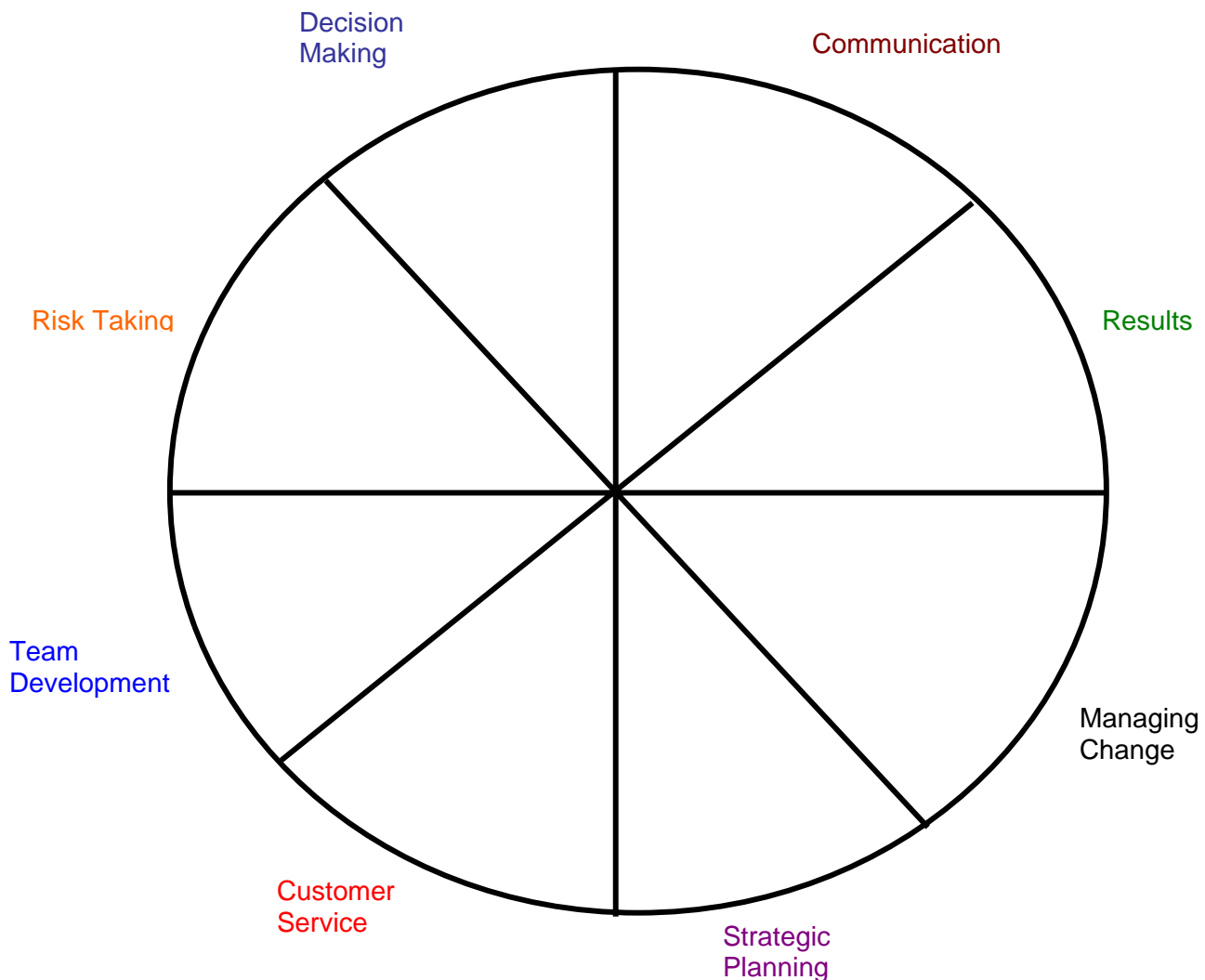


# Management Competencies Wheel

From Co-Active Coaching Model, Coaches Training Institute

The Management Competencies Wheel is commonly used to clarify how we are living our vision or our life balance. This wheel focuses on how balanced your management style is currently. It is a great way to find out what is really going on in your work environment and how day-to-day tasks can distract you from your life's goals and dreams.

**Directions:** Score (0-10) how satisfied you feel in each of these competencies. 0 starts at the center of the wheel (no satisfaction), 10 is at the edge of the wheel (Highly satisfied). As you rate yourself, choose the number that represents where you are today-not where you have been or where you want to be.



**After you complete rating the wheel, think about these questions:**

- How bumpy would the ride be if this were a real wheel?
- What stands out as an area of great satisfaction?
- How would you like to amplify this competency and become more adept?
- What stands out as an area of least satisfaction?
- What is getting in your way?
- What would it take for you to perform at *your* best level?