

# Professional Standards 2021: Coaching Wheel



## Using the wheel:

Take a few minutes to complete your wheel. Consider each point on the wheel and think about where you might gauge yourself on it and mark the number that matches your thoughts with a dot:

- 0 = really not confident/unfamiliar with this/ lots of areas to develop or work on;
- 10 = feel very confident/accomplished in this area.

Think about 'why' you place yourself on that point on the scale, you may want to make some notes. Look across your wheel and use the following questions to explore your thinking. It can be helpful to do this with colleagues to share the professional dialogue

and exploration.

- What do you notice? What stands out?
- What are key strengths?
- What is most important here?
- Any big questions emerging?
- What area(s) would you like to focus on?
  - What is working well here?
  - Where would you like to be in June /6 months?
  - What is your action plan/next steps?
  - Who and what can support you?

## Follow up

[Tools to support self-evaluation and Professional Standards](#)  
[Guidance on using a coaching wheel](#)