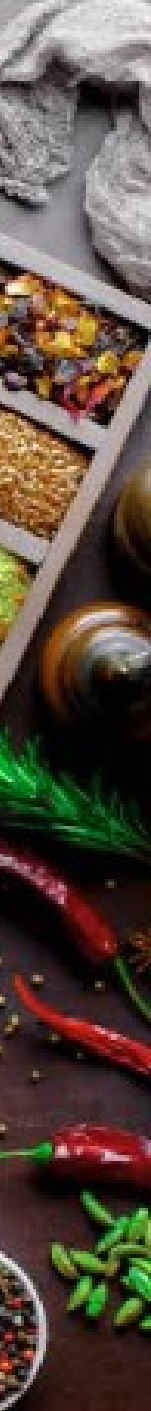


Value Web of Life

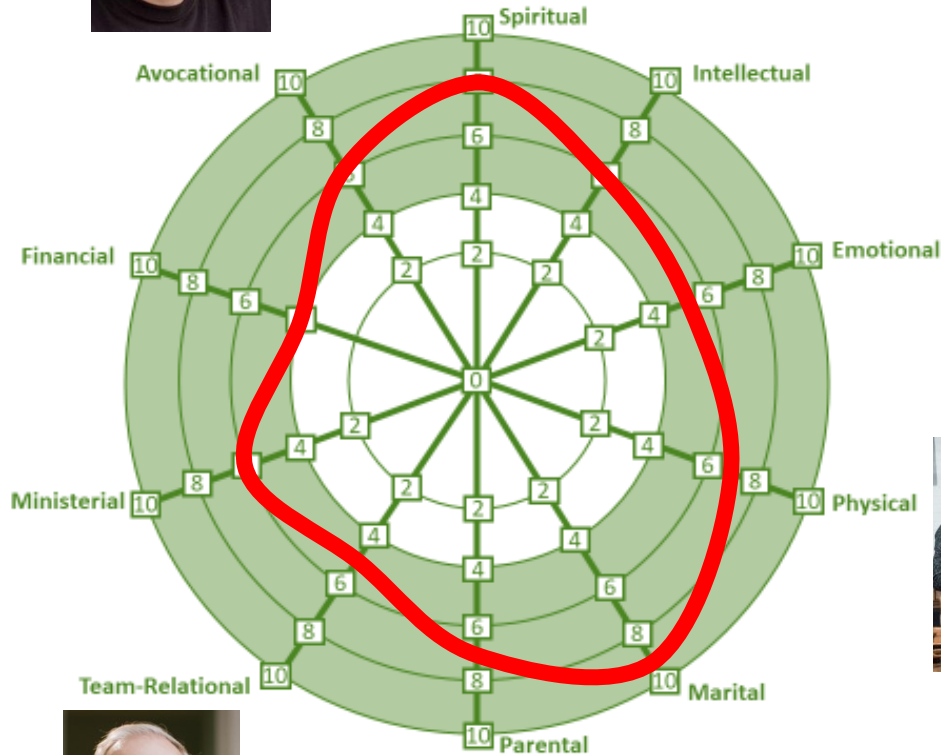
A tool for visualizing
development needs

by Matthias Holighaus



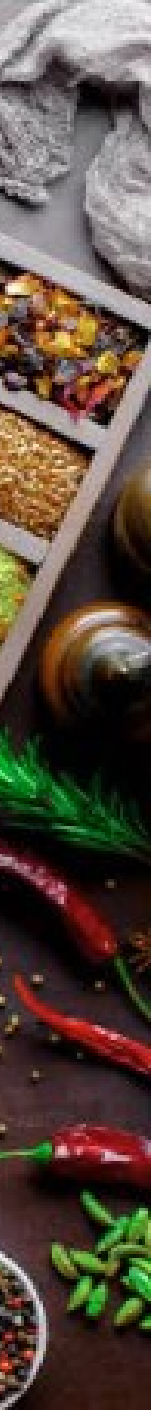
Value Web of Life

Example

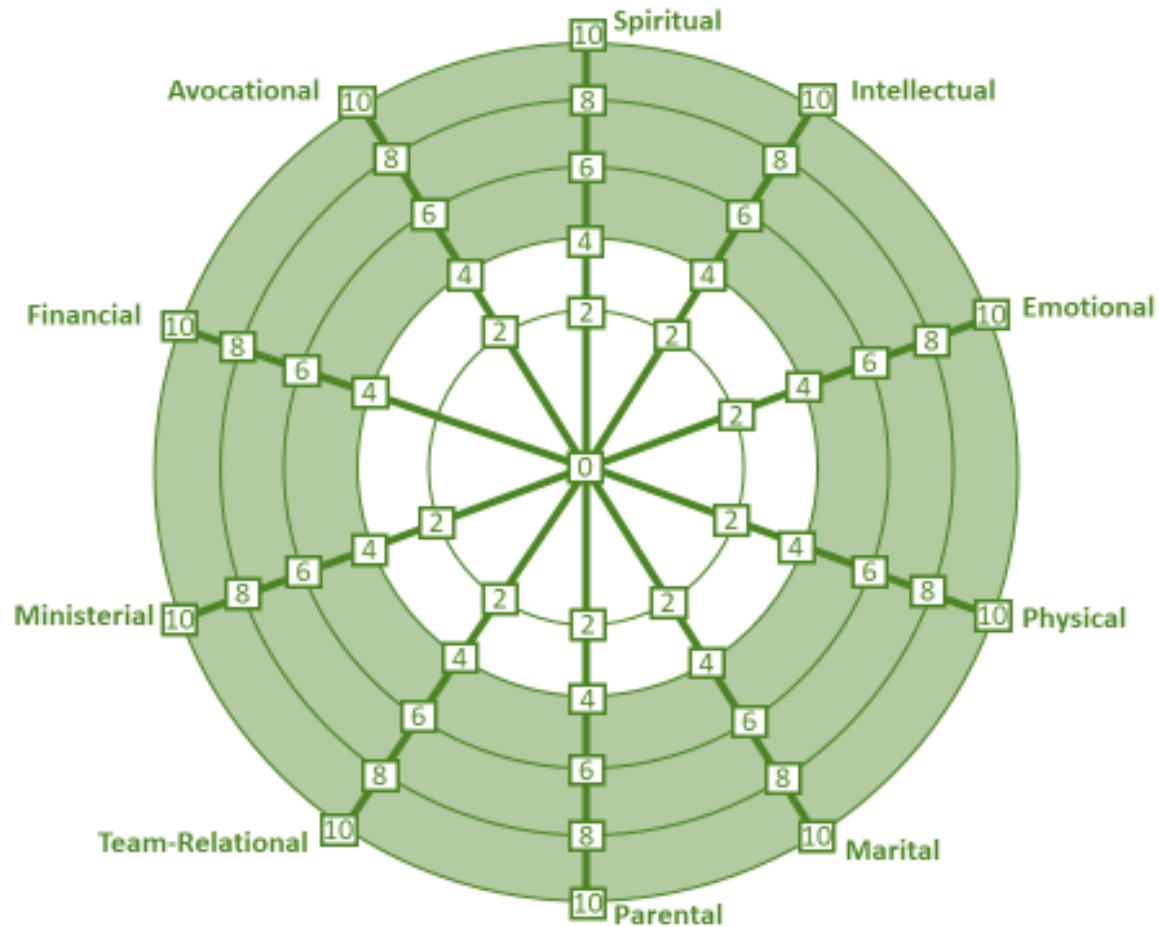


How to use this tool:

1. Think about a character (cartoon, childhood hero, real life hero...) and put a picture next to each domain.
E.g., At the team/relational domain: Pat Lencioni is a great example on how he develops the team in his company and fosters a healthy team culture.
2. Do this for one or multiple domains that you want to address in your coaching.
3. Then ask:
 1. Why does this *cartoon hero resonate with you? What is it about this character that draws you to them?*
 2. *What values do you see in this cartoon hero? How do you think they embody those values?*
 3. *How do you think incorporating these values into your own life can positively impact you and your goals?*
 4. *How do the values embodied by this cartoon hero align with your own personal values and aspirations?*
 5. *In what ways can you integrate the values you admire in this cartoon hero into your daily life or decision-making process?*
4. Ask the coachee where on the scale they feel they are (from 1 till 10) and where do they want to be at a certain time (e.g., end of the coaching series). Mark the scale and draw a line from one domain to the others.
This will help to visualize where you want to focus on first.
E.g., At the team/relational domain: Till end of the year, I want to improve from 4 to 8.
Then ask:
 1. What exactly do you want to accomplish? (Narrow down and form SMART goals)
 2. What support do you need in reaching your goal(s)?
 3. What may hinder you in this process?



Value Web of Life



Definitions of Terms:

Spiritual: Your relation and walk with the Lord

Intellectual: Your engagement with new facts and ideas

Emotional: Your mental and psychological health

Physical: Your bodily health and physical fitness

Marital: Your relationship and interactions with your spouse

Parental: Your relationship and connection with your children

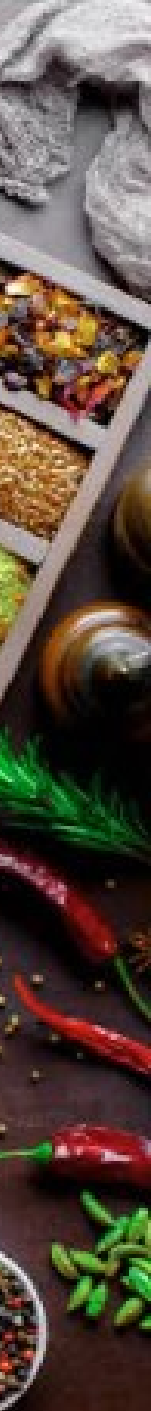
Team-Relational: Your sense of friendship and unity within the team

Ministerial: Your work-related responsibilities

Financial: Your financial support and personal finances

Avocational: Your hobbies and relaxation activities

You may be asking why all these dimensions are listed here. The answer is because *each* one affects *all* of the others. As a result, all of them are important; none should be passed over, if part of your life. Progress in dimensions with lower grades is key to your overall growth.



For more information or a no-obligation **strategy call**:

<https://calendly.com/p2p-coaching/info>



Matthias Holighaus is passionate about helping people, teams and organisations reach their full potential. He values excellence, authenticity, sustainability, a servant attitude and genuine listening.

Two decades of international experience in coaching, coaching training (more than 2000 hours), leadership development, change management and organisational analysis summarise his rich professional experience.



"Matthias Holighaus has real coaching skills and a great talent of working out the REAL problems and coming up with individual solutions that come from me and I can therefore implement."

- Tobias K. (Entrepreneur, Cyprus)

