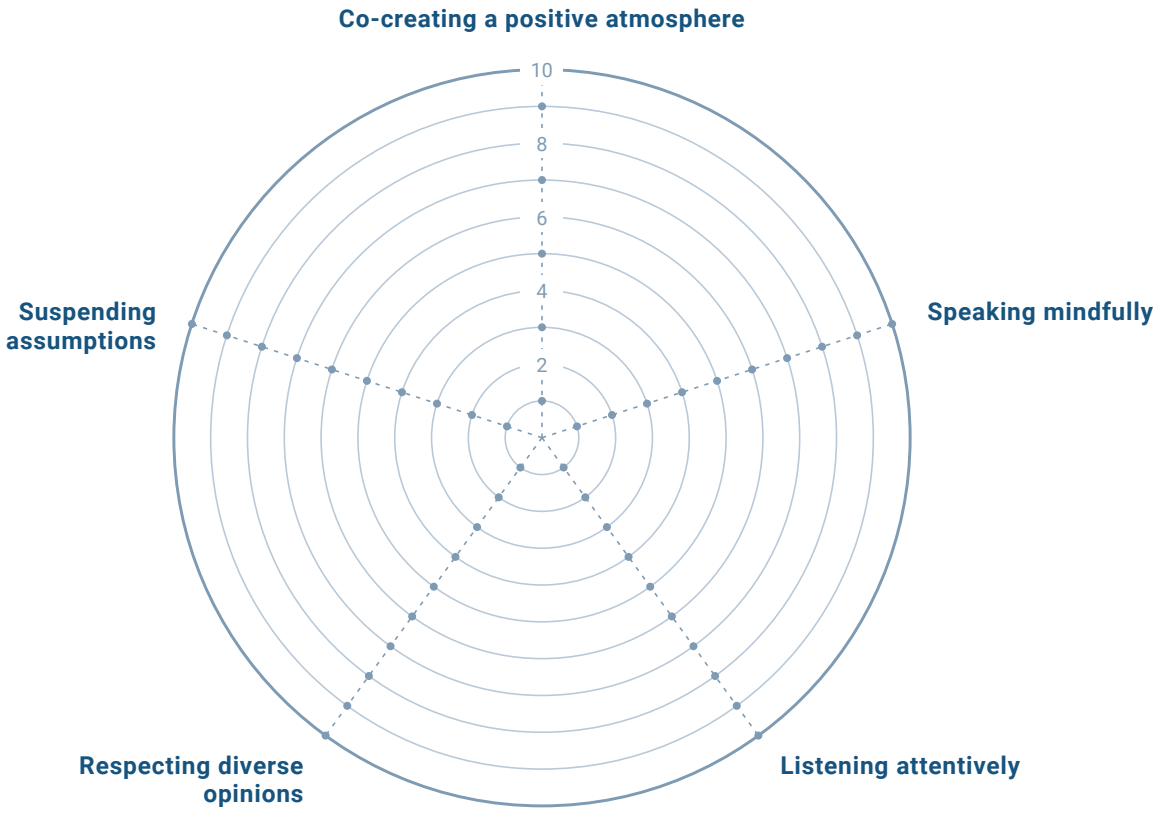
Dialogue Wheel

Annex 4 · Module 3: Dialogue and the Art of Shared Understanding

The wheel is divided into five sections, one for each area. On each axis, mark how confident you feel today, on a scale from 1 to 10. Then connect the dots to see the shape of your skills wheel. This is not about right or wrong; it's about noticing where you are now.

1 =	I don't know this yet or don't use it	**5 =**	I can do it sometimes	**10 =**	I can do it confidently in real situations



What each area means

Co-creating a positive atmosphere
Fostering trust, safety, and openness so that dialogue can flourish.

Speaking mindfully
Expressing thoughts clearly and respectfully, considering the impact of words.

Listening attentively
Giving full presence to the speaker, without interruption or distraction.

Respecting diverse opinions
Acknowledging that every viewpoint has value, even if it differs from one's own.

Suspending assumptions
Holding back judgments and preconceived ideas to remain open to new perspectives.

Which practice I want to improve and what step I will take

Name: _____ Date: _____

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