

TRANSFORMATION COACHING



Player Playbook
by Dave Buck, MCC



CoachVille Center for Coaching Mastery
We are the champions of dreams!

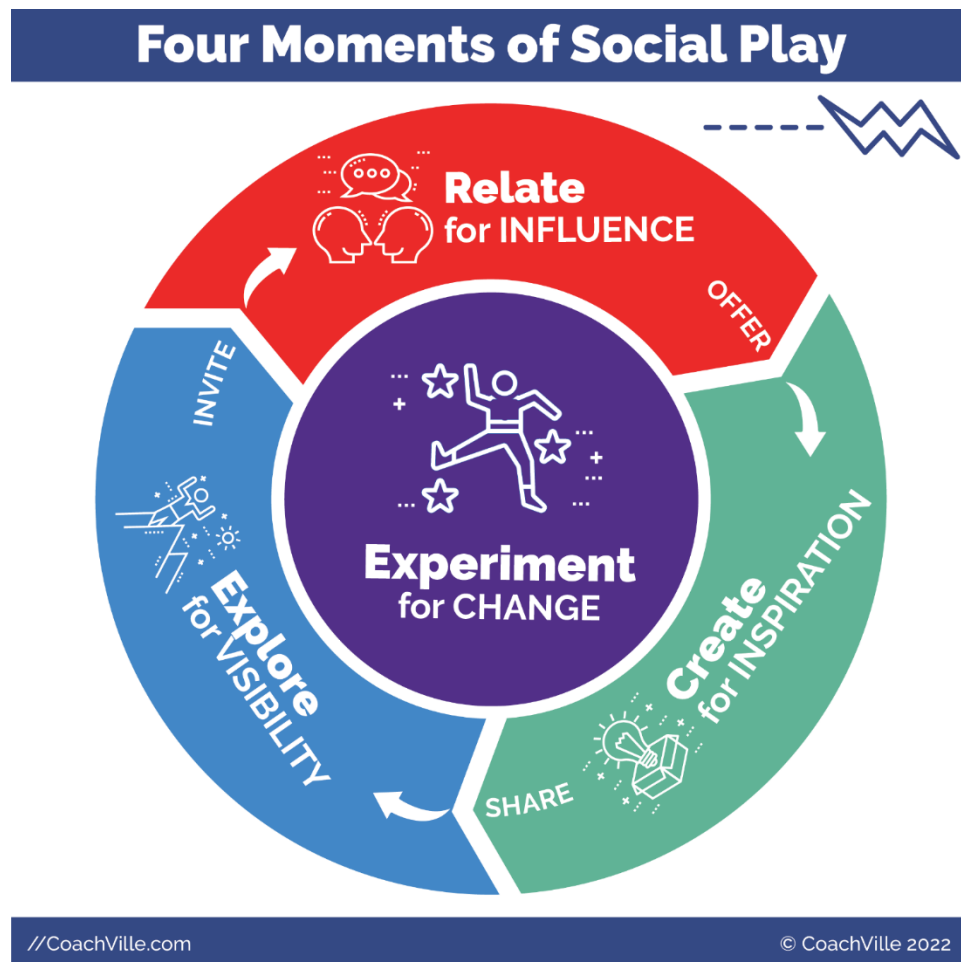
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Intentional Co-creation Series Technique

By Coach Dave Buck, MCC

Social Play ... See the patterns

When you look at the Social Play model a little closer, you will see that there is a typical way that these actions sequence together.



Let's create an example for a Podcaster since this is something most of us can appreciate.

A relatable example

The podcaster Dream to add value to people and grow their base of subscribers

Relate for Influence leads to an offer.

Imagine you are talking with an influential person. If you have a good vibe with them, make them an **OFFER** to be on your show. Imagine they say: "yes". Imagine that they are really intrigued by the theme of your podcast and want to be a part of it.

Create for Inspiration leads to sharing

Imagine you are co-creating the episode together. You are both feeling the inspiration of the conversation.

Both of you are inspired to SHARE the final audio with your audiences.

Explore for Visibility leads to an invitation

With the efforts of both the podcaster and the influencer, many people “see” and listen to the podcast for the first time. This creates new visibility for both the podcaster and the influencer. You imagine the listener really loving the experience and wanting more.

The Podcast makes an INVITE for the listener to connect with the two co-creators.

The intention is for the new listener to subscribe to the podcast. And this leads to new opportunities to Relate for Influence and the sequence continues!

An “old school” example... Networking for Business

Here is another example from back in my early days of being in business. Hopefully this is another example that you can relate to even if you have never done it.

My Dream was to build my coaching business with awesome paying players.

Explore for Visibility

Go to a networking event. Talk to people. If I resonate with someone, I INVITE them to meet for coffee. Before going I would imagine the other person feeling uplifted by talking with me and wanting to know more about coaching.

Relate for Influence

Over coffee I ask them about their dreams and challenges. I share some insights and stories about how to play life better with a coach. Before meeting them I would imagine the other person being really energized by the conversation and curious about how coaching could accelerate their progress.

If the connection feels good, I OFFER them my Exploratory Coaching Experience.

Create for Inspiration

The Exploratory Coaching experience is a guided and co-created experience. Before the call I would imagine the other person getting excited about their Dream for bigger things for their life and feeling that it is truly possible.

If the person is inspired, they will ask me for details about my coaching program. Then I can make them an OFFER to become a paying player. Whether they hire me or not, my

intention is that they SHARE about the inspiring experience with people they know in the community.

This creates visibility that leads to another cycle with a potential player.

Whew! This brings back memories! I did this cycle SO MANY TIMES back in the day.

One more – Non-Business – Example

You have a Dream for a new job.

Explore for Visibility

You put your resume on a relevant job site. Now your resume is now visible in the social world of possible opportunities. You imagine someone reading your resume and feeling that you are a good candidate for a job.

The intention is for your resume attract an INVITE for an interview.

Relate for Influence

Now you are in the interview relating for influence with the interviewer. You see yourself feeling confident and building a strong connection with the interviewer. You imagine that the interviewer is very impressed with you and feeling that you are a great fit for the team you will join.

The intention is for the interview to lead to a job OFFER.

Create for Inspiration

Now you see yourself enjoying the job and creating value with your colleagues. You see yourself being an inspiration within the group. You imagine the manager feeling that you are a valuable member of the group with great potential for bigger things.

The intention is for the manager to SHARE about you with other leaders in the company which creates visibility for the next opportunity in the future.

Can you see it?

Hopefully from these relatable examples, you can craft an example like this for your Dream.

One key thing in understanding these sequences is that they can start at any of the three social play activities.

Also, you don't need to orchestrate ALL of the details, just the key moments and scenes. Your imagination can fill in the details to create the flow that leads to you co-creating the peak experiences of your Dream in the social world.

Intentional Co-Creation Series

There are two models for playing life that we have used throughout this program.

- 1) Life is a Human Journey – the idea that your Dream pulls you away from the status quo of control to an adventure in the Social World where you have new experiences and face challenges to discover lost powers within you. FUN!
- 2) Life is Performance Art – the idea that there are social actions that we can imagine and practice to develop new skills and express our unique value in the world.

It is this 2nd model that is behind the Intentional Co-Creation Series.

A good way to think of it is:

A Dress Rehearsal for Your Dream

We craft a sequence of social scenes of the peak experiences of your Dream so that you can envision it and – more importantly – EMBODY it.

Using your imagination, you can envision your Dream playing out in a beautiful way.

You can imagine yourself expressing your abilities and Human Nature Superpowers to create value for others.

Using your body awareness, you can practice FEELING these scenes from your Dream. By feeling them in a safe space – with your coach – you pave the path for these experiences in your real world.

There are 3 parts to the practice

- 1) You and your coach will clarify the sequence of social scenes.

You talk through the scenes at a high level, trusting that your imagination will fill in the details. You will clarify your actions and how you want to feel. Then you will clarify the feeling impact on the other person... and then what you want them to do.

As you sort out the details of the sequence, write the key words on your playsheet. The play sheet is set up for you to first write out what you want to happen, and then write in a few notes as you debrief the experience AFTER the visualization. You write the plan on the lines with the TRIANGLE next to them.

- 2) Your coach will guide you through the visualization.

Your coach will then guide you through the visualization of the sequence. The key to success is to stay in a judgment-free – Treasure Map Clue Hunting – mindset. Your coach will ask you about your thoughts and body sensations for each step in the sequence.

- 3) Debrief

After you complete the visualization, you and your coach will do a review of your thoughts and body sensations with you. Write these keywords onto your notes sheet on the lines with the circles.

Prepare for Session #08 – Co-Creation Series

1) WARM UP AND Dream Sharing:

Every time you speak your dream out loud with your coach it gains energy.

2) CELEBRATE

Share a few awesome experiences from the past week of social play.

3) GROW from Play.

Share about your Insights ~ Actions and Results.

As you share about your experiences you will gain clarity and awareness!

4) Practice PLAN

To Prepare... Come to the session with a good idea for the sequence of Social Play actions and impact that you want to practice.

5) PRACTICE

There are 3 parts to the practice

1) You and your coach will clarify it.







As you sort out the details of the sequence, write in your sequence on the TRIANGLE lines.

2) Your coach will guide you through the visualization.

Your coach will then guide you through the visualization of the sequence. The key to success is to stay in a judgment-free – Treasure Map Clue Hunting – mindset.

3) Debrief

After you complete the visualization, you and your coach will do a review of thoughts and body sensations. Write these keywords onto your notes sheet.

Energize Your Dreams Session #8 Notes		Date:
1. WARM-UP and Dream sharing: 		
2. CELEBRATE 	3. GROW (from Play) 	
4. INTENTIONAL CO-CREATION SERIES:		
5. PRACTICE (Intentional Co-Creation) ▲ Speak the vision ● Embody the vision		
Relate - Create - Explore 		
for INFLUENCE - INSPIRATION - VISIBILITY 		
Action 1		
Do:	Feel:	Do:
Thoughts:	Body:	Thoughts:
Action 2		
Do:	Feel:	Do:
Thoughts:	Body:	Thoughts:
Action 3		
Do:	Feel:	Do:
Thoughts:	Body:	Thoughts:
Desires:		
6. GROW (from Practice)		
What did you learn about playing for your dream?	What did you learn about yourself and your superpowers?	
		
7. PLAY PLAN: What are the actions / perspectives you will focus on?		

DESIRES

You see the place on the notes sheet for writing out any desires that you noticed during this exercise. It is very common that your hearts desires will make themselves known while you do this. It can be really illuminating!

6) GROW

Explore the growth zone to new clues on the treasure map. What did you learn about playing for your dream and expressing your superpowers?

7) PLAY PLAN

Make a few quick notes about possible social play actions that came up in your coaching session!

Then write out your Social Play Sheet for the week ahead... this is such a good habit for your Dream.

Have an awesome session with your Coach!

Transformation is happening...

1) Your Dream is Activated

Once you activate your Dream, EVERYTHING that happens in your world is part of your Dream... somehow.

2) Treasure Map Mindset

Any experience can provide clues that lead you to your Human Nature Superpowers and Pathways to live your Dream NOW!

3) You are awesome!

You were born awesome. You are a natural at social play; though you may need to dig in a little bit to restore it. And you are capable of becoming the next version of YOU.

4) You are FREE

Playing for your dream is an act of Egalitarian Freedom! And a subversive act to the Authoritarian Control Culture. Aww Yeah.

5) Free people. FREE PEOPLE!

Transformation Coaching Session #8 Notes

Date: _____

1. WARM-UP and Dream sharing:



2. CELEBRATE



3. GROW (from Play)



4. INTENTIONAL CO-CREATION SERIES:

5. PRACTICE (Intentional Co-Creation)

▲ *Speak the vision*

● *Embody the vision*

Relate - Create - Explore



for **INFLUENCE** - **INSPIRATION** - **VISIBILITY**



Action 1

for **RESULT 1**

▲ Do:

Feel:

Feel:

Do:

● Thoughts:

Body:

Thoughts:

Body:

Action 2

for **RESULT 2**

▲ Do:

Feel:

Feel:

Do:

● Thoughts:

Body:

Thoughts:

Body:

Action 3

for **RESULT 3**

▲ Do:

Feel:

Feel:

Do:

● Thoughts:

Body:

Thoughts:

Body:

Desires:

6. GROW (from Practice)



What did you learn about playing for your dream?

What did you learn about yourself and your superpowers?



7. PLAY PLAN: What is your transformation for this week? What social actions?

FROM:

TO:

