

co·wonders



wheel of needs

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What is it about:

- This canva presents a coaching tool with chosen needs based on Nonviolent Communication assumptions. This tool can be used by teachers and educators working with teenagers to help them identify needs that are not fulfilled in a certain aspect of life and find strategies so that these particular needs will be taken care of, and in return a teenager will have a better understanding of oneself and at the same time various solutions which will enable them to live more conscious life.

SOURCE: based on Wheel of Life tool and Nonviolent Communication by Marshall Rosenberg

domains: Nonviolent Communication, communication about needs, coaching tools

approach description:

Nonviolent communication is the way to build an empathic relationship with oneself. The wheel of needs helps us identify the most essential needs to be fulfilled in a particular area of life. Read more at the CNVC website and NVC circle canva.

aim of use:

Guiding teenagers in discovering and communicating what is currently important to them in different life areas, how they can take care of their needs and which strategies can help them live life that will be more conscious, joyful and satisfactory.

read more:

- **Book:** Marshall B. Rosenberg, Nonviolent communication. A Language of life (2015)
- **Website:** Inventory of Feelings and Needs by the Centre for Nonviolent Communication
- **Website:** Blank wheel of life template by Co-Active Training Institute

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educational method:

- Distribute an inventory of needs and feelings by NVC.
- Decide in which area of life participants want a change or which aspect of life is currently problematic to them (each participant may choose a different area): school life, social life, health, fun, sports, everyday activities, relationships (eg. with parents, a friend or a boyfriend/girlfriend), for older students - future choices, etc.
- Participants analyse the list of needs and choose 24 needs from all categories that they find a connection with according to the discussed area (they may cross out the needs they find unsuitable for the situation).
- Out of 24 needs participants have to choose 12 needs that are adequate to their situation in a given context.
- Now, out of 12 needs, participants choose 8 that they feel they miss, lack or have too little at that very moment.
- When 8 needs are identified, participants receive a blank wheel of life template.
- The chosen 8 needs ought to be noted down into 8 sections and participants have to decide on a scale from 1 to 10 about the level of fulfilment they have at that moment. Then they draw an adequate number of spaces for a given need. They may use colourful pens for each need.
- In the next step, participants think about an ideal situation - how fulfilled should each need be in some time from now. They use a scale from 1 to 10 and again, write down the numbers. Using different pen colours, they draw more spaces to be filled, according to the numbers on the scale.
- Participants can see how big the difference is between what it is like now and what it can be and this is the moment when they may start looking for solutions: eg. if my need of being heard is 3 on the scale now and I wish it would be 7 - what choices I can make to change the situations, which request can I address to myself and which to my friends or relatives, etc. Participants may find about 3 strategies for each need (simply, what to do, or what to stop doing) and identify what the first step is and when they decide to take it. Maybe there's someone who can support them?
- It may be useful to analyse the wheel of needs as a whole - which needs are critical to be taken care of in the first place and which later on.
- It's possible to choose one most crucial need that will be a lever for the remaining needs.



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