

Emotions Coaching Wheel

The emotion coaching wheel is a coaching tool that you can share with your client in support of the coaching activities we share with you on this training. It can help a client identify emotions and build their emotional vocabulary. This is our version, although you'll find many widely available. They are developed from the work of Robert Plutchik.

It can be helpful when:

- a client is struggling to name an emotion
- a client wants to understand what type of emotion they are feeling
- a client wants to understand what feelings are related to one another

Here is a visual of the model:

