

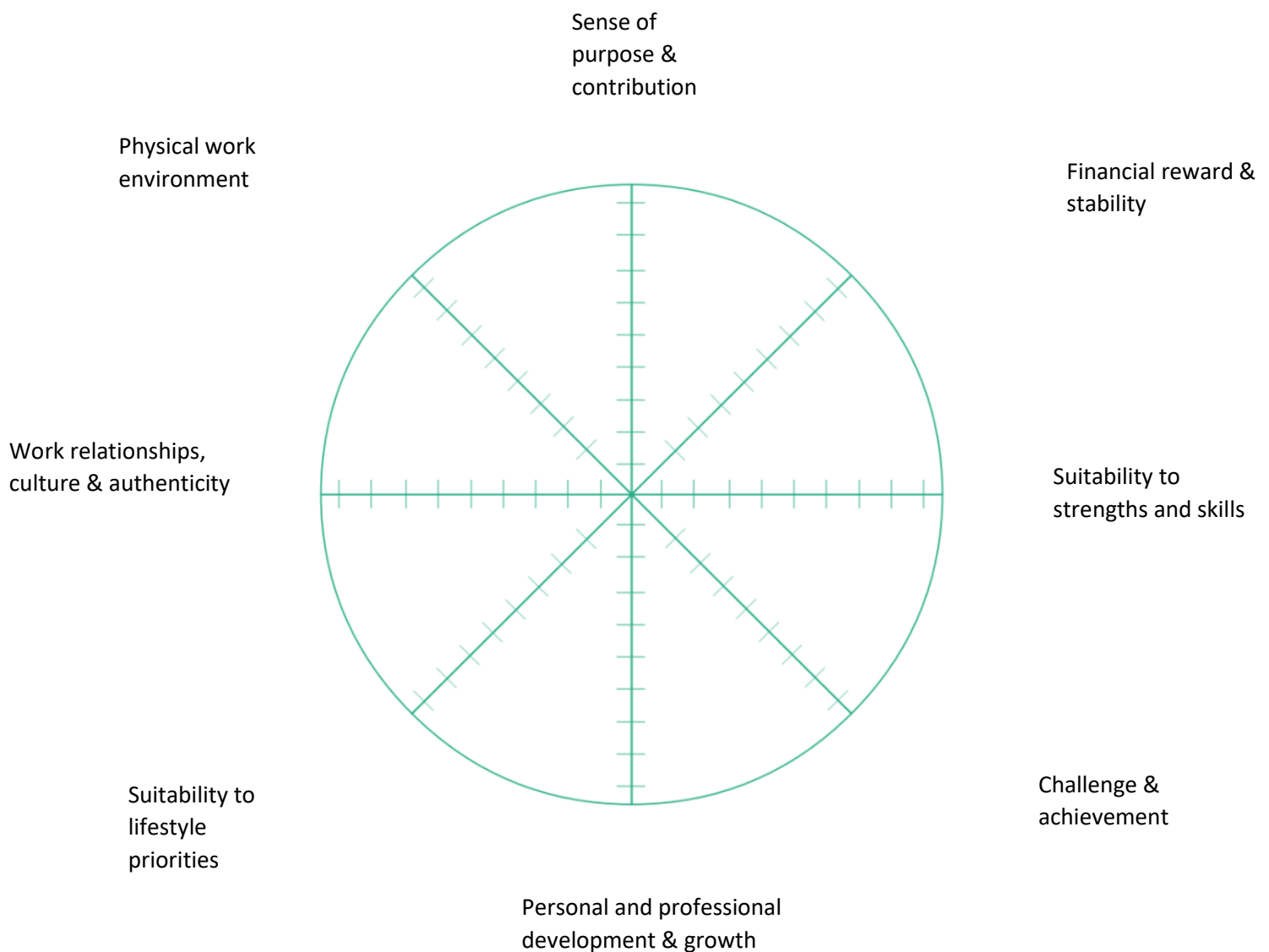


## The Wheel of Career

**A self-assessment tool to help you (and your team) evaluate career satisfaction and identify areas of change**

### How to use

On a scale of **1 to 10** (with 10 being ideal and on the outside of the wheel), rate your current satisfaction in each area and mark it on the wheel. This visual representation will highlight areas that need attention for greater career satisfaction. Suggested categories are labelled on the wheel. Please refer to the questions below the wheel for further guidance.





**Career satisfaction categories:**

**Physical work environment**

- Does your workspace support productivity, creativity, comfort, and well-being?
- Do you feel energised by your environment?

**Financial reward and stability**

- Are you satisfied with your salary, benefits, and long-term financial security?

**Suitability to lifestyle priorities**

- Does your career (and the demands of your career) align with the personal lifestyle you desire and your priorities (think travel opportunities, life-balance, flexibility etc.)

**Work relationships, culture and authenticity**

- Do you feel safe expressing your opinions, being yourself, and working in an inclusive environment?
- Do you have positive relationships with your manager, team, and colleagues?
- Do you feel valued and trusted?
- Do you have the level of autonomy you desire?
- Do your personal values align with the organisation's values and culture?
- Do you feel recognised and rewarded?
- What's the energy like?

**Sense of purpose & contribution**

- Do you feel your work makes a meaningful impact?
- Are you proud of what you do?

**Challenge & achievement**

- Are you given opportunities to reach your full potential and feel a sense of accomplishment?

**Suitability to strengths and skills**

- Does your role align with your strengths, skills, and abilities?

**Personal and professional development and growth**

- Are there opportunities for learning, personal and professional development, and career advancement?