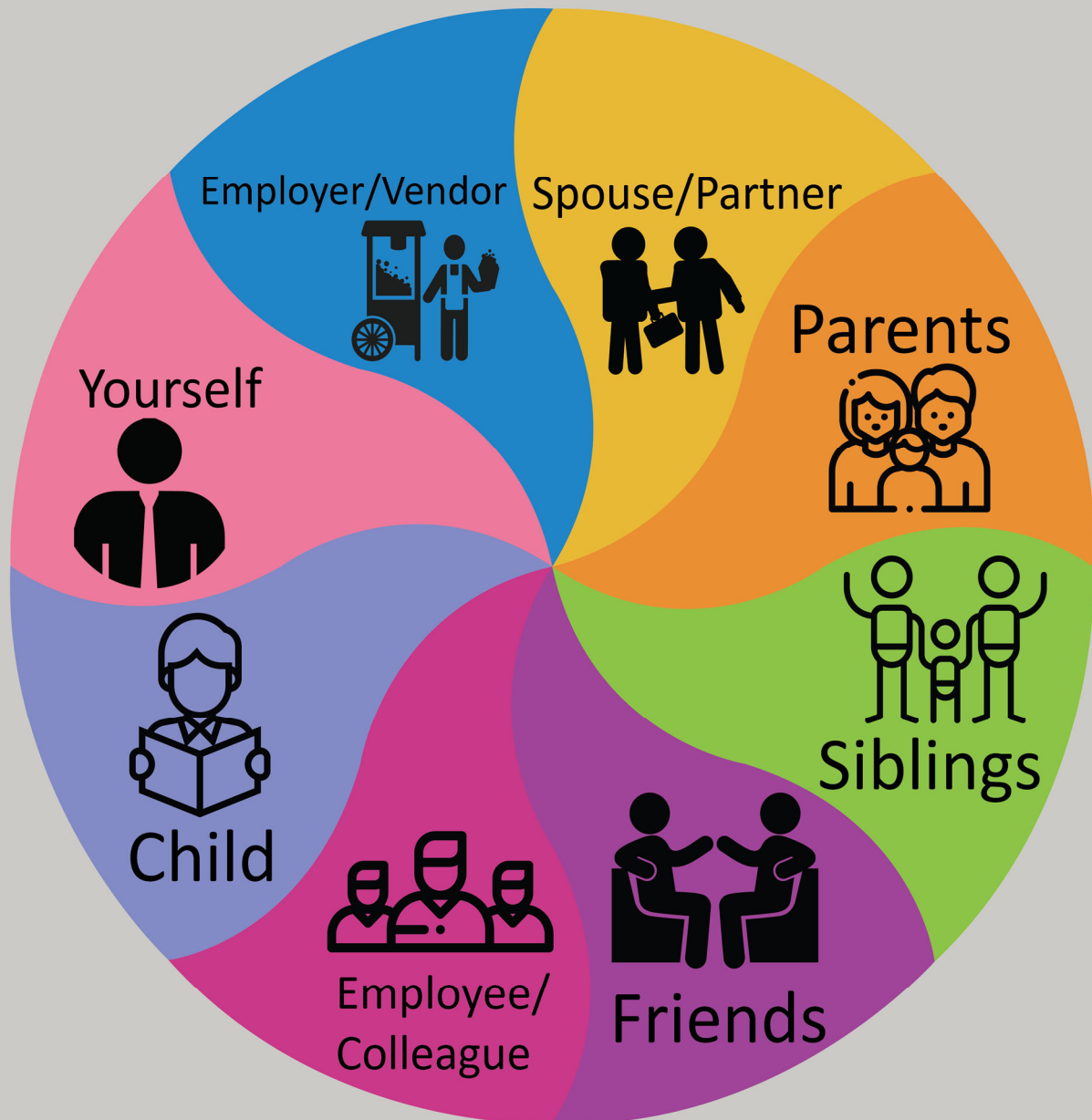




Coach Claudette & Associates

Conversation Wheel



Directions: This wheel contains eight sections that, together, represent one way of describing a whole life. This exercise measures your level of satisfaction in the conversations you have or don't have with these folks. Taking the center of the wheel as 0 and the outer edge as an ideal 10, rank your level of satisfaction with each conversational area by drawing a straight or curved line to create a new outer edge. The new perimeter represents your Conversation Wheel. How bumpy would the ride be if this were a real wheel? Let's start to look at areas where you want to improve outer level of satisfaction in the conversation you have. How can you improve these conversations?