

# Energize Your Dreams

## Technique Pack

By Coach Dave Buck, MCC

# Superpowers of Human Nature

## Drive to BE free

*Choose your adventure!*

Self-determination

Self-trust



## Love to BEfriend

*Choose your companions!*

Care (give & receive)

Co-create



**To Dream**  
*Choose your focus*  
**Self-worth**  
**Self-love**



## Urge to BEcome

*Choose your playful practice!*

Self-expression

Spirit of play



## Need to BElong

*Choose your environments!*

Self-value

*Social safety instinct*

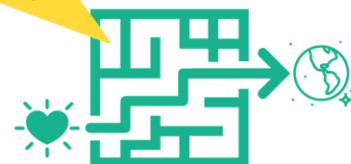


## Ability to BELieve

*Choose your beliefs and desires!*

Self-preservation

Self-confidence



# Plan-Play-Grow Coaching Session

## "Transformational Coaching Technique"

### Get started

#### 1. Warm-up

- Coherence
- Imagination
- Dream Sharing



#### 2. Celebrate

- Peak Experiences
- Results
- New Actions
- Challenges



#### 3. Grow (from Play)

- Sparked Desires
- Pivotal Moments
- Evaluate Feedback
- Superpowers in Action



### Practice together

#### 4. (Practice) Plan

- What is our focus?  
*Situation or Desire*
- Which technique?



#### 5. PRACTICE



#### 6. Grow (from Practice)

*What did you learn...*

- About Your Dream
- About Play
- About Yourself  
*Beliefs, Desires, Superpowers*



#### Practice Technique

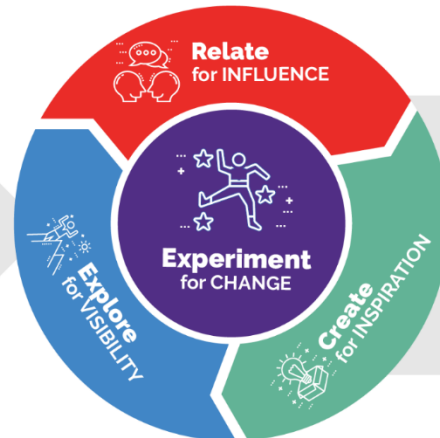
- |  |  |
|--|--|
| <input type="checkbox"/> Intentional Co-creation | <input type="checkbox"/> Pivotal Moment      |
| <input type="checkbox"/> Role Play               | <input type="checkbox"/> Co-create Awareness |

**Go play out in the world!**  
Everything is part of your Dream in the Play Life station!

### Plan together

#### 7. Play Plan

- What results are you playing for?
- What approach?
- Spirit of play?



#### Embrace

- What is
- Feedback
- Challenges

#### Notice

- Pivotal moments
- Peak experiences
- Growth opportunities



# Co-Create Awareness Technique "Abera ca dabera"

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## Plan



## Play



## Grow



# Intentional Co-Creation Technique for a Peak Experience

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## Plan

### 1. Do Something Awesome

#### Social Play

- Relate for Influence
- Create for Inspiration
- Explore for Visibility
- Experiment for Change

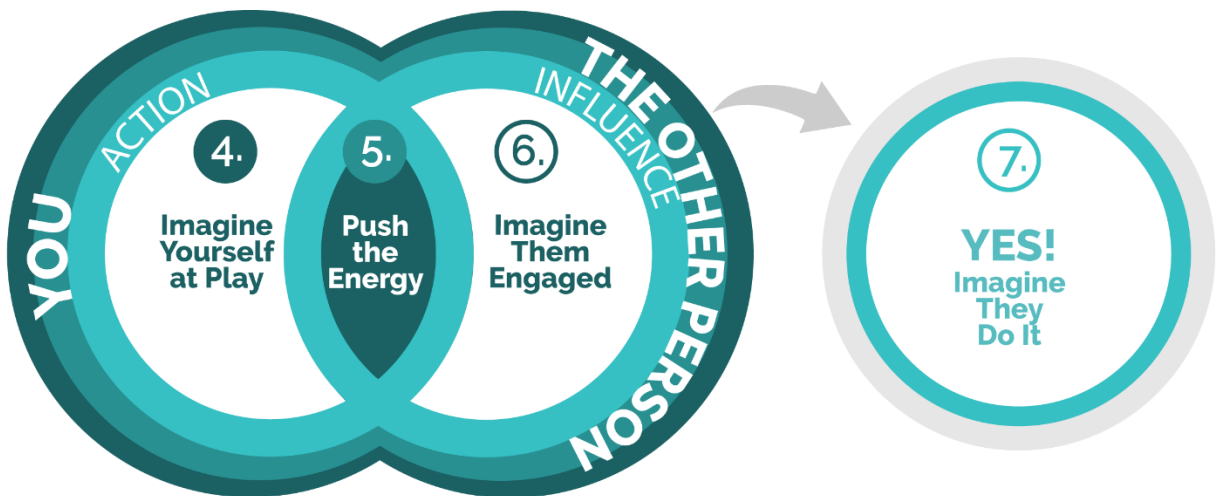
### 2. Describe Their Feeling

What do you want them to feel?

### 3. Desired Action

What do you want them to do?

## Play



## Grow



## Plan

### 1. Define The Situation

#### Influence

- Ask for
- Offer / Invite
- Request
- Share Truth

#### Intention

- Result
- Feeling
- Timing
- Specific
- Recurring

### 2. Define The Role

- Specific or Composite
- Character Sketch
- Attitude Toward The Situation

### 3. Advanced Prep (optional)

- Approach
- BIG Moment
- *Superpower\**

## Play

### Relate for INFLUENCE



#### The Coach Is Observing

- A: Clarity of Intent
- B: Energy Alignment
- C: Words Flowing
- ★ Superpower



## PRACTICE

### 4.

### Play Together

### 5. Time Out

### Reverse Roles (optional)

## DEMONSTRATE

### 6. Level Up

- Share Observations
- Tweak Role
- New Approach
- *Energy Block?*

## Grow

### 7. Debrief

- Clarity
- Confidence
- Energy



### Pivotal Moment Technique





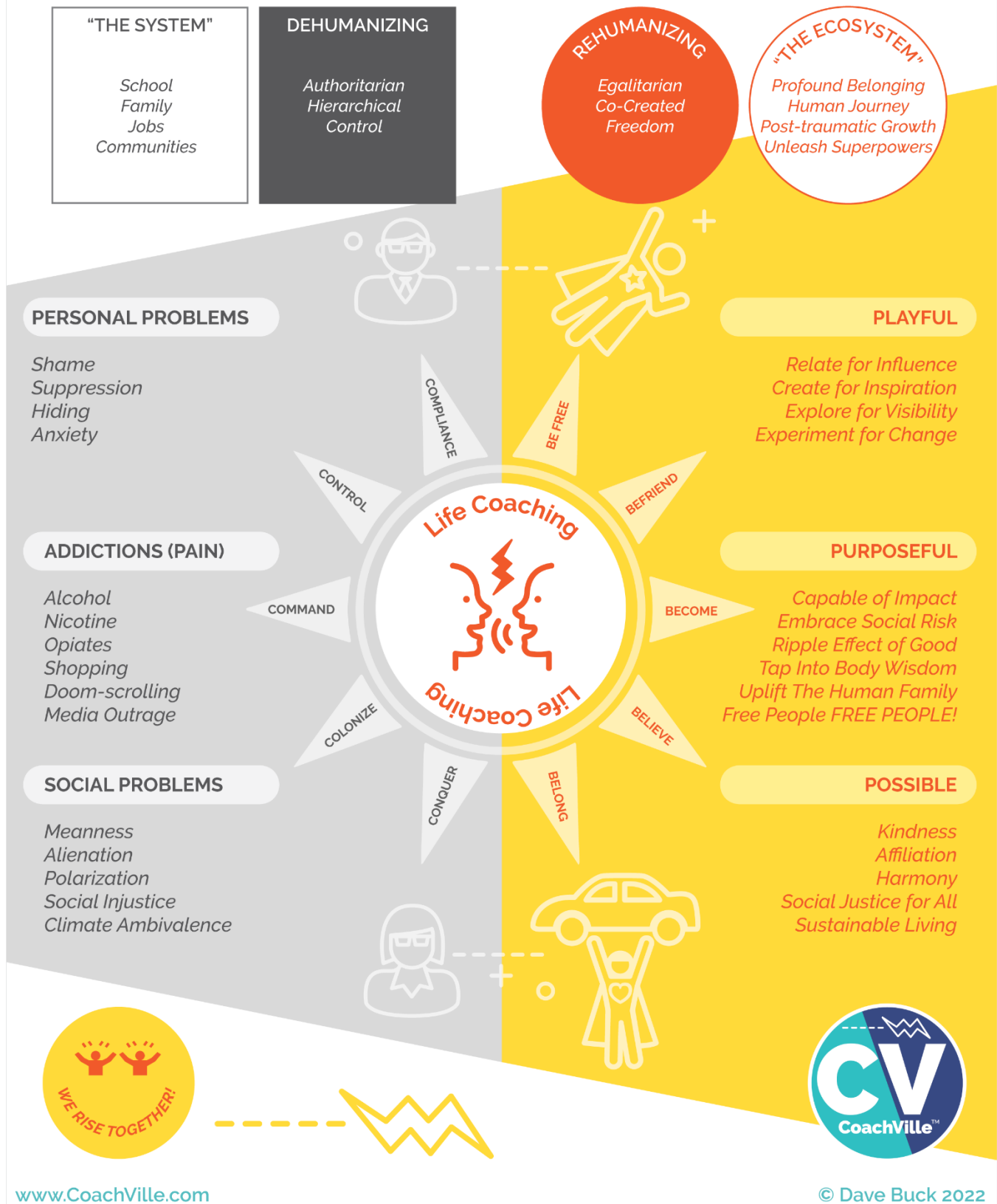
**Plan** ----- **A The Scene**Describe the scene  
with a few details.*(The place)***B The Action**Describe the action  
or intended action.*(The doing)***C The Result**Describe the desired  
result.*(What happens)***Play****Action  
Layer****1.**P/Replay the  
Pivotal Moment  
**(Control)****7.**Preplay the  
Pivotal Moment  
**(Co-Create)****Grow****Thought  
Layer****2.**Review  
**Reactions** with  
Judgment-Free  
Awareness**6.**Make the Mind  
the Ally of  
the Dream  
**(Respond)****FEELING****3.**Feel the  
Energy in  
the Body

RESIST

ALLOW

Memory  
PopsScan for  
Body  
Beliefs**4.****LAYER****5.**Explore the  
Superpower  
Potential**Superpower  
Layer**

# CoachVille Rehumanizing Model



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# Free People, FREE PEOPLE

Thanks for being AWESOME!

Coach Dave