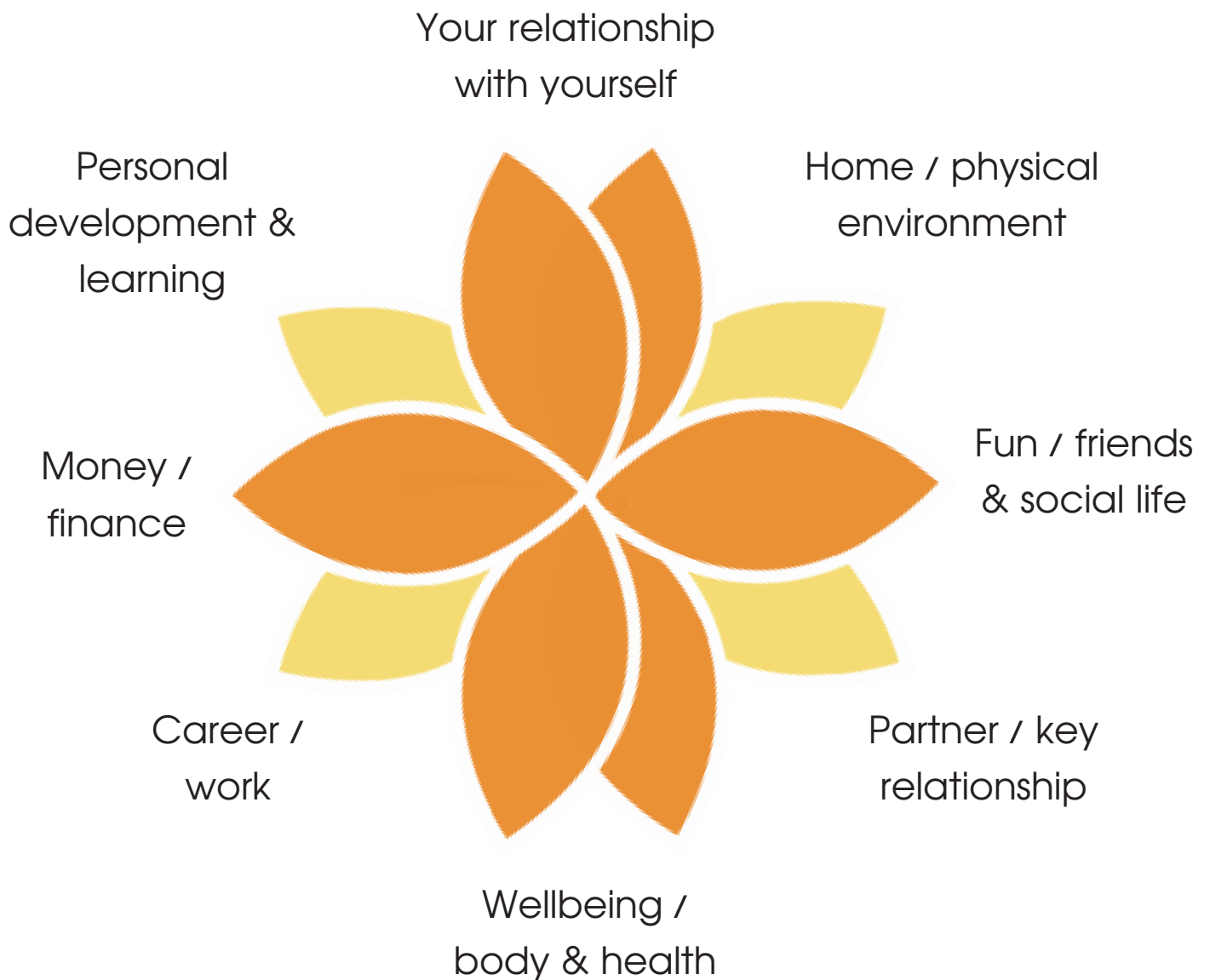
1. Review the categories - is there anything missing which you'd like to include? Add it in.
2. Without too much thinking give yourself a mark out of ten for each category; 1 is very low or terrible, and 10 is very high or marvellous.
3. Reflect on your high scores - notice what is already great and intentionally appreciate each score, whether it's high, or low.
4. Reflect on your low scores - what sorts of things could you do to bring about change?
5. Look at the whole wheel. What's in balance ? What's not?
6. Ask yourself - which categories is most in need of growth and development this week, this month, or this year ?
7. Change is challenging. Choose just ONE category to work on, for now.
8. For that one category - if you were scoring ten;
  - What would that look like?
  - What would be different ?
  - What would you be feeling? doing ? Saying ?
  - What would others be saying about you ?*(your answers here offer you a vision and done measures of success)*
9. Design one action which will give you more insight into, improve or revive your chosen category.
10. Consider asking a peer to hold you accountable for your actions and your outcome. Or perhaps, seek out a good coach.

We would love to hear how this activity goes for you, or your clients.

[Click here to get in touch with Author, Mary Britton PCC](#)

# Life Balance Wheel

*Rate yourself on a scale of 1 (low) to 10 (high) as to how satisfied you are with each aspect of your life:*



# Job Satisfaction Wheel

*Rate yourself on a scale of 1 (low) to 10 (high) as to how satisfied you are with each aspect of your life:*





# About Cause

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*"Using the power of coaching to transform lives both personally and professionally"*

We are a small team of fully accredited, International Coach Federation (ICF) Coaches who between us have 1,000s of hours of coaching experience.

We know that you are the expert in your life and your business. We bring international expertise in Coaching principles and competencies to fast track you to success. We provide ICF accredited Coach training, enabling you to become a qualified professional Life and Executive Coach. We also provide Coach Super-Vision, Emotional Intelligence Assessments (ESCI), Executive Coaching & more.

If you want an enthusiastic, professional, experienced team of coaches to either be coached by or to learn how to be a coach then you do not need to look any further.

At the heart of Cause we hold the intention, and honour our commitment to collaborate with you towards your success.