

# Transformation Coaching Session #3 Notes

Date:

1. WARM-UP and Dream sharing:



2. CELEBRATE



3. GROW (from Play)



4. (Practice) PLAN: *Co-create Awareness of Social Play and Intentional Co-creation*

5. PRACTICE

Relate

for **INFLUENCE**



Create

for **INSPIRATION**



Explore

for **VISIBILITY**



Co-create Awareness of Social Play

*Intentional Co-creation Technique*

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: