**ACTIVITY 1.3: WHEEL OF COMPETENCES**

**Instruction for completing the exercise:**

1. Print the wheel of competences without headings (p. 2).
2. Ask your team members to identify the competences necessary for completing the project you are currently involved in. Mark the competences on the areas of the wheel of competences. (the number is unlimited).
3. You may also consider dividing the group of participants into pairs, then one person will ask questions about the competences needed for the completion of the project and the other will give answers. You could consider reversing the roles.
4. Ask your team to evaluate on a 10-point scale the level of satisfaction with the competences presented in the circle, where **1** means no satisfaction at all with the level of competence held, while **10** means maximum satisfaction with the level of competence held.
5. Try to ask your team members helpful questions e.g. Now look at our satisfaction ratings of our level of competences:

* Were you surprised, upset or perhaps delighted by something?
* Have you learnt something new about our team?
* Do you see things that are important to you?
* What conclusions do you draw from this exercise?

1. How much would you like to change, by how many points, your satisfaction with your level of competence? Imagine what your functioning would be like at this new level of satisfaction.

Note: aiming for a higher level of satisfaction in a chosen area of life can be the first stage of the GROW model (Appendix 4), which focuses on goal setting for the whole team building.

Obraz zawierający krąg, linia

Opis wygenerowany automatycznie