



TEAM CoachVille

Together in pursuit of
humanity playing better

00A: Golden Ticket 01

**1-Hour Play BIG Coaching Session
With Coach Dave**

CoachVille.com



A **POWER UP** is an activity where you listen to an audio, read something or do an exercise and then share your insights.



00A: Play BIG Coaching Session with Coach Dave.

I am going to have a Play BIG Coaching Session with Coach Dave! We are going to explore my big dream, how I can play better by bringing in the Spirit of Play, who I want to become by stepping out of my Comfort Zone.



Share

WHAT TO SHARE: After you complete the “Write Up”, share a few thoughts about what you want to explore in your Play BIG Coaching Session.



FACEBOOK AMPLIFY IS ON! Help spread the word about our shared pursuit: Humanity Playing Better!

Under the Share box you will see the “Facebook Login” or “Share on Facebook” button. Copy what you shared, and paste it into the Facebook Share box.

[Learn how to use Facebook Amplify!](#)

Play BIG Coaching Session With Coach Dave

Outline

In this play sheet I will share with you:

- What the session is all about



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- How to prepare for the coaching session
- How to schedule your session and other logistics

Introduction

We will have a 1-hour Play BIG coaching session to explore your BIG DREAM and transform it into something you can play for. We will choose the framework that you most enjoy: Life is a game; Life is performance art or Life is an epic quest.

Game/Art/Quest Design is a special skill that is important for EVERY coach and coach approach leader. AND it happens to be one of my YOUUnique Super Powers that I am excited to share with you.



In the session:

- We will start with your BIG Dream; aka the Purpose you are playing for
- We will clarify what winning / success looks like for you
- We will identify the results that you want to create when you play
- We will explore the possible actions to create those results and then dive into how you can PLAY better in pursuit of mastery
- We will “Find the Fun” by talking about the spirit of play, engaging challenges, possible experiments and new territories
- We will talk about where your Game/Art/Quest will take you out of your Comfort Zone and into the Transformation Zone and then into the Super Power Zone. (see the diagram on page 5)

“To Play is the most natural human expression.”
 – Coach Dave



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To prepare for the session

Prepare a short “write-up” of your BIG Dream by answering the following questions. You will share this with me via email prior to our session.

- Describe your current BIG Dream (in 50 words or less).
- Describe what you want to focus on during the next 90-180 days. Something specific that you want to accomplish or experience (in 50 words or less).
- Make a list of 5-10 actions you can see yourself taking as a part of this endeavor.
- Describe a few actions that you want to take but are currently outside of your comfort zone.
- Describe 3-5 of your YOUnique Super Powers (in 50 words or less).

How to schedule your session

1. Send your write up by email to: CoachDave @ CoachVille.com in the subject line put: Play BIG Session
2. After I receive your write up, I will send you a link to my online calendar so that we can schedule our session.
3. I will send you a “Bridge Line” for our call so that we can record it. I will send you the recording of our session so that you can listen to it again.

Let's Play!

I am really looking forward to getting to know more about YOU and your Game/Art/Quest!

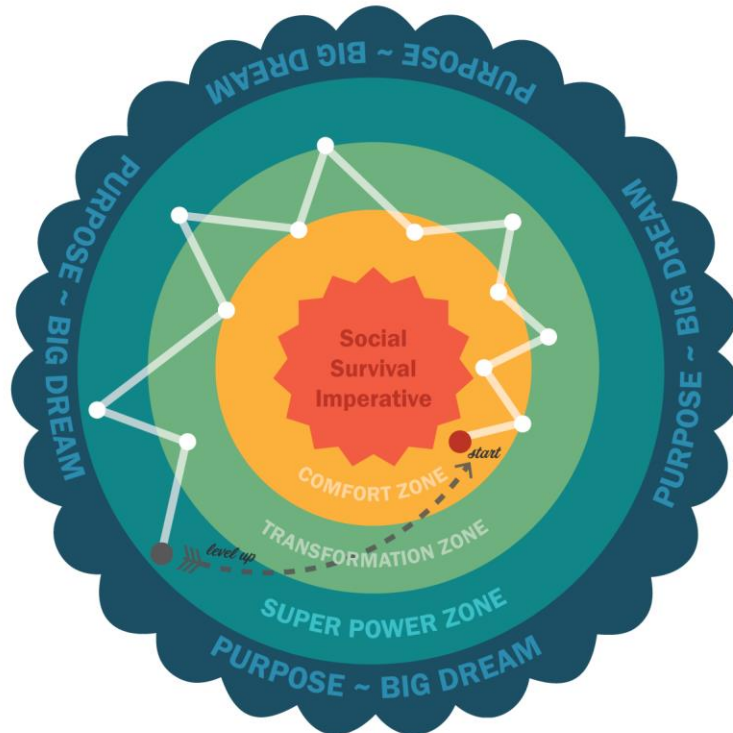


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The Super Power Zone

The Social Survival Imperative pulls the player in. The PURPOSE ~ BIG DREAM draws the player out.



The Coach guides the player on an adventure from the Comfort Zone, through the Transformation Zone, into the Super Power Zone. **Notice it is not a straight line!**

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