

THE WHEELS OF LIFE



UPDATE: RESOURCEFULNESS

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CLAIRE STRETCH

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For Coaches

We are very grateful to know that quite a few coaches will be reading this e-book. The journey you will travel as part of exploring this set of coaching tools will significantly support you and the work you do with your clients. We have no doubt of this.

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Please note this book is written in Oxford English.

“ Knowing others
is wisdom;
knowing yourself
is Enlightenment.”

Lao Tzu

RESOURCEFULNESS

A message from Noel Posus

I've received some great questions lately asking for more information about what "resourcefulness" is in The Wheels of Life, particularly the Resourcefulness Pass.

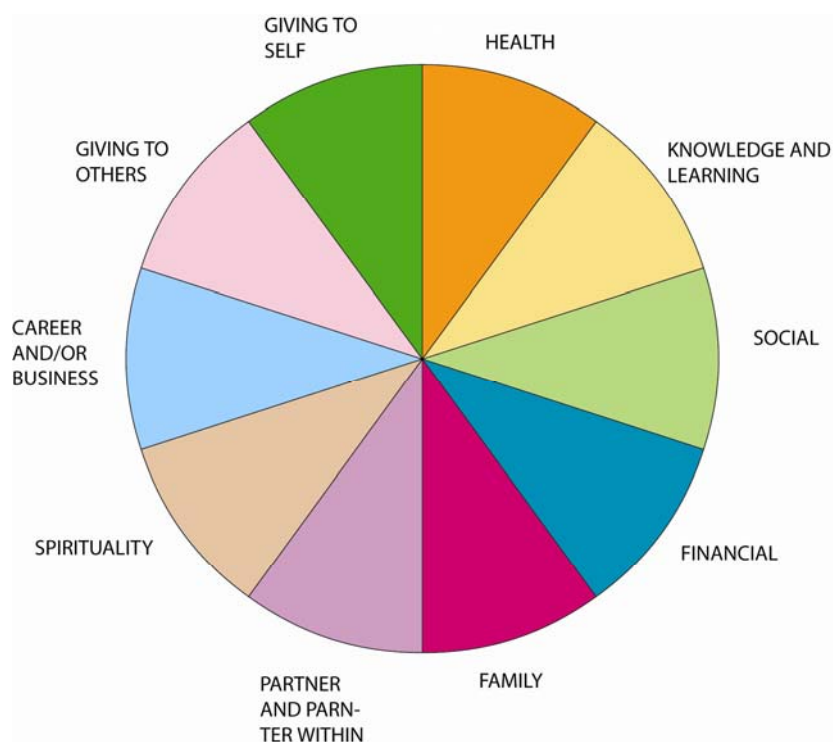
Here are the two ways of looking at it (the first one is simpler to understand in some situations):

1. On a scale of 1 to 10, how confident are you that you have access to all the resources you need (strengths, tools, support, etc) in order to achieve your goals in this category?
(Resourcefulness)

2. On a scale of 1 to 10, how much strength, support, confidence do you receive from this category, the people related to it, your past experiences, etc that you could be drawing upon now in order to achieve your goals for this category or other categories?
(Return on Investment)

So, where the first option is simply checking in with the client to see if they know how to access the support they need and how confident they are about that, the second option goes much deeper and explores how the person views the category in terms of what it gives them.

For example, does the Health category give you strength, energy, endurance, focus, etc? If you improve your Health environment, would you gain more of these resources? In other words, what is the return on investment for the effort you're putting in? If your current Health environment rates a 3 out of 10 for resourcefulness now, if you achieved your goal, how would that number increase?



Granted, this can be a tricky conversation with a client, and certainly option 2 is coming out of the field of study often referred to as Neuro Linguistic Programming (NLP). Those of you with NLP background might find option 2 more useful to you and your client.

So why the two options?

Some clients may find it easier to simply start talking about how they identify if they have any strengths, tools, people and other resources they can tap into to achieve their goals. (Resourcefulness)

Once they start gaining clarity about those resources, how to measure them, and potentially even how valuable they are to them, then the client may be interested in a deeper conversation.

That more involved exploration (Return on Investment) is simply taking the measurement in a few different directions. Here are some choices you have as a coach/facilitator:

- Ask the client if they feel that part of their life is “giving back”.
- Ask the client to what extent they feel strong and confident regarding that part of their life and/or the people, tools and resources in it, being supportive of the client.
- Ask the client if they can remember any experiences from their past which gave them great strength to achieve something in that category. If they can identify something, then it is likely that memory is a “resource” they can tap into presently and/or in the future. Being able to do this within an environment of the wheel also means that the particular environment IS GIVING BACK, by providing a memory of a resource that is available to them again now.

Tips for using this update

You have a number of options available to you:

- You can reread any of the wheels materials with this new filter in mind. This update applies to all wheel topics.
- You can do a self-evaluation with any of the wheels now, asking yourself these questions so that you have a personal experience with them.
- You can explore this with a client and experience the differences together.

Thank you!

We appreciate your questions and are always happy to update our materials to match your experience.

Thank you for sharing and allowing us the privilege of doing the same in return.

If you have any additional questions, please write to me at noel@thewheelsoflife.com.

Cheers,
Noel

Noel Posus
Master Coach
2008/2009 Coach of the Year
Australian New Zealand Institute of Coaching

Please check out our other sites:

www.askacoach.com

www.incredibleawareness.com

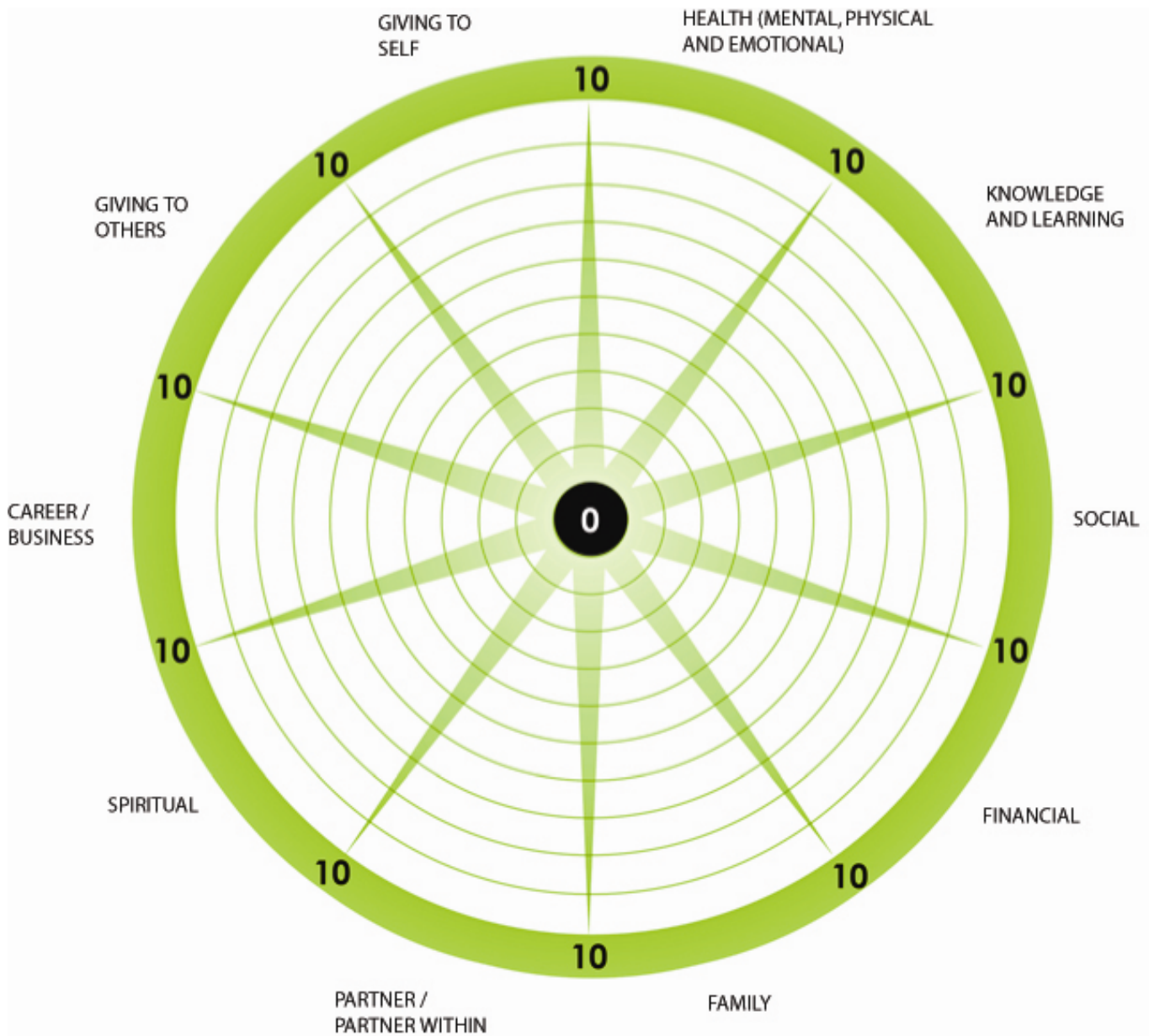
www.accessingourwisdom.com

www.recreationalwhinge.com

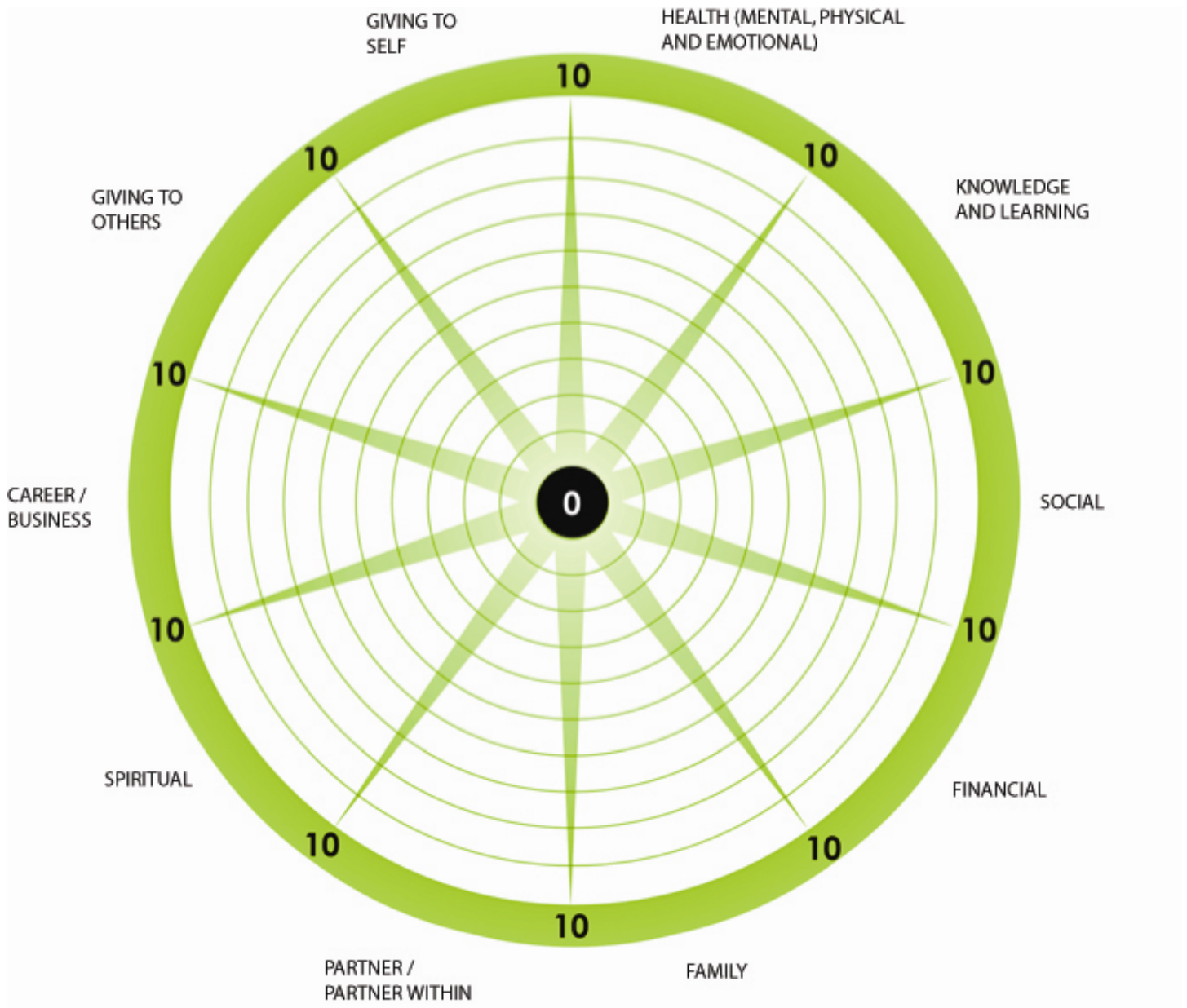
www.coachingtoolsandresources.com (Launching 2010)

“The important thing is not to stop questioning.”
Albert Einstein

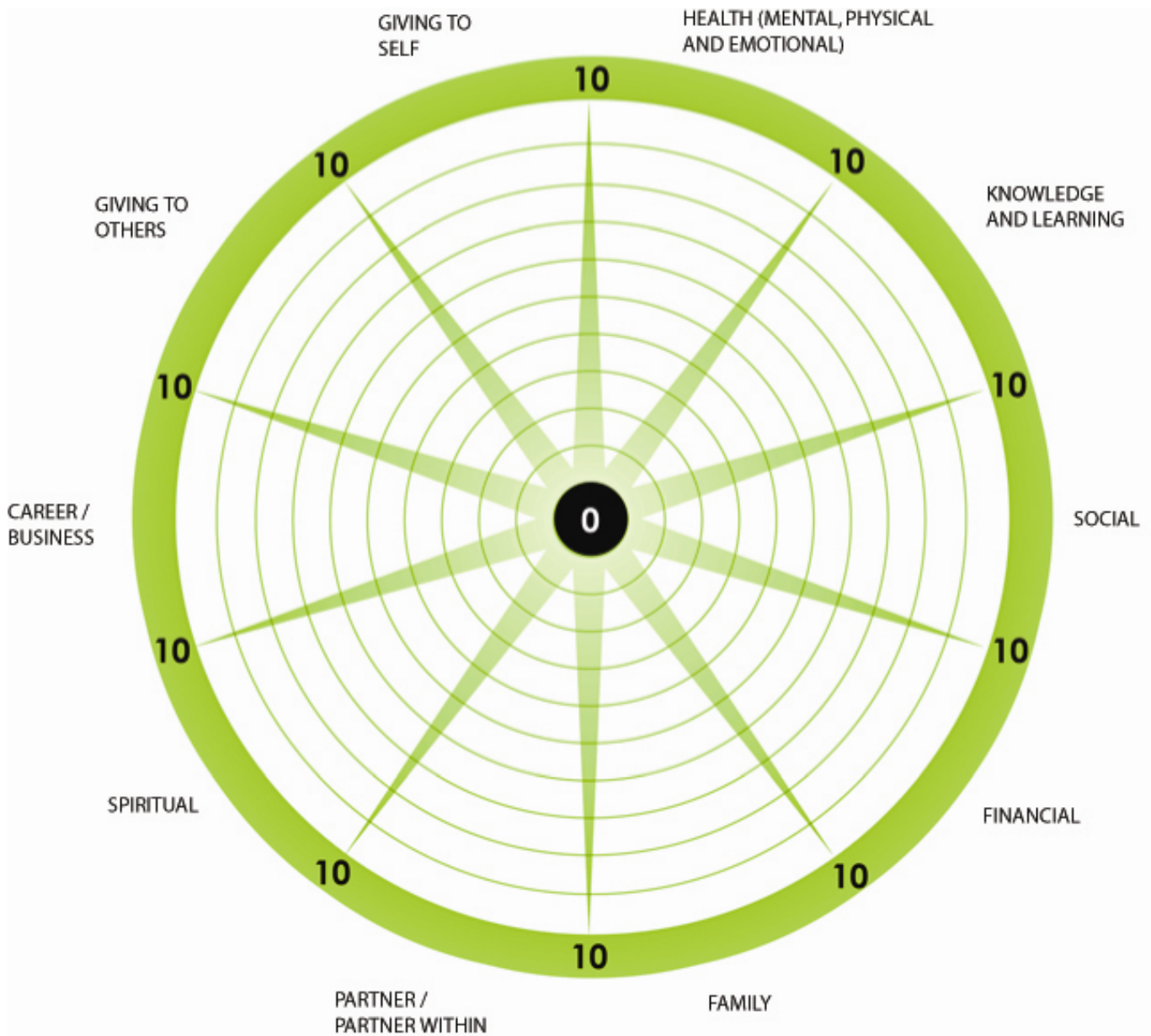
On the diagram below, rate your current **satisfaction** level in each environment on a scale of zero to ten, with ten being the ideal.



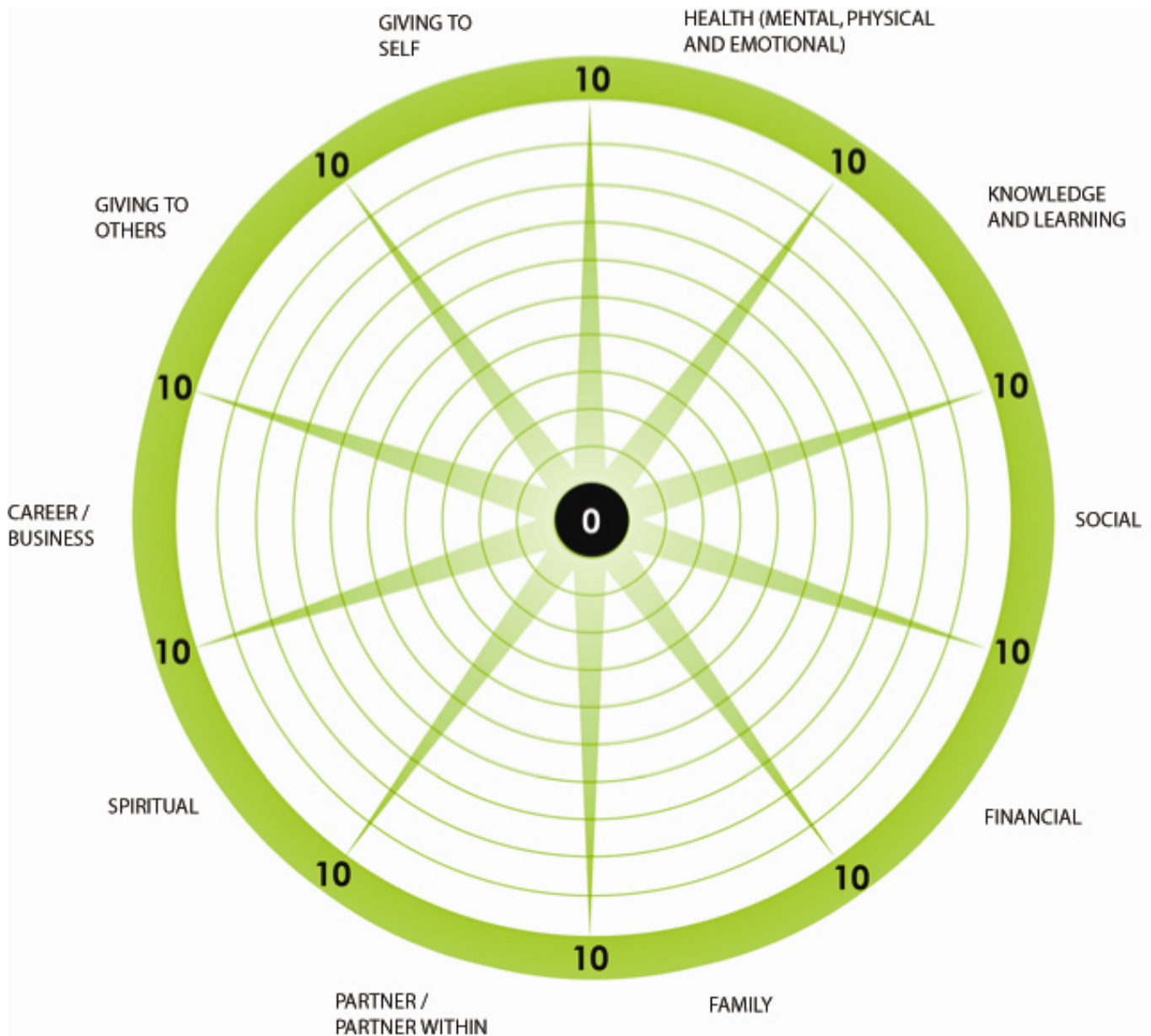
On the diagram below, rate your current **positive attitude, energy, effort level and what this brings to you** level in each environment on a scale of zero to ten, with ten being the most positive or amount of effort.



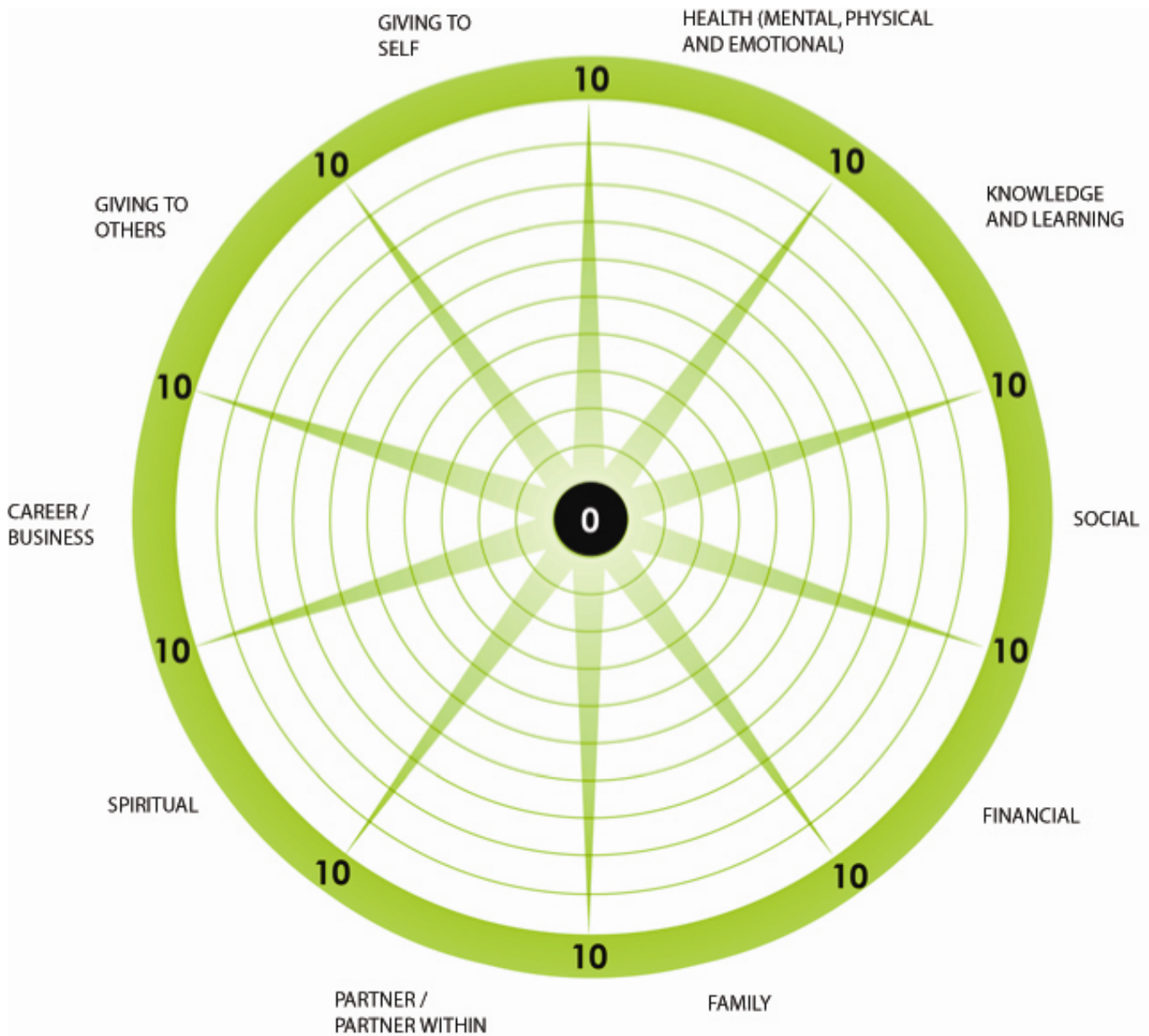
On the diagram below, rate your current **negative attitude, energy, effort level and what this brings to you** level in each environment on a scale of zero to ten, with ten being the most negative.



On the diagram below, rate your current **return on investment** OR **resourcefulness** in each environment on a scale of zero to ten, with ten being the ideal. This is a measure of your resources / resourcefulness.



On the diagram below, rate your current **importance** level in each environment on a scale of zero to ten, with ten being the most important.



THE NEXT STEPS

“Identify your problems, but give your power and energy to solutions.”

Anthony Robbins

There are many options for your next steps on this path of self discovery and learning using this dynamic coaching tool. Certainly, practice and more practice is likely to be the strongest strategy to become confident in the use of the Wheel of Life. Along the way, other situations and opportunities may present themselves, and here's how we can help you.

- o www.askacoach.com – An online life coaching resource centre which provides low-cost email and phone coaching to anyone, anywhere who is looking to make changes in their life. Our email coaching service is only A\$50.00 and you receive incredible value as you will with our phone coaching service at A\$160.00.
 - o Personal Coaching – Please consider utilising the askacoach.com service to support you in addressing any goals which come up as part of your exploration of the wheel. All askacoach.com coaches are trained to use the foundation and specialty Wheels of Life tools.
 - o Mentor Coaching for Helping Professionals – We are also experienced life coaches across many different disciplines. Therefore, we are happy to also support you in your development goals to be able to use these tools more effectively.
- o www.thewheelsoflife.com – We are grateful to be able to offer so much on this site and are continually thrilled by how many great ideas are coming forward that we can add. If you have anything in particular you're looking for that we're not already making available, please send your request to support@thewheelsoflife.com and we'll get back to you as quickly as possible.

We have many specialised Wheel of Life Tools which you may wish to consider after having finished the Foundation Wheel. These are listed on the following page:

- Specialised Wheel of Life tools
 - Health
 - Knowledge and Learning
 - Social
 - Financial
 - Family
 - Partner Within
 - Partner
 - Spirituality
 - Career
 - Business
 - Giving to Others
 - Giving to Self
 - And more...

- Video Tutorials – We offer short video tutorials at about 10-15 minutes each, which cover:
 - Overview of the Wheel
 - Defining the Environments
 - Each of the “Passes” of the Wheel
 - Further Exercises and Applications

- Live Teleclasses – Check out our schedule of ongoing teleclasses to discuss with fellow colleagues how to use these tools, and to discover new applications and opportunities. If there is not a teleclass scheduled at a time convenient to you and if you can attract five to ten more participants, then we’ll host a special teleclass for your group.

- Playshops – A “Playshop” is what we call seminars and workshops, as we are committed to the learning experience being inspired and enhanced by creativity and enjoyment. As with teleclasses, if you would like a Playshop conducted in your city, please contact us to discuss. Please know that we may also be asking for your assistance in attracting enough participants to make the event viable.

- www.incredibleawareness.com – Incredible Awareness is the parent company which brings you the askacoach.com and The Wheels of Life services. We specialise in custom building coaching and/or learning programmes. Please feel free to contact us at info@incredibleawareness.com to discuss your needs and we’ll work with you to co-create a solution.

THE TEMPLATE

The following page provides you with the Wheel of Life template referenced in this book which you can use personally and/or with your clients.

Simply print out the Wheel of Life page when you need to.

Please also respect our intellectual property rights by only using the templates we provide exactly as they are printed here, without modification.

WHEEL OF LIFE - GENERAL

