



WELL-BEING WEEK IN LAW

WELL-BEING WEEK IN LAW ACTIVITY PLANNING GUIDE



STAY STRONG
Physical Well-Being



ALIGN
Spiritual Well-Being



ENGAGE & GROW
Career & Intellectual Well-Being



CONNECT
Social Well-Being



FEEL WELL
Emotional Well-Being

Activity Title:	Wheel of Professional Development
Well-Being Dimension:	Intellectual/Occupational
Required Resources/Materials:	Wheel of Life template formatted with
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Activity Objective:

Based on the traditional Wheel of Life, the Wheel of Occupational Development is a simple but powerful tool that helps you visualize important aspects of your professional development at once. It is often used by life coaches and career coaches to give their clients a “bird’s eye” view of their lives. By looking at a visual representation of all the areas of your professional development at once, the wheel helps you to better understand which aspects are flourishing and which ones need the most work.

Although each client can choose whatever categories are most meaningful to them, we suggest using some or all of the following categories:

1. Autonomy
2. Day-To-Day Work Performance
3. Long-Term Career Trajectory
4. Mentors/Champions/Supporters
5. Work-Life Balance
6. Engagement
7. Fulfillment/Meaning
8. Financial Security

Well-Being Connection (How/Why Does this Work?)

Taking an honest look at these various dimensions of professional development can help people celebrate and feel confident about those aspects of their occupational well-being that are thriving and identify areas to work on for those dimensions that could use improvement. This exercise can serve as the starting point for developing short- and long-term goals to bolster one’s occupational well-being and feel more satisfied and secure at work.

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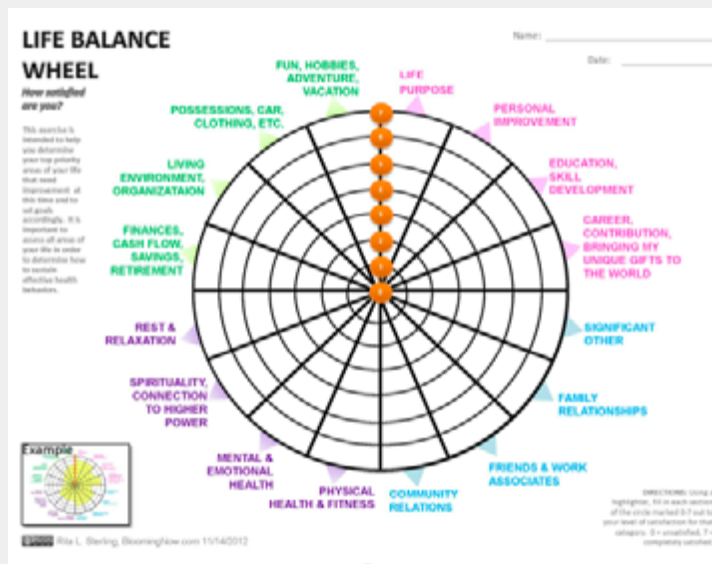
Procedure

Level 1 Activity

With the center of the wheel as 0 and the outer edge as an ideal 10, rank your level of satisfaction with each chosen category by drawing a straight or curved line to create a new outer edge (see example below). The new perimeter of the circle represented your Wheel of Life. Then consider the following questions:

- ii. Did any of your results surprise you?
- iii. Were there any outliers (positive or negative)?
- iv. Pick two categories for which you would like to increase your score. For each category:
 1. What is one thing that is going well for you in that category?
 2. What would need to change in order to move your score up?
 - a. I.e., if you put 4 for "Autonomy," what would need to change to have your score be a 5?
 - b. What is one thing you could do to work toward that change in the coming months

Preparation



Level 2 Activity

Get together with colleagues and discuss your wheels and plans to move towards accomplishing goals within your respective categories. See if there is any way that you and your colleagues can support each other and hold each other accountable.

Level 3 Activity

Manager as coach training: Invite an expert to teach your team how to effectively use this, and other coaching exercises.

Suggestions for Resources

Online Resources:

- <https://medium.com/thrive-global/how-does-one-become-centered-and-balanced-bb28627a4461>
- <https://www.psychologytoday.com/us/blog/theory-knowledge/201704/the-well-being-wheel-experiential-activity>

Contact The Activity Guide Authors:

- Elina Teboul, Executive Coach & Founder of The LightUp Lab. Learn more at www.lightuplab.com. Contact Elina at elina@lightuplab.com for more information for more information on 1:1 coaching, team workshops and trainings (with potential for CLE credit), and speaking engagements.
- Jonathan Beitner is a former BigLaw litigator, certified coach, and attorney well-being expert. Contact Jonathan at jonathan.beitner@gmail.com for more information about individual coaching or group workshops and trainings.