



1. Padlet – Wheel of life

Objectives

The Wheel of Life is a visual instrument used in adult education and coaching to help learners quickly understand how balanced or fulfilled their life is in a certain moment. This session is designed to make participants realize what THE MAIN PILLARS OF A HARMONIOUS LIFE are, their benefits, and how to contribute to a WHEEL OF LIFE collaborative project.

By the end of this activity, the participants will be able to:

- Practice the process of connecting and collaboration with peers;
- Observe several projects for inspiration and evaluate them;
- Take advantages of working in team and use the collaborative results.

This tool offers participants the opportunity actively participate in the digital world improving competencies in the two of the DigComp area of competences: Information and Data Literacy, and Communication and Collaboration. It can be used in the Elaborate and Explore phases of learning.

Use case

This activity can be implemented individually and/or collaboratively. The facilitator presents the concept of WHEEL OF LIFE and the way in which each person **can self-assess current life situation** by rating the degree of achievements or accomplishment on each of the pillar of life (axis). Each participant **identify the activities that can improve the individual current situation** on each axis. Then, collaboratively, they are using PADLET online platform **to share ideas/activities that can maximize performance** on the main pillars of a harmonious life.



[https://goal-life.com/en/tool/wheel life?utm_term=article](https://goal-life.com/en/tool/wheel%20life?utm_term=article)



By contributing and exchanging ideas, participants develop own social coaching skills, fully understand the benefits and challenges of maximizing one pillar in the detriment of other, and they are able to **distinguish the areas of improvement** of own life balance. Later on, participants access their own Wheel of life to adapt it to the current situation.

Method

Within this adult education non-formal educational activity, the proposed method is collaborative project with the use of 5E instructional design. A combination of demonstrations, presentation, individual and collaborative work, as well as debriefing questions are included to allow participants to learn by doing and by exchanging information.

Theory

The Workshop is organized in such a way to stimulate courageous conversations and the collective intelligence of the group, exchanging experiences and opinions about the ways in which we can maintain personal well-being throughout life. Participants are encouraged to exchange best practices to cover each area that defines the quality of life. They begin with an initial assessment of the eight sectors, after which they practice brainstorming to complete beneficial actions for each sector of life:

- Personal development
- Spiritual
- Career
- Finance
- Friends
- Fun/Recreation
- Family
- Health & Fitness

In order to facilitate the conversation and discussions, give them some directions. These can be questions about the current status and level of satisfaction, but also these can be some “food for thought” (participants will not be required to answer to this, instead, they can reflect individually to improvement of each category.

Personal Development

How would you rate the level of responsibility you have had so far in relation to the decisions you have made?

How close or far do you feel you are from the status of a leader?

10 – I am a true leader; 1 – I do not want to be a leader

How would you evaluate your openness to new methods of personal development compared to the ones you currently practice?

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Spiritual

How would you rate your mental state, calmness, mood, and emotional stability?

How do you assess your emotional well-being?

How well do you manage your nerves and the emotional challenges you face daily?

Individual reflection: How do you see yourself in terms of achieving set goals and emotional life one year from now?

Career

How satisfied are you with your current job or the activity you are engaged in? (whatever it might be)

On a scale of 1 to 10, how would you rate your presence and potential for fulfilling your mission/purpose?

10 – meaning you do something every day to develop in this direction; 1 – if you have not been sure about your purpose/mission so far

Individual reflection: Where do you see yourself professionally/mission-wise in 3 years?

Finances

How financially secure do you feel right now?

10 – I don't worry about finances at all; 1 – I have no financial security

How do you assess your current income in comparison to what you believe you're capable of and deserve?

10 – I am paid according to the value I provide; 1 – I deserve considerably more for the work I do

Evaluate your level of financial well-being.

10 – I manage my money very well, my assets are healthy, I am up-to-date with debts, and I am very confident in this area; 1 – I have debts and constant financial instability, debts overwhelm me, and I feel financial discomfort

Individual reflection: How do you see your financial health in 3 years?

Friends/ Contribution

On a scale of 1 to 10, how do you appreciate your ability to enjoy and celebrate life – whatever that means personally for you?

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How do you assess your ability to connect and share your personal talents and other specific "gifts" with those around you, in your community? In other words, do you contribute generously and unconditionally (without expecting rewards)?

Individual reflection: To what extent do you want your contributions to others and the community to grow in 1-3 years?

Fun/Recreation

How effective and productive are you in setting and accomplishing daily tasks and goals?

How do you feel about the time remaining for pursuing your passions and working on personal goals apart from daily tasks?

How would you rate your ability to handle multi-tasking and accomplish personal and professional tasks?

Individual reflection: How do you see your time management, effectiveness, and productivity in 6 months?

Family

How would you describe the quality of your romantic relationships, both past and present?

How do you assess the quality of your relationship with family members and its protection?

How would you rate the quality of your relationships with friends, colleagues, romantic partners, and business associates up to now?

Individual reflection: Where do you see yourself in terms of relationships one year from now?

Health and Fitness

How happy do you feel about your overall health and well-being at this moment?

How would you rate the level of energy you maintain throughout a day?

If you were to give yourself a grade based on the amount of physical activity you do daily in relation to your body weight, what would that grade be?

Individual reflection: How do you envision your health and physical activity one year from now?

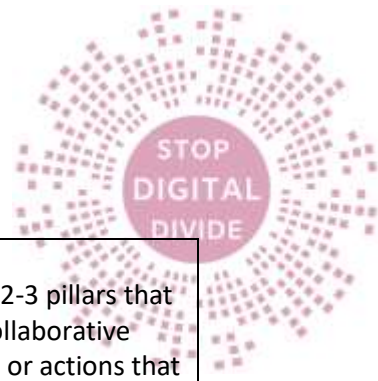


Facilitation steps

TITLE: Wheel of Life

Workshop scenario

Purpose	To offers participants the opportunity to actively participate in the digital world, improving competencies in the two of the DigComp area of competences: Information and Data Literacy, and Communication and Collaboration, while creating an educational context to make adult learners quickly understand how balanced or fulfilled their life is in a certain moment.
Time	1.5 - 2 hrs
Target group	Groups of 20-25 Adult learners
Objectives	Practice the process of connecting and collaboration with peers; Observe several projects for inspiration, and evaluate and select those appropriate; Take advantages of working in team and accessing the collaborative results.
Materials	Worksheet (paper bases) or Online App PPTs + Laptop + Video projector
Facilitation steps	<p>Engage (15 min)</p> <p>Introduce the activity, the scope and objectives. Help participants to get familiar with the topic and create engagement by creating a wordcloud on https://www.mentimeter.com/ or just ask the question:</p> <p>What are the most important pillars of a harmonious life? (write 3 words).</p> <p>Explore (15 min)</p> <p>Offer the overview of the wheel of life concept, inviting them to explore the multiple facets of each category. Present the wheel of life as Worksheet (paper bases) and Web App. Let them access the App and explore on the meaning of each of the axis, reflect on their current status on each. Provide some directions. For example, for the category „health & fitness“, they can think about: working space ergonomic, healthy meal, drink sufficient water per day, daily meditation.</p> <p>Explain (15 min)</p> <p>Explain and discus with the audience about the meaning and the importance of balance in life. Give them the opportunity to share experiences, ensuring that all participants are comfortable with the subject. Use the PPT slides and present the sets of guiding questions for each category.</p> <p>Elaborate (45 min)</p>



Group activity. Form groups of 4-5 participants and indicate them 2-3 pillars that they will work on. Invite each group to access the link in Padlet (collaborative tool), discuss on those topics and to write the activities, small goals or actions that bring satisfaction on the allocated pillars.
Explain that the collaborative result will not be the personal wheel of life of somebody. It can be a guide for potential further improvements.



<https://padlet.com/nicoletaacomi/the-main-pillars-of-a-harmonious-life-qo61ypa8j&y6hob1>

In order to help them brainstorm, give some ideas. Let's assume that a group wants to improve the category „family“. All agree that spending more time with the family can improve this area. Few actions could be:

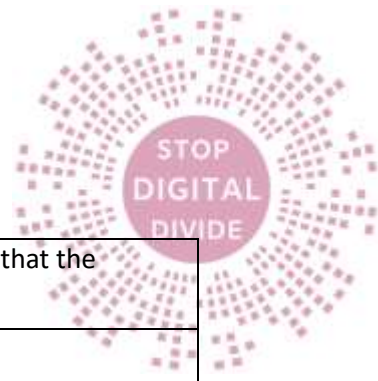
- Make a small family trip every Sunday (e.g. visit the zoo)
- Having breakfast together at least three times per week
- Help kids with homework or school projects two times per week
- Have a date night once a week with my partner

Evaluate (20 min)

Invite participants to reflect and discuss about the results from the Padlet. Ask each group to present the note taken for each of the pillars. Invite audience to add other things that they consider important and there were not mentioned before.

Questions for debriefing:

- Were there any unexpected or surprising viewpoints shared by the participants?
- How did these viewpoints contribute to the understanding of other persons values?
- What were the key insights or findings that stood out to you from the activity?
- Coming back to individual wheel of life, which of these categories would you most like to improve?
- What is the smallest step you could take to get started?
- What is the realistic score for that exact category?



	Advices for the audience: balance the wheel of life, not forgetting that the perfect circle is only in an ideal world.
Methods	Demonstrations Presentation Individual and collaborative work Brainstorming Debriefing questions
Evaluation	Collect feedback (10 min) Use NPS score to understand what they like, what can be improved, what could be done different: On a scale of one to ten, how likely are you to recommend our workshop to a friend or colleague? (1 being not likely at all -10 being very likely) What do you like or appreciate most about our workshop? How can we improve your experience? What was missing in your experience with us?
References	https://www.mentimeter.com/ https://goal-life.com/en/wheel-of-life https://padlet.com/

Evaluation

It has two components. Evaluation by facilitator and this would be done throughout the activity by observation of skills improved, participation, interaction, presentation skills as well as during the reflection. The participants through feedback do another evaluation provided, which would offer useful information for further improvements.

Transferability

Invite participants to discuss the potential use of the tools and skills. For example:

- Someone can transfer in own daily work the digital instruments (mentimeter, padlet);
- Use the ideas as directions for improvement on own pillars of harmonious life;
- Become a coach to help others build the own wheel of life and work on it;
- Understand that information need to be seen in context for which there were created;
- Capacity to analyse and select the activities, actions or small goals that are appropriate;
- Improved collaboration skills can be transferred to face to face and online collaborative work;
- Presentation skills are transferable and can be applicable in any other fields.

