



# Senses Framework Rating Scale

Part of the  
ESME: Resources for Sense-Able  
Conversations Pack

Supported by the



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# Senses Framework Rating Scale

The Senses Framework Rating Scale is a resource which can be used to explore people's current experiences in relation to the six Senses of security, belonging, continuity, purpose, significance and achievement. It can also be used to discover more about how each of these senses could be further enhanced.

Alongside each of the six Senses are some key points which may help people when reflecting on each particular Sense. These points can be expanded on and added to as people use the resource, and develop their own ideas around how they have or would like to experience that Sense.

**Possible questions to use alongside this resource are -**

**When using the rating scale with a new colleague or student:**

Using the rating scale, where would you like your Sense of *Security* to be ?

What would we be doing together to help achieve this?

**When using the rating scale to reflect with a colleague or student on their experience of being part of the team:**

How would you rate your sense of *security* ?

What helps you to feel a sense of *security*?

What would help to enhance your sense of *security* further?

Responses from the questions above could then be used to have further conversations about what would help the Senses to be maximised for the person, and within the team



# Security

the senses framework

To feel safe to raise difficulties and sensitive issues in an environment that supports and values these open conversations

To be able to say what you know and what you don't know, knowing that there are people around you to help you develop your knowledge and skills

0.....1.....2.....3.....4.....5

# belonging

## the senses framework

To have opportunities to develop/ sustain/ enhance your relationships in the team through you & people in the team valuing and showing an interest in one another

To feel you are not alone through being able to confide in people you trust

To feel part of a valued group who share similar values and beliefs which connect you

To feel part of a team where your contribution is recognised and celebrated

0.....1.....2.....3.....4.....5

# Continuity

the senses framework

To genuinely understand what you care about, and what matters to you and motivates you in your work

To feel others are actively invested in supporting you in your role now and in your continued development in the future.

To work with others in developing a shared understanding of your purpose, aspirations and a clear sense of what is valued.

0.....1.....2.....3.....4.....5

# purpose

the senses framework

To genuinely understand what you care about, and what matters to you and motivates you in your work

To feel others are actively invested in supporting you in your role now and in your continued development in the future.

To work with others in developing a shared understanding of your purpose, aspirations and a clear sense of what is valued.

0.....1.....2.....3.....4.....5

# Achievement

the senses framework

To feel positive about your contribution  
your ability to make the best use of your  
skills and experience

To hear feedback from others in real-  
time that is meaningful to you and that  
helps you to grow and develop in line  
with your personal goals

To feel safe and engaged to give  
feedback to others about what you  
have noticed and what you value

To be in tune with what is practical  
and possible for you and others to  
achieve in any given situation

0.....1.....2.....3.....4.....5

# Significance

the senses framework

To experience your everyday efforts being noticed and appreciated, knowing that what you do matters

To feel a consistent value being placed on learning and development; everyone being able to share their learning and having opportunities to access new learning

To feel heard by others and to hear others use language that helps you to feel valued and respected

To feel that you have a voice, and that your questions, thoughts and feelings are welcomed

0.....1.....2.....3.....4.....5