

WELCOME

Welcome. On behalf of the entire CV Team, I want to welcome you to Transformation Coaching.

This PDF contains the Pivotal Moment Technique One Page, Coaching Notes Sheet and Coaching Guide.



Learning how to coach is a lot like learning how to play a musical instrument WITH the intention to play in an improvisational jazz group with other musicians.

Using this metaphor, the coaching guides are “the songs”. Learning the music provides a structure for learning the instrument and getting into the feeling of music. Each coaching guide is like a new piece of music that will take you deeper into the instrument.

After LOTS and LOTS of practice, you become masterful with the instrument, the feeling of the music is in your blood and you can “just play the songs” with other musicians by putting your attention on the co-creation NOT on the music itself.

When you first start coaching, just follow the Guides. Metaphorically speaking, you will be able to create pleasing music and hopefully continue to fuel your desire to pursue mastery. And then one day you will BE the music and write your own songs!

Before you use the Guide with a player read it over many times. Read it out loud a few times. Get a feeling for the words, the questions, the ideas and the flow of the conversation.

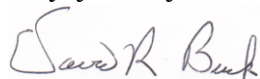
When you are first learning, follow the Guides closely; put your attention on observing your player as they respond to the questions and statements.

Within each Guide there are places to follow your intuition and places to improvise; for example, when doing a Role Play with your player.

Using these coaching guides, you will create a great experience for your players AND you will learn the Transformation Coaching Techniques, ALL AT THE SAME TIME!

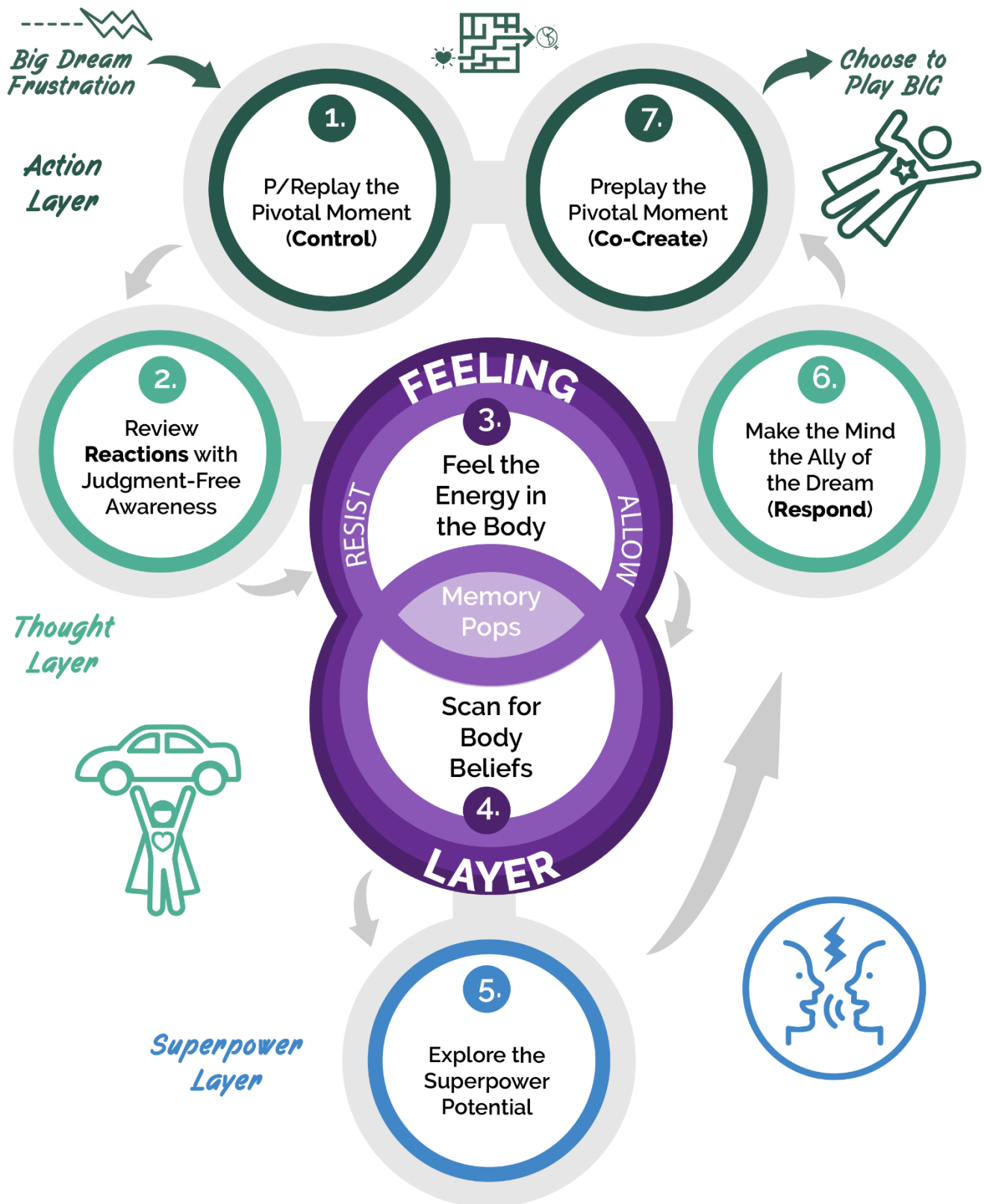
Also included in this PDF is the Technique Sheet as well as the Coaching Notes playsheet that you can use to write your coaching notes from the session. These pages follow the flow of the coaching session and are a good way to get a visual picture of the session.

Enjoy every moment...



Coach Dave Buck and the CV Team!

We are the champions of dreams!



1. Describe the Pivotal Moment**7. Pre-play the Pivotal Moment****2. Describe Reactions with Judgment-free Awareness****6. Your DREAM wants you to...****3. Describe the Physical Sensations (shape-color-temperature)****5. Superpower potential****4. It's not safe for me to...****Memory pops****T PLAY PLAN: What is the transformation you want to play for?****FROM:****TO:**

Coaching Guide: Pivotal Moment of Choice

Coaching Technique: Pivotal Moment of Choice Starts with Step #4

(Practice) PLAN

SAY: Let's get into our Pivotal Moment of Choice practice technique.

ASK: Does that sound good to you?

{Coach: wait for the yes}

The Pivotal Moment of Choice Technique

1) **ASK:** Of all the challenges we explored, which one are you experiencing doubt, fear, stress, overwhelm, frustration or hesitation? Any ideas?

{Coach: This may be obvious from what you already talked about. Or you may need to help them hone in on a specific situation.}

SAY: OK let's make sure we are clear on what is happening and not happening.

ASK: The activity that we are playing with is **X** {say the action}

And when you do **X** (the action), what is your intended result?

{Listen: It is important that you are both clear about the action and the intended results.}

SAY: we will use a visualization technique called: "PREplay the Moment" and explore your thoughts and physical sensations.

PRACTICE

2) Visualize the scene

Ensure a Safe Space

{Coach Note: Make sure they are in an environment where it is safe to close their eyes for a few moments. Eg. Not driving. Not in a busy public place. Not watching something on the stove top. Not chopping vegetables.}

ASK: Are you in a place where you can safely close your eyes?

Assuming they say yes...

Start the Visualization

SAY: close your eyes, breath naturally, and take a few moments to create the scene; envision yourself taking the action.

ASK: Can you describe the scene for me?

{Coach Note: Listen carefully and get into the moment with them.

Coach Note: Make sure you can "see" it with them based on what they are describing.}

Coach Note: Some people are more fluid with visualization than others. Let them dictate the level of detail they describe.

3) Describe the Thoughts

SAY: It is very important that you **maintain judgment-free awareness** during this exercise. You need to imagine that we are both looking at this situation as interested and caring yet detached observers. This will help us expand awareness more easily.

ASK: Do you notice any thoughts going through your mind?

What are they?

SAY: Take your time. Continue to see yourself in the scene while being curious about everything that was going through your mind at that moment.

{Coach Note: Just wait and listen}

4) Scan the body

SAY: Now I want you to scan your body for physical sensations from the top of your head down to your waist. Scan slowly and remain open.

ASK: What sensations are you feeling in your body?

Coach, at this point there are 3 possibilities. They feel nothing, they feel one thing, they feel many things.

If they feel nothing

SAY: *that is ok. Often when we experience resistance there is a sensation in the body somewhere. Often it is quite subtle like a little buzzing or tingling sensation.*

Go down to 5) Share the wisdom of the fear

If they feel many things

ASK: *Which sensation is most intense?*

Have them choose one thing.

If they feel one thing... ALLOW it to be there

SAY: *Bring your full attention to the physical sensation. Feel into it as deeply as you can. ...{pause}... You may notice some emotions coming up. Just let them pass for now and focus on the physical sensation.*

ASK: *Does the feeling have a shape?*

ASK: *Does the feeling have a color?*

ASK: *Does the feeling have a temperature?*

SAY: *OK. Just keep your eyes closed for a few more seconds. Feel into it and allow this sensation to be in your body for 30 seconds.*

ASK: *Can you do that?*

{wait for them to say yes}

SAY: *OK. Go for it.*

{wait...stay silent for 30 seconds}

ASK: *You did it! What was that experience like? Did anything pop up for you?*

{just listen}

FIND THE BODY BELIEF AKA the “Wisdom of the fear”

SAY: *Now let’s try to find the wisdom in what you are experiencing. Fear is always focused on self-preservation. We want to discover what the fear or Body Belief is urging you to preserve, protect or hide.*

ASK: *Fill in the blank for this phrase: “It’s not safe for me to ... fill in the blank”*

Coach, co-create them. Explore a few options together. Encourage them to honor the wisdom of the “fear”.

5) Explore the Superpower Potential

ASK: *Let’s try to imagine the superpower this belief is preserving or protecting?*

{co-create this with your player}

{this is treasure map reading and it takes some practice!}

6) The Dream’s Request / Desire

SAY: *That is excellent. Now let’s create a phrase to describe what your Dream wants you do.*

ASK: *What is your dream asking you to do in this situation?*

Coach, co-create them. Explore a few options together. Help them hone in on a short phrase.

7) Preplay the moment again

SAY: *Now close your eyes for a moment and visualize the scene again while holding in your mind your Dream’s request. ...{pause} See yourself making the BIG Move and everything turning out great.*

Give them 10-30 seconds of silence.

ASK: *What did you see?*

Listen.

SAY: Now you have the choice to play safe or play BIG. Either one may be appropriate when you are in this situation. The key is that you have choice.

SAY: Great practicing!!!

GROWTH MODE (from practice)

SAY: “OK, this is a good time to switch into growth mode”

ASK: “We set out today to explore and practice a pivotal moment from your Dream. How did you do on that plan?”

{Coach: listen}

ASK: “What did you learn about playing for your dream (your situation) today?”

{Coach: listen}

ASK: “What did you learn about yourself, and your superpowers in this session?”

{Coach: listen}

SAY: “Can I share an observation?”

{Coach: share an observation about your player’s superpowers and the pursuit of their dream.}

PLAY PLAN (For the days ahead)

SAY: “OK, let’s make sure we have a Play Plan...”

ASK: “How can you use what you learned in our session in the days ahead?”

{Coach: listen}

ASK: For this week what transformation can we focus on? From A to B?

{Coach: listen and CO-CREATE }