

# Wheel of life

## What is the Wheel of Life?

Mentoring pairs may use the Wheel of Life as a tool for reflection, to help to gain some insight into the balance in the mentee's life and to determine how satisfied they are in life's different areas. As a coaching tool, it can be used as a starting point for a conversation and can help mentoring pairs to identify: one or two goals to work on during the mentoring relationship;; or areas that may be causing challenge, interference or concern for the mentee.

## Using the Wheel of Life in Mentoring

The wheel contains eight sections that, together, represent one way of describing a whole life. The aim is to have balance in each area of the wheel. Typically, the labels used for this activity are career, family and friends, significant other/romance, fun and recreation, health, money, personal growth, physical environment. However, mentees may choose to use other labels that are more relevant to them.

The mentee labels each spoke and assigns them each a value out of 10 (0 at the centre and 10 at the outer edge) based on how satisfied they are with each aspect of their life as an emergency physician. 0 indicates 'not satisfied' and 10 indicates 'very satisfied'. The mentee then joins the points to create a new circle.

Following on from this self--reflection, mentoring pairs can utilise this exercise to further delve into why the wheel looks the way it does, what the mentee would like their wheel to look like, and ways in which they might make this happen. Taking one of the segments, the mentee writes out a further four to eight areas that make up that segment for them. For example, a 'Finance' wheel could include saving for a house, budgeting, savings, paying off debts etc. These can then be discussed in more detail.

Mentoring pairs can review the wheel from time to time to help mentees to see how far they have come. Improved scores can help to demonstrate concrete value from the mentoring relationship and provide a discussion point to help mentees see their learnings and progression.



