

Coaching Is...

1. A profound personal relationship
2. Wherein the coach guides the player
3. In pursuit of playing better for their **dreams**
4. To Become the next version of themselves
5. Through proactive co-creation
6. And guided practice

Coaching Superpowers

Uplifting Relationships

Co-Create

Relationship

Safe Space



Purpose

Share Your BIG Dream

#3 Establishes & Maintains Agreements

Permission

Influence
> Vulnerability

#4 Cultivates Trust

Presence

Judgment-Free
Awareness

#5 Maintains Presence



Energize

Belong

Dream Team

Growth

Facilitates #8

Explore the
Performance-
Possibility
Gap

Plan

Imagine
Possibilities

Planning and
Goal Setting

PLAY

Co-Create
Moments

Design Actions

Grow

Evaluate
Performance

Manage Progress



Become

Adds Value

Explore the
Performance-
Possibility
Gap

Awareness

Evokes #7



Curiosity

Exercise
Wonder

Powerful Questions

Triplex Listening

Saying
Not Saying
Energy

#6 Listens Actively

Self-Trust

Feel It &
Say It

Direct Communication

Go Deep

Look Beneath
The Surface

Expand Awareness

Believe

Super YOU



Key

Superpower

Tagline

Skill / Competency

ICF Competencies

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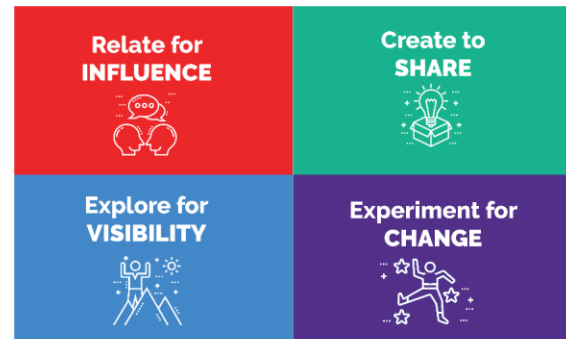
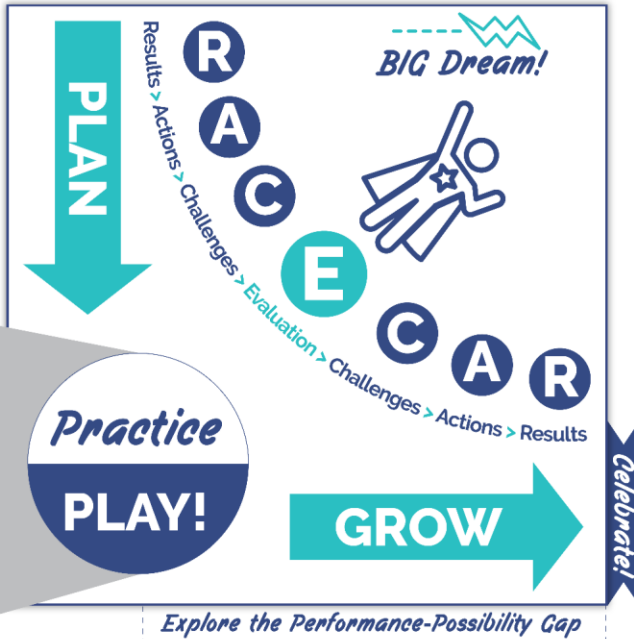
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Plan	CO-CREATION
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PLAY! / Practice	OBSERVATION
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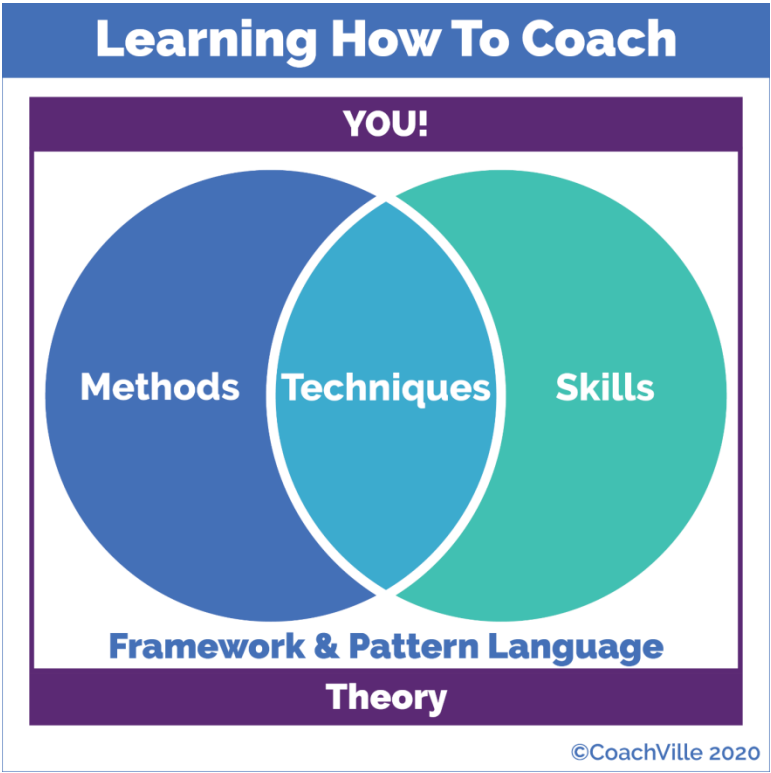
Grow	CO-CREATION
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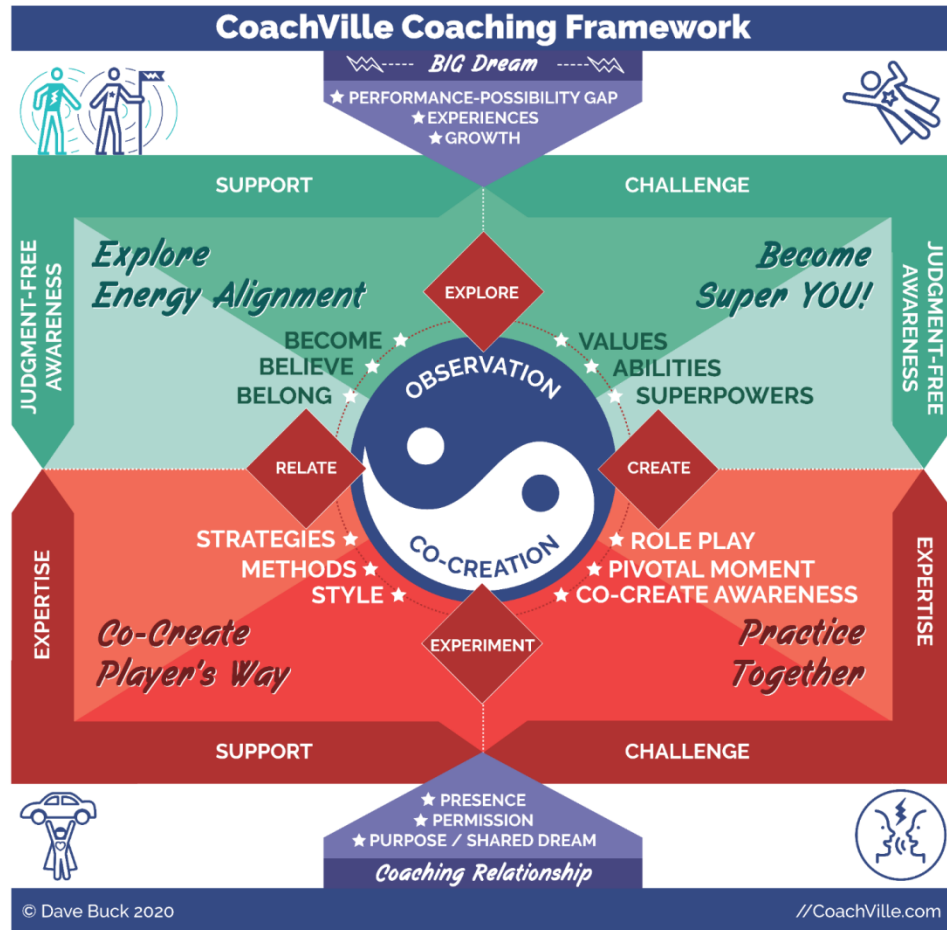
Celebrate!



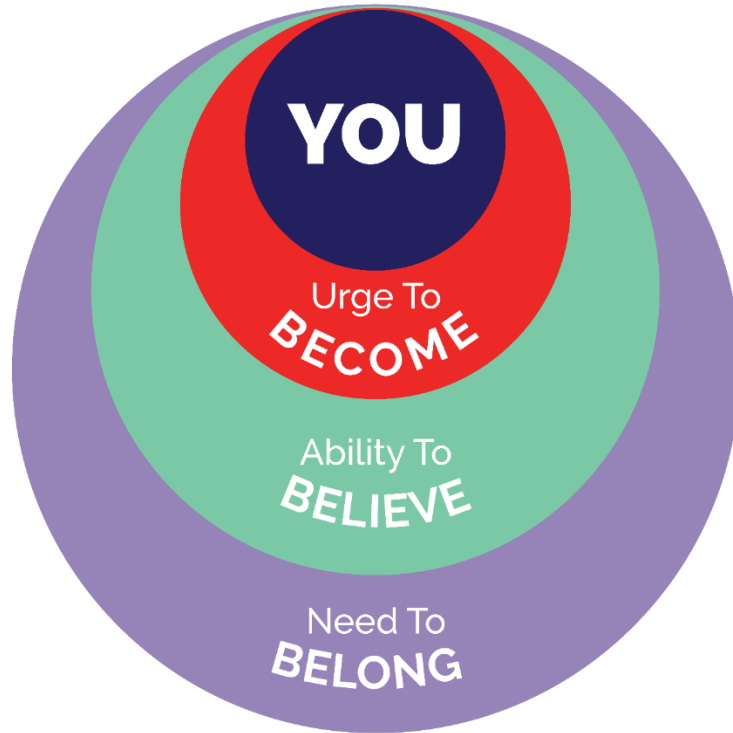
Four Pivotal Moments of Social Play







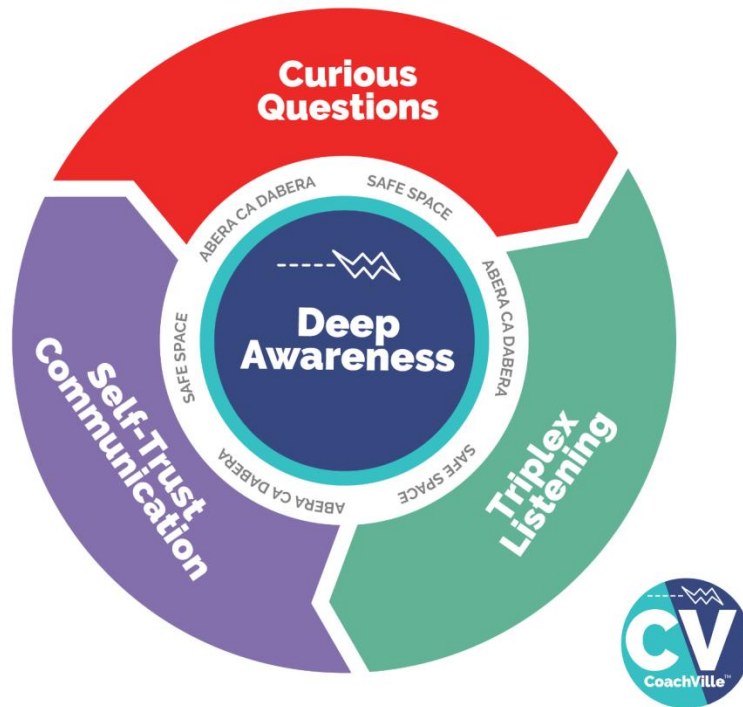
3 Dynamics of Transformation



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CoachVille Co-Create Awareness Technique

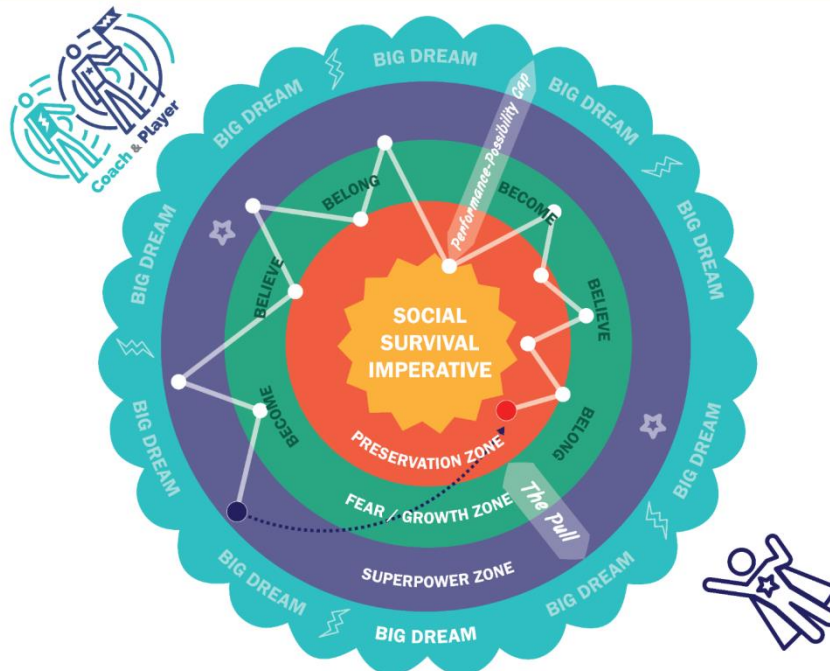


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The Human Journey with a Coach

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



The Coach guides the Player through an adventure from the Preservation Zone, through the Fear / Growth Zone, and into the Superpower Zone. Notice it is NOT a straight line!

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