

TRANSFORMATION COACHING



Player Playbook
by Dave Buck, MCC



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

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UPDATE: 2023-01-24

Transformation Coaching

Playbook for Players

DRAFT

By Coach Dave Buck, MCC

Welcome!

Hello there! Coach Dave here with you.

On behalf of the CoachVille Community, I welcome you to the Transformation Coaching program with your CoachVille Coach.

I am the co-creator – with our amazing team of coaches – of the Transformation Coaching program that your coach is using to guide you in pursuit of your dreams. While your coach is your Guide on the adventure, I will be your “Bonus Companion” with this playbook and a series of audios that I recorded to help you make the most of every session with your coach.



Our BIG Dream at CoachVille...

Everyone, everywhere with the courage to play for their dreams, has a GREAT Coach! YOU are making our dream come true!! Thank YOU!

Your Transformation Coach is...

- The champion of your dreams
- The promoter of your playfulness
- The uplifter of your Human Nature Superpowers

The true heart of coaching is practicing together to play better. So, just as a basketball coach will help you play basketball better or a violin coach will help you play violin better, a Transformation Coach will help you play life better. You might be wondering: how do we practice life? We will get to that I promise. Oh, and it's AWESOME!

Your **Dream** is the call to adventure... out in the world... to create new experiences that enhance your life and the lives of others.

Your **Playfulness** will empower you to relate for influence, create for inspiration, explore for visibility and experiment for discovery... the 4 things your Dream needs you to do.

Your **Human Nature Superpowers** are core abilities that we all have within us that we can express to co-create a beautiful life of Egalitarian Freedom. As you live your Dream you will discover, unleash and develop your Superpowers of Human Nature!

Are you READY TO Live Your Dream NOW, AND create a ripple effect of good that deeply touches others? And amplify the goodness of your Human Nature? I know the answer is YES! The good news is that it happens naturally when you play with a Transformation Coach.

Enjoy the adventure...

Coach Dave Buck and the CoachVille Community...

We are the Champions of Dreams!

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Introduction

The Lightning Bolt Moment



The Lightning Bolt is a symbol of transformation.

The FLASH of electricity comes out of the sky to shake things up and cause a transformation.

In the mystic symbol of the lightning bolt, it is striking a tower and the people in the tower are tossed out. SET FREE! Out of their isolation and back out into the social world of other people and new possibilities... and new challenges.

Were they held captive by some form of outside control? Or did they put themselves under control to get away from the risks of the world? We don't know. But either way, the control is gone and now they are free to play – and risk – and GROW – again.

Scenario 1:

In real life terms this is some kind of event. Often the end of a situation: a job, a relationship, a time in a place, or a state of health... and at the exact same time, the beginning of something... your NEXT Dream.

You may be in a lightning bolt moment in your life and now you are connected to a Transformation Coach. Good!

Scenario 2:

You are connected to a Transformation Coach and now you are going to co-create your own lightning bolt moment (Yes, we can do that). In real life terms this is some kind of choice. A choice to let go of some status quo in your life and LIVE YOUR NEXT DREAM NOW!

Whichever scenario you are in... it is good!

Sometimes we choose our next Dream.

Sometimes our next Dream chooses us!

The Transformation:

From: under control... staying safe

To: set free... into the social world

There is some part you YOU that needs to be set free... back into the social world for expression, growth, risk and opportunity; so that can live your next Dream, NOW!

Together we will discover what part of YOU (or parts) is being SET FREE... and ready or not.. the other people of the world are calling for you.

Here is a BIG point about Transformation Coaching: whatever problems you were focused on before the spark... are probably no longer relevant; most likely they are not worth your attention. We leave them behind with the crumbled tower. AND it is likely that the cause of those “problems” was trying to keep your Self or something under control.

On adventure in the social world, we don't focus on problems. We focus on the peak experiences of the Dream we are playing.

The Lightning Bolt between the two faces talking represents the transformative power of coaching conversations.

FLASH... a new DREAM!

FLASH... a new possibility

FLASH... a new awareness

FLASH... a revealed desire

FLASH... a new ability

FLASH... a new becoming

FLASH... a new understanding

FLASH... the next DREAM

The Lightning Bolt – the Transformation Coach – is the messenger, the catalyst, the companion, the guide...the FLASH!

The only choice now is to play the new Dream....Or stay under control.

FLASH!

Let's Play

A Coaching Session: Before - During - After

BEFORE the Session



This playbook, plus a set of playsheets, audio, and an online community and APP are designed to help you become a powerful co-creator with your coach. All of the key ideas are explained here, so you and your coach can dive right into co-creating and practicing together; rather than your coach using precious time explaining these concepts to you.

- 1) Print the Coaching Notes sheet.
- 2) Read – or scan - the chapter.
- 3) Listen to the Player Prep Audio.
- 4) BONUS: Listen to a recorded coaching session.

1) Coaching Session Notes

An example of the Coaching Notes for Session 3 is on the next page. I am using Session 3 as the example because it is the one that is most similar to the others.

Use these sheets to write a few key word notes during each coaching session. The sheets are set up with words and symbols to follow the flow of the session; like creating a mind map. Writing a few notes will help you remember different parts of the experience and then capture your growth from the session.

Remember, a coaching session is not school! There won't be a test. You don't need copious notes. Write a few key words for each segment; again, like a mind map.

2) Read the Playbook

This item is optional based on if you are a comfortable reader or not. If you are not a comfortable reader, then you can listen to the player prep audio. If you are a comfortable reader then a quick scan of the chapter will prepare you with a few concepts, a technique and an overview of the session.

You can either read the PDF or you can read it in small segments on the web on the CoachVille Social Site (CoachVille.net) or on your phone on the CoachVille APP.

3) Listen to the Player Prep Audio.

You can either listen to the entire prep audio OR you can listen to it in small chunks on the CoachVille Social Site or App.










Listening to the “player prep” audio will help to create an “immersion experience” for your Dream. We have all had thousands of “repetitions” about working on tasks in isolation... so it will take quite a few reps before you can fluidly PLAY Together for your dream. But together... we will do it.

4) BONUS Recording of the Coaching Session

I have a recording for each session in the series that I made with the amazing Player Mary McClements. Listening to these audios – each about an hour – will expand your comfort level with being coached and expand your understanding what Transformation Coaching is all about.

Think about it, before you wanted to be coached in any athletic activity or performance art activity, you saw it played MANY times. So, you had a comfort level going into the coaching experience. These recordings are our attempt to give you that comfort with playing and coaching social play in life / business / leaderships etc.

AND, listening to Mary play for her Dream is SUPER inspiring. It's like a serial podcast where the story unfolds with each episode. I think you will really enjoy it.

| Transformation Coaching Session #3 Notes | | Date: |
|---|--|-----------------|
| 1. WARM-UP and Dream sharing:  | | |
| 2. CELEBRATE  | 3. GROW (from Play)  | |
| 4. (Practice) PLAN: <i>Co-create Awareness of Social Play and Peak Experience Technique</i> | | |
| 5. PRACTICE    <i>Co-create Awareness of Social Play</i> | Relate | for INFLUENCE |
| | Create | for INSPIRATION |
| | Explore | for VISIBILITY |
| | <i>Peak Experience Technique</i> Do: 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: | | |

DURING the Session

The most important thing is to be in a place where you can be fully present with your coach.

Come prepared to share your celebrations and challenges.

Your coach will guide the session, so all you have to do is engage fully and playfully.

Speak from the heart... there are no right or wrong answers to coaching questions.

NOTES

Use the Coaching Notes Playsheet to write just a FEW notes during the session.

OR you can fill in a few notes after the session.

Use whatever method helps you focus on the session with your coach.


AFTER the session

1) Fill in your Transformation Coaching Adventure Log

Write the date and a few high-level key word notes to capture the essence of the session for you on the Transformation Coaching Adventure Log.

Use these two pages to create a visual display of your progress through the program.

Just a few key words for each session will allow your amazing mind to store and recall the important moments of your adventure.

| Transformation Coaching Adventure Log (Part I) | | | | | |
|--|---|---|--|--|--|
| <div>The Dream</div> <div></div> | | | | | |
| <div>1. Exploratory Session</div> <div>Date: / /</div> | <div>2. Dream Activation</div> <div>Date: / /</div> | <div>3. Social Play</div> <div>Date: / /</div> | | | |
| <div>4. Play Better</div> <div>Date: / /</div> | <div>5. Pivotal Moments</div> <div>Date: / /</div> | <div>6. Co-Create Practice</div> <div>Date: / /</div> | | | |
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2) Use the Transformation Coaching Play Plan







Write out your play plan for the week on the Transformation Coaching Play Sheet. This sheet is organized for transformation and social play. Keep the sheet in view in between coaching sessions so you remember to play!

3) PLAY!

Do the actions you intended to do PLUS any social actions you feel inspired to do. Notice new events and situations that come into your life.

Keep your play plan near you as you play for your dream in between coaching sessions to remind yourself to play.

Use it like a journal to make a few notes about your experiences of playing with each item. Note your thoughts, feelings, experiences and even resistance; if you find yourself looking at the item every day and thinking: “oh, I will do that tomorrow”.

| Transformation Coaching Play Plan # | | Date: |
|--|---|-------------------------------------|
| Your BIG Dream : | Your Transformation : FROM: TO: | Your Superpowers : |
| ACTIONS with the Spirit of Play Relate for INFLUENCE > Risk Rejection | | Challenges / Superpowers / Results: |
|  | | |
| Create for INSPIRATION > Risk Disappointment | | |
|  | | |
| Explore for VISIBILITY > Risk Trouble | | |
|  | | |
| Experiment for DISCOVERY > Risk Mistakes | | |
|  | | |
| Celebrations: | Growth: | |
|  |  | |

This will help you prepare for your next coaching session.

4) Participate and share

Participate in the online community via the web or use the CoachVille App to share about your experiences and connect with Transformation Players around the world!

SUPER FUN.

Share about...

- 1) Your insights from any of the content
- 2) Your highlights from your coaching session

3) Your experiences playing for your dream in the world!

We are so excited to read about your adventure as it unfolds!!!

Read, Comment, Co-Create Belonging

Read about what your fellow adventurers are doing and share your encouraging words.

Profound belonging is something we can co-create together by using our amazing Superpowers The Need to Belong and the Love to Befriend.

Session #01 – Exploratory

(Exploring the possibility of having a Transformation Coach)

01-01) Prepare for your Exploratory Session

You may be reading this playbook before or after your exploratory session with your coach. Either way is OK!

If it is before, then consider these first 10 pages or so as motivation to say: “YES”!

If it is after, then these pages are here to get you prepped and ready to play.

Even if you already had the exploratory conversation and said: “Yes”, I still recommend that you listen to the prep audio. A few of the ideas will energize your experience with your coach.

The first step in a coaching relationship is what we call an “Exploratory Conversation”. The main purposes are to:

- A) Get you excited about having a Transformation Coach
- B) Make sure that you and the coach are a good fit for each other.

[Listening to this audio will help you prepare for the session.](#)

Reading this playbook introduction will also help you prepare to get the most out of it AND to make a good choice for yourself.

Well, you don’t really need to “prepare” in the traditional sense.

But your potential coach is going to bring up a few topics that you may never have been asked about before. So if you want to give them a moment of thought before the session you can.

If your coach has sent you the Playsheet Pack then you can print a page that looks like the one on the right. If not, no worries.

1) Your coach is going to ask you if you to share your current version of your Dream. Your Dream can be an elaborate vision or **it can be a simple statement of desire.**



Transformation Coaching #1 (Exploratory) Date: _____

SESSION FOCUS: EXPLORATORY SESSION

| | |
|------------------------------------|-------------------------|
| Peak experiences: | Self-expression: |
| 3. | 4. |
| 3-month focus: | Contribution: |
| 2. | 5. |
| 1. Your Dream | |
| Growth-oriented challenges: | Play better: |
| 7. | 6. |

- 2) Is there something that you are focused on for the next 3 months.
- 3) Are there any peak experiences you would love to have over the next 3 months?
- 4) How would you love to expand your self-expression?
- 5) How would you love to expand your contribution?
- 6) Are there some activities that you would love to “play better”?
- 7) Are there any growth-oriented challenges you would love to step into?

This can be a really fun conversation!!!

Enjoy your exploratory session with your – potential – coach.

It could be the start of something BIG!

Free people. FREE PEOPLE!

01-02) The Practical... The Problems ... The Purposeful... The Playful

As your bonus companion on your adventure with your Transformation Coach, my role is to prepare you for each leg of the journey so that you can really LOVE it and thrive.

In this exploratory chapter, I have a few provocative ideas to share with you... that will shift how you see yourself, the world around you and your opportunity to thrive in a joyful way. AWWW Yeah.

The first thing I want to do is share with you a few of the “real world” benefits of playing with a Transformation Coach in the form of practical benefits, “problems” solved and bigger purpose and aspirations.

The Practical

- If your Dream or purpose feels fuzzy or lost, it will come into focus and gain energy.
- Positive actions that used to seem hard, will start to feel easy.
- You will have more fulfilling experiences with people you enjoy; in ALL aspects of your life!

- You will gain awareness of where your doubts and fears are coming from... and you will feel more and more FREE!
- You will greatly expand your “body awareness” and “emotional awareness” which will increase your intuition, inner knowing and self-trust. << ***THIS IS A BIG ONE!***
- You will feel more ALIVE... and feel like your life is more vibrant than it used to be!

The Problems

Coaching is NOT an intervention for problems! It is about playing better for your dream.

However,... as you play better with your Transformation Coach, many of life’s situations that are commonly perceived as problems will lessen or disappear completely.

- You will experience LESS anxiety.
- You will experience LESS self-doubt.
- You will experience LESS procrastination on important actions.
- You will experience LESS negative self-talk.
- You will experience LESS limiting beliefs.
- The idea of self-sabotage will gradually disappear.

You have to admit... this will be awesome!

The Purposeful... and Aspirational

- You will gain influence. You will begin to see yourself as powerful and capable of having a profound positive impact in the lives of others and in the world!
- You will gain creativity. You will gain clarity on the YOUnique qualities that you have within you that you can use to co-create the results and experiences you desire.
- You will make changes. You will feel more confident in taking risks that can bring about positive rewards for your dream.
- You will gain visibility. You will feel more courage in being seen and owning your value.
- You will develop the ability to tap into your body wisdom to make bold choices.
- You will develop the ability to tap into your AWESOME Human Nature for needed insights and possibilities... and then ACT on them.
-

The Playful

A BIG difference between playing with a coach and working in isolation is well... a focus on play... specifically Social Play, and practice.

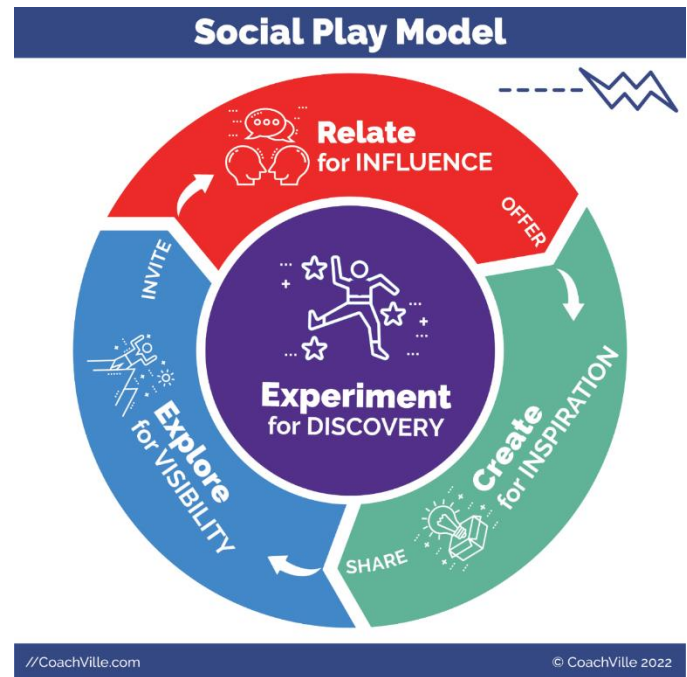
We have a little model to help you shift your mindset from worker to player: Relate, Create, Explore, Experiment. (it has a ring to it!)

Your coach will encourage you to add activities in these four areas into your plan each week; this will guide you toward the experiences you desire, the impact you desire and personal transformation **AT THE SAME TIME!**.

Here is an important insight to consider: **Anything that you cannot control but you can influence is an opportunity to play and play better with a coach!**

So, I want you to wonder... to dream... of what you would do if you were able to increase your positive connection in the social world around you.

These are the four types of activities: **Moments of Social Play.**



- A play-able moment is a coach-able moment that you can improve through practice.
- Social play means that it involves co-creating the experience with one or more other people rather than completing a task in isolation as was the norm in the Industrial Age of Control.

And here is another BIG point: As you unleash your Superpowers of Human Nature, you naturally get better and better at Social Play because Human Nature is Playful!!!

The BIG Picture...

Playing life with a Transformation Coach means you will practice pivotal moments of social play that lead to influence, inspiration, visibility and change!

You will experience this fully throughout this coaching engagement and you just might be inspired to take a “coach and play” approach to many of your future pursuits in life! **I HOPE SO!!!**

Now you might be thinking: “Yes, the social play actions and results are exactly what I want! The Power of Playfulness sounds amazing.

“But when I think about it:

- Asking for what I want or need is pretty hard for me.
- Sharing what I create can be a real struggle.
- I know I need to “get out there” and be more visible, but it’s not easy.
- Trying new things often feels too risky so I stick with what I always do.”

EXACTLY.

Somehow, we have all become fearful of our playfulness and social play actions in the Industrial Culture.

This is a BIG reason why Transformation Coaching was invented!!

01-03) Transformation: From Control to Co-Create

Each week we will focus on one transformation.

To get us started we will explore one of the biggest...



From: Control

TO: Co-Create

OR the deeper version:

From: Hierarchical Control

TO: Egalitarian Co-Creation

Juicy.

Control

Notice areas of life where you are attempting to control OR you feel that you are “supposed” to be in control.

- Of a person
- Of a situation
- Your SELF

And notice the areas of life where you are being controlled

- By a person
- By a situation

Co-Create

Notice moments when you feel the urge to co-create with another person.

Usually this will be to co-create an experience together.

And sometimes you will co-create a “thing” that you want other people to experience.

The big idea is to notice that we can – and really enjoy – co-creating experiences with others.

This is important right at the start because coaching is a co-created experience.

Coaching is a form of Egalitarian Co-Creation.

We like to think of it as a highly advanced and effective form of egalitarian co-creation.

It is different to how most human relations are organized by our current culture.

Your coach is not going to control you as if they are “the authority.”

YOU are not going to control your coach because they are supposed “to serve” you as a customer or client and the “customer is always right”.

01-04) Transformation Coaching... the quick definition

Here is a quick definition of Transformation Coaching, with more to come later.

Let’s do the coaching part first.

The super straightforward definition of



Coaching is *Proactive Co-Creation and Guided Practice*.

The purpose of coaching is to play better.

A tennis coach co-creates approaches to tennis with you and then practices tennis with you so you can play tennis better.

A vocal coach co-creates approaches to singing with you and then practices singing with you so you can sing (play your voice) better.

YES! It is possible to practice life, and it’s really fun! We will get to that a bit later.

Important pattern language:

Lawyers have clients.

Doctors have patients.

Coaches have players!

All through this book we will refer to coaches and players!

Being a coach is awesome.

Being a player is awesome!

Becoming and Transformation

There is an element of coaching that includes becoming the next version of you WHILE you co-create and practice playing.

The idea is that practicing any activity with vision and desire will have a ripple effect on the rest of your life.

Such as becoming a more confident person.

Or becoming a more fulfilled person because your passion and playfulness have a healthy focus or “outlet”.

By calling what we do “Transformation Coaching” we emphasize the becoming part.

As we play for our Dreams in life there are almost infinite possibilities for becoming the next best version of ourselves.

Transformation has a simple structure:

FROM: something NOW (that served its purpose)

TO: something NEXT (that we desire to become or experience)

Our big example at CoachVille is:

FROM: under control

TO: set free

The “Lightning Bolt Moment”!

There are sooooo many possibilities here. So many aspects of our SELVES that we can “unleash” or set free and express in the world in a bigger way.

Another good way to understand coaching is the Guide on the Heroes Journey – or as we call it “The Human Journey”. The idea here is the Transformation Coach is your Guide / Companion on the adventure of life providing observations, ideas and new perspectives so that you grow much faster than if you were adventuring alone.

This is just the start of understanding what transformation coaching is and the value it can have in your life. As we move along, the clarity will grow.

Let’s play.

01-05) Possibilities for your Dream

Your Dream can be an elaborate vision. OR it can be a simple statement of desire. Either are an awesome way to start our adventure together.

Elaborate: I want to host a podcast where people share their defining moments in life.



Simple: I want to feel more energy when I am at work.

Simple: I want to have a closer relationship with my friends and neighbors.

At CoachVille, we use the symbol of the lightning bolt to represent your Dream. We also typically capitalize the D to represent that your Dream takes on a life of its own, almost like a character in your adventure.

The first thing your coach is going to talk with you about is your Dreams; because living your Dreams is what playing life is all about. An important point here is that playing life with a Transformation Coach is MUCH different than going it alone. So, I am encouraging you to think bigger than you might normally allow yourself to think.

Why Dream... rather than objectives or goals?

- Your Dream includes your imagination.
- Your Dream includes your vision.
- Your Dream includes your heart’s desires.
- Your Dream includes how you want to contribute to life.
- Your Dream includes who you want to become.
- Your Dream includes the peak experiences you want to co-create.
- Your Dream includes the spirit of play.
- Your Dream includes a sense of wonder and mystery.

Often, we don't think too much about our dreams, we just focus on what we can control by ourselves. This is how we were trained to think in the Industrial Culture. (We will get to this later) This approach tends to keep us pretty small; which is OK sometimes. But truly life can be MORE.

Another important idea about Dreams is this:

There is no Road Map to our dreams BUT... there IS a Treasure Map!

There is no Road Map to your dream; no step-by-step instructions like we were told in the Industrial Culture.

During this coaching experience you will rekindle the treasure map reading mindset and skills that are part of your Human Nature and prepare to live fully with the wonders and mystery of life.

You may be very clear on your Dream and already in pursuit. Or you may be a little fuzzy about the details but just know you are ready for more. Wherever you find yourself now is the perfect place to start your adventure. The purpose of this little section is to spark your imagination for what your BIG Dream can be.

Our mantra is: The world is a playground. Let's Play Together.

Here is a “starter” list of the endeavors that people dream of playing better. This will spark your imagination for the many possibilities you have with your Transformation Coach!

Aspects of Life you can play better with a Transformation Coach

- small business ownership,
- career development & transition into something joyful & meaningful
- business growth through team play
- leading a worthy cause or movement
- growing a vibrant community
- spiritual quest through community participation
- financial freedom through value creation
- corporate management and/or leadership of a great team
- artistic expression and performance
- health and wellness through engagement
- personal growth through self-expression and participation (this includes co-creating relationships and partnerships)

How you will grow as you play for your dreams...

- You will express your superpowers, energy and creativity
- You will enjoy the company of people by growing your Dream Team
- You will grow your skills and capabilities
- You will experience personal transformation; to dream, be free, befriend, become, believe and belong
- You will grow in status within your community
- You will co-create your world - and THE world - in a positive way

You will LOVE playing for a Dream that is engaging, supportive, challenging, purposeful and fulfilling... even if right now in your life you only have 20 minutes per day to play for your Dream, it will light up the rest of your life. And hopefully soon more and more of your day can be living your Dream time. AWWWW Yeah!

Let's talk for a moment about the Superpowers of Human Nature.

01-06) Overview of the Transformation Coaching Program

Your coach will be guiding your adventure using a sequence of Transformation Coaching Techniques from CoachVille.

The sequence is designed so that YOU can discover the powerful ways a coach can co-create and practice with you as you live your Dream now.

As I mentioned before, when you are prepared with an overview of each coaching session, you can be a more powerful co-creator with your coach.

Before each session you will learn about the practice technique that you will do together as well as concepts and ideas that will help you make the most of each session.

Here is a quick outline of the Exploratory Conversation and the 10 Sessions:

Part 1 – Experience Transformation Coaching Techniques

#1 Exploratory Conversation – Is now your time to have a coach?... YES!

#2 Dream Activation – Activate Your Dream Technique (+ To Dream)

#3 Social Play – Peak Experience Technique

#4 Play Better - Role Play Technique

#5 Pivotal Moments – Pivotal Moment Technique



#6 Practice – Plan-Play-Grow Technique

Part 2 – Play BIGGER

#7 Dream Refresh – Co-Create Awareness Technique

#8 Play for “Yes” – Transformational Play

#9 Co-creation Series

#10 More Practice!

#11 Celebration!

NOTE: If you and your coach are doing a 13 Session series, an Exploratory + 12 Sessions, then you simply repeat session #10 two more times; because... **WE LOVE PRACTICE!!!!**

#11 More Practice; #12 More Practice; #13 Celebration!

The purpose of the coaching program:

1) For you to experience the essential techniques of Transformation Coaching as a player so that you will know how to benefit from having a Transformation Coach as a companion for all your big adventures in life.

2) For you to... well... live your Dream NOW - and activate your Human Nature superpowers! To realize that you have more power than you think you do to play for your dreams and create a ripple effect of goodness in the world around you.

3) HAVE FUN!

01-07) Team Play for Transformation

Your coach and I are co-creating team play for transformation for YOU and your dream!!

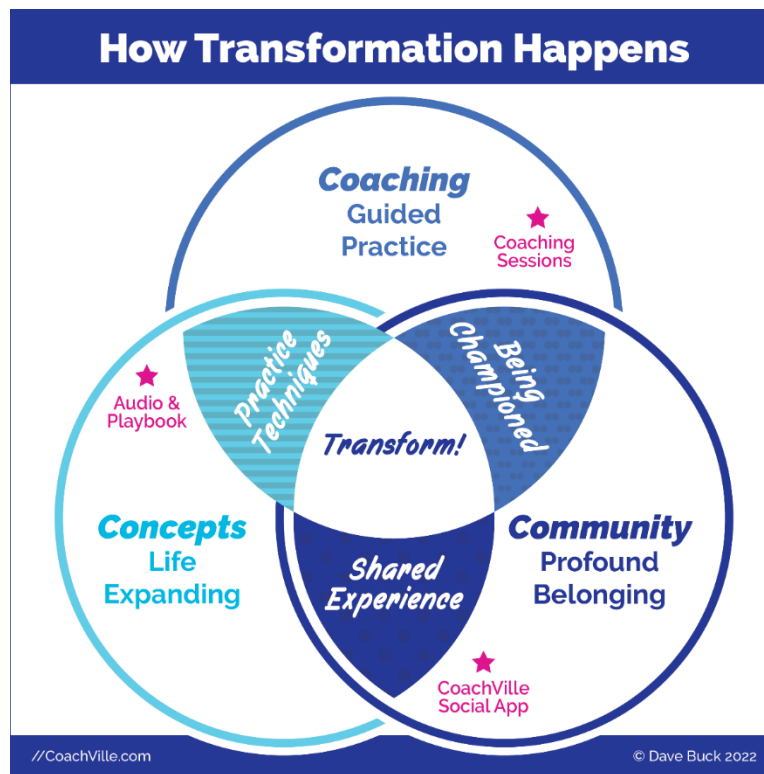
In each chapter I will share with you a few ideas about playing for your Dream. And I will give you a preview of any coaching techniques your coach will practice with you for the first time.



Why this is awesome...!

You probably have never had a CoachVille Transformation Coach before, and probably never any kind of Personal Coach. The more you know about what to expect in the session,

the more you can be a co-creator rather than a passenger. This is super important because Transformation Coaching is a co-created experience, it is NOT a service.



It takes a village to live your dream.

It takes a village to co-create the next version of YOU!

Your coach is part of a team (a village!) of coaches who are co-creating team play for transformation. For YOU and your dream!!

In this program you will learn about the enormous influence that culture has on you and your ability to live your Dream and transform into the next version of you.

At CoachVille we have co-created a culture for Dreams and Transformation that you can be a part of.

Our culture includes Coaching, Concepts and Community.

Coaching

Coaching is proactive co-creation guided practice, with the emphasis on guided practice. You are about to experience this with your coach.

The practice techniques that you will use with your coach have some life-expanding ideas built into them.

Concepts

Concepts are life expanding ideas that can shift your mindset and expand your awareness. You have the playbook and access to a series of audios, so you can immerse in ideas that will make living your Dream easier and more fun!

When you share unique experiences with others you build a strong bond of community.

Community

Community is a place of profound belonging where your growth is nurtured and encouraged. For this we have a CoachVille App with a group for players with a Transformation Coach! Here you can access all of the resources and also connect with other amazing humans who are also participating in the Transformation Coaching Program.

The community part is vital because you will feel that you are a part of something bigger, rather than just being the only person that you know with a Transformation Coach. Experiencing a positive culture will empower you to “ripple” your experience out to other communities that you are part of!

When you feel that you are being championed as an individual within a group it expands your energy to step into the next challenge in your Dream. Your coach is ready to explore this challenge with you.

Access

You can access the community on CoachVille.net AND... most importantly... on the CoachVille App. The App makes it especially easy to access the audio content.

Your coach will let you know how to access the private group for Transformation Coaching Players.

SEE YOU THERE!

The Coaching Agreement

Your coach and I are part of an international community of coaches called the International Coaching Federation.

As a member of this community, we abide a set of Coaching Ethics.

Your coach will send you an agreement to sign after the Exploratory Conversation and prior to Coaching Session #1.

Session #02 – Dream Activation

(The Dream Activation Technique)

02-01) Prepare for Session #02 – DREAM Activation

At the start of Session 2 your Coach will do a quick walk through of the coaching agreement. This is an important to ensure that both you and your coach are in agreement on a few key points regarding coaching ethics. You only need to do this for the first session.

On the right is a mini version is the Coaching Notes Sheet for Session 1.

To important things to notice:

- 1) The flow of the coaching session through 7 stages in the blue circles
- 2) It puts your Dream at the center of the page. The focus of the session on Dream Activation; looking at what you aim to experience in life through the lens of the Human Nature Superpowers.

Always be prepared to speak from the heart while co-creating with your coach. It is not a test and there are no correct answers!!

| Transformation Coaching Session #2 Notes | | Date: _____ |
|---|---|-------------|
| <div style="background-color: #34495e; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 5px;">1.</div> WARM-UP and Dream sharing: | | |
| <div style="background-color: #34495e; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 5px;">2.</div> CELEBRATE | <div style="background-color: #34495e; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 5px;">3.</div> GROW | |
| <div style="background-color: #34495e; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 5px;">4.</div> (Practice) PLAN: <i>Dream Activation</i> | | |
| <div style="background-color: #34495e; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 5px;">5.</div> PRACTICE | | |
| <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <div style="background-color: #34495e; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 5px;">A</div> <p>Drive to be free: Self-determination & self-trust</p> </div> <div style="width: 45%;"> <div style="background-color: #34495e; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 5px;">B</div> <p>Love to befriend: Co-create & care</p> </div> </div> | | |
| <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <div style="background-color: #34495e; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 5px;">C</div> <p>Start here Brief description:</p> </div> <div style="width: 45%;"> <div style="background-color: #34495e; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 5px;">D</div> <p>Urge to become: Self-expression & spirit of play</p> </div> </div> | | |
| <div style="border: 2px solid #34495e; border-radius: 50%; width: 200px; height: 200px; display: flex; align-items: center; justify-content: center; margin: 0 auto;"> <div style="text-align: center;"> <p>Your Dream Self-love & self-worth</p> <p>Ripple Effect:</p> <p>Focus:</p> </div> <div style="background-color: #34495e; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin-left: 10px;">G</div> </div> | | |
| <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <div style="background-color: #34495e; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 5px;">E</div> <p>Need to belong: Self-value & social safety instinct</p> </div> <div style="width: 45%;"> <div style="background-color: #34495e; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 5px;">F</div> <p>Ability to believe: Self-confidence & self-preservation</p> </div> </div> | | |
| <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <div style="background-color: #34495e; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 5px;">6.</div> <p>GROW (from Practice) What did you learn about playing for your dream?</p> </div> <div style="width: 45%;"> <p>What did you learn about yourself and your superpowers?</p> </div> </div> | | |
| <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <div style="background-color: #34495e; color: white; border-radius: 50%; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center; margin: 5px;">7.</div> <p>PLAN: What is your transformation for this week? What social actions?</p> <p>FROM: _____ TO: _____</p> </div> <div style="width: 45%;"></div> </div> | | |

The Flow of the Coaching Session:

1) WARM UP and Dream Sharing

Just like you would for an athletic or performance art practice, it is important to warm up first. Your coach is going to guide you through a quick Transformation Coach warm up routine that includes Connected Breath and Imagination Activation.

Starting in Session #2 you will do a quick Dream Sharing activity as well. It is SUPER empowering to speak your dream on a regular basis.

2) CELEBRATE

Your coach will ask you to share a celebration from your life. Sharing celebrations is a powerful trust building activity... vital to Transformation Coaching.

3) GROW from play experiences

This will be brief in this session. But as we move forward sharing about growth and growth opportunities will be a vital part of each coaching session.

4) Practice PLAN

For Session 1 the practice plan is the Dream Activation Technique. YES!!

5) PRACTICE

The main focus of each coaching session is practicing together.

In the Dream Activation Technique we explore your Dream - or statement of Desire - using the Human Nature Superpower Model.

This is a very empowering way to explore your Dream! Rather than making a list of tasks or outcomes, we look for who you can BECOME by engaging in new experiences.

A) Start here: Describe your Dream as you currently envision it; even if it is just an inkling of an experience that you desire.

Next, we will talk about your experiences with the Human Nature Superpowers to look for “clues on the treasure map” to your Dreams.

B) Drive to Be Free

C) Love to Befriend

D) Urge to Become

E) Ability to Believe

F) Need to Belong

G) Your Dream with a little more clarity

What is the impact you aim to have?

What is the focus for the next 3 months?

6) GROW

- What did you learn about yourself?
- What did you learn about your Dream?

7) PLAY PLAN

A) Set your intention for Transformation for the week. A way you intend to expand or express something new or become the next version of YOU

FROM: A (a word or phrase)

TO: B (a word or phrase)

Look at what you explored in the session. Think about your situation. Add in what you plan to do. And sum it up in a transformation phrase from A to B.

B) Share a few social actions to get started on your Dream this week.

Dream Activation & Human Nature Superpowers

It puts your Dream in the center and then offers 6 different explorations related to living this dream that your coach will explore with you in the coaching session.

Always be prepared to speak from the heart while co-creating with your coach. It is not a test and there are no correct answers!!

Transformations

There are several powerful transformations that we will begin to experience in this session. They are part of the BIG transformation:

From: Industrial Culture of Authoritarian Control

TO: Connected Culture of Egalitarian Co-Creation

From: Control Human Nature

TO: Unleash Human Nature

From: Results Orientation

TO: Peak Experience Orientation

From: Task Orientation

TO: Playful Growth Orientation

Here is the flow of the Dream Activation Technique.

A) Start here: Describe your Dream as you currently envision it; even if it is just an inkling.

It can be simple statement of desire for new experiences. Examples:

- I want to experience a better connection with my neighbors
- I want to feel more energized in my career or business
- I want to create a safe space for the children in my neighborhood to play together
- I want to create a strong referral network for my business

Next we will talk about your experiences with the Human Nature Superpowers to look for “clues on the treasure map” to your Dreams; rather than a task list.

B) Drive to Be Free

How can we tap into your self-determination and self-trust?

C) Love to Befriend

How can we express your love for co-creation and care; both giving AND receiving?

D) Urge to Become

How can we expand your self-expression AND your spirit of play?

E) Ability to Believe

How can we honor both your self-confidence AND your self-preservation?

F) Need to Belong

How can we explore both your self-value and your social safety instincts?

G) Your Dream with a little more clarity

What is the ripple effect you aim to have?

What is the focus for the next 3 months?

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.

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

Dream Activation Technique

We are going to talk about your Dream in an unconventional way... mostly focusing on who you want to become and your vision for the next version of YOU.

We start with your vision for the ripple effect you aim to have on your world by playing for this dream. This can resemble accomplishments.

The important thing here is that you speak from the heart and don't worry about the details of HOW you are going to do it. Your Dream starts with your vision.

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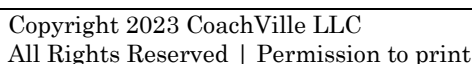
Dream Activation Technique
"Commence Your Human Journey"

© CoachVille

Get started

Also, if your vision is a little fuzzy... or nothing but fuzzy... it is OK. Just share what you can see. That's all you need to do to start the activation.

Then we will walk through the
Superpowers of Human Nature to
Power Up your dream the energy of
becoming the next version of YOU!



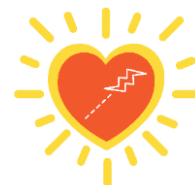
This is the energy of Transformation Potential.

You saw these qualities on the Superpowers of Human Nature model in the Introduction.

We will explore you in your current situation and then your vision of you playing for your dream through the lens of these qualities. Your coach may also ask you a few bonus questions to reveal how the Authoritarian Control Culture is impacting you right now.

Transformation Coaching starts with your Dream

All coaching begins when you have a Dream and choose a coach to guide you on the adventure. Remember our lightning bolt metaphor. The Dream is the FLASH that gets you out of the tower; out of being in control. As the “player” you must have a vision to experience something beyond what you are doing today; you must have a desire to become the next version of YOU! To amplify our other metaphor: this is like putting a game into the “play station of life”.



You may be very clear about your Dream. However, if you are like most people, your dream starts out a bit “fuzzy”; mostly because our dreams were squashed by the Industrial Age Culture, and it will take a while to revive it. If that is you, please don’t let that stop you. Start with whatever clarity you have about something in life that you desire; or desire to be a little better. Know that your Dream can come into clarity over the next several weeks with your coach. AND it is absolutely OK to change your Dream halfway through the adventure.

Here are a few thoughts to help you hone in on your dream right now.

Focus on something that you CAN do right now. It is great if you also have a “someday” dream, but your coach can only guide you toward a dream you can pursue now.



If you have a “someday” dream that is not possible now, choose a “steppingstone” dream that will develop you in a way that moves you toward your “someday”.

Choose something that will pull you out into the world of other people, even if that is virtually rather than face-to-face. Remember the model for Social Play I shared with you in the Introduction. Something that you can do by working in isolation is not a BIG enough dream for playing with a coach.

Choose something that will ask you to GROW; something that will “ask” you to become the next version of YOU.

Also... be careful about comparing yourself or your Dream to other people. If your dream feels big for you... then it’s a BIG DREAM!

Oh! One more thing; Remember I said that we will often refer to your Dream as if it has a life of its own. I will – and your coach will – say things like: what is your Dream asking you to do?

I hope you enjoy this quirky perspective.

02-02) The Superpowers of Human Nature

Your coach is on the adventure with you to live your dream now AND to activate your Human Nature Superpowers! Awesome. AND if you are like most people, you don't have great clarity about what these Superpowers are. No worries. Your coach and I will guide you together.

Here is a quick overview to spark your curiosity. As you saw, we will explore this in great detail in Session #02 (the first session after your Exploratory Session which is considered Session 1)

After “To Dream”, they all have a keyword with BE to make them easy to remember:

To Dream

- Choose your Desire (your focus for the next period of your life)
- Self-Love = I honor my unique being
- Self-Worth= I am worthy of living my dream; My Dream is worthy of support in my community.

The Drive to BE Free.

- Choose your adventure (every day)
- Self-trust = I trust my inner knowing
- Self-determination = I can choose to do it; I don't need permission.

The Love to BEfriend



- Choose your companions
- Co-create = Two or more people creating together
- Care (give and receive) = We attend to each other's well-being

The Urge to BEcome

- Choose your playful practice; anything you want to “get good at doing”
- Self-expression = I can do it in my unique way
- Spirit of play = Curious, Creative, Resourceful, Resilient

The Need to BElong

- Choose your environments
- Self-Value = your contributions to others are appreciated
- Social Safety Instinct = avoid disrupting your status in the group

The Ability to BELieve:

- Choose your beliefs
- Self-Confidence = I believe that I can do it
- Self-Preservation = I believe that I should stay safe

Conclusion

The first step is to begin to see these profound human instincts and abilities as Superpowers that we can use for good.

02-03) Transformation: From Control Human nature to Unleash Human Nature

From: Control/ fix Human Nature

TO: Unleash / trust Human Nature

Let's continue our exploration of transformation with a variation on control and co-create.

There is a prevailing concept in our Industrial Control Culture that Human Nature is a problem that we need to fix or get under control.

As we move along in our transformation coaching adventure we will consider a different idea: that Human Nature is AWESOME and we need to unleash it and trust it.

We will get to that.

But first consider a few examples from the control culture:

NO - your desires are not realistic or productive; or will cause suffering

NO – you must OBEY; do as you are told

NO – you need to do your own work and don't bother anyone

NO – your playfulness is trouble; your self-expression is too noisy.

NO – your playfulness is trouble; your self-expression is too strange or noisy.

NO – you can't go and find your people you must stay in your place

NO – you need to believe what WE tell you to believe

Consider...

Just from how common these “NO” phrases are we can see how much energy we humans put into controlling each other. BLAGH! (That is the understatement of the century)

In transformation coaching we will consider the rebellious idea that control is not the solution to the Human Nature problems, rather, it is the CAUSE of the problems.

This is just the beginning of a powerful exploration together.

Stay connected.

02-04) What Transformation Coaching is...

To take the next step in our adventure together, let's go a little deeper into how a Transformation Coach can activate your superpowers and guide you toward living your Dream NOW!

Here is our definition of Transformation Coaching:

Transformation Coaching Is...

1. A profound personal relationship
2. Where the coach guides the self-determined 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

Some folks have gotten the idea that coaches talk with you to help you solve your own problems. Others think that coaches tell you what tasks to do and hold you accountable.

Transformation Coach is not about problems or tasks because life is not about problems and tasks. Life is for playing for our dreams and Coaching is about practicing together to play better.

Let's go a little deeper into each of the elements.

1. A profound personal relationship

Coaching is a personal relationship. Your coach will care about you as a person and you will care about your coach. It is very different than the ideas we got about Industrial Age Professional that was robotic and impersonal. Caring is an essential element of the coaching experience.

Coaching is profound because it goes beneath the surface of life's circumstances into feelings, emotions, beliefs, desires, possibilities, fears, visions, ideas... the important stuff.

2. Wherein the coach guides the self-determined player

Coaching is NOT hierarchical... which is an important detail we will explore in a moment.

Guiding another person on an adventure is a real artform. It is not the same as directing or controlling; but it is more than a passive companion.

Think about the guide on a hero's journey like Star Wars Obi Wan Kenobi to Luke Skywalker. They are on the adventure together, they are both actively involved. Obi Wan is sharing observations with Luke BUT... Luke makes his own choices about what to do.

Another way to think of this is the Olympic Coach. They are in the Training Center with the athlete every day sharing the dream together. Olympic athletes deeply thank their coach when they win a medal; they could not have done it alone.

3. In pursuit of playing better for their **Dreams**

Playing better is the essence and the purpose of what ALL coaching is about.

Playfulness is an awesome Human Superpower. Helping you restore and maximize your playfulness is a big part of Transformation Coach. I will get into that much deeper in a few moments because the idea of play may be scrambling your mind right now.

To ease into the exploration here are a few ideas to help you understand what I mean by PLAY and playfulness:

- Curious and Creative
- Resourceful and Resilient
- Explore and Experiment
- Fun! (usually, but not always)

The 3 Frameworks of Play

There are 3 areas of life where we see play all the time. One way to get into playing for your dream is to identify with one or more of these and re-imagine your dream with this framework.

1) **Performance Art:** You have talents, a “voice” or perspective and something to say or share. You practice A LOT to refine both your skills and your message. You use your talents to co-create experiences with your audience.

2) **Game / Athletics:** The urge to compete drives you to hone your skills to perform at a high level. You enjoy the thrill of victory and embrace the difficulty of defeat. You enjoy the camaraderie of your teammates and the competitors. The definition of compete from the ancient Greek language is quite inspiring.

To Compete: *to seek the best in oneself in the company of others likewise engaged.*

3) **Epic Quest:** You have been “called” to adventure. There is something you **MUST** do even though it means leaving behind the comfortable of your well-known surroundings and place in the world. You face great challenges in pursuit of your mission. If you are successful, you reap some great reward which you can bring back to your tribe for all to enjoy.

Your Dreams

This is another topic we will talk about A LOT in this playbook and with your coach. Your Dream is your vision for who you want to become and what you want to experience in the world.

In the Session 1 we will get into the details of The Dream.

4. To Become the next version of themselves

This is the transformation part!

Coaching is always riding on parallel tracks.

One track is focused on the outer experience of what you are co-creating and accomplishing in the world around you.

The other track is focused on your inner experience of growing and becoming; especially becoming the version of YOU who can live the dream you are imagining. Becoming is about feeling more capable, more confident and more free to fully express yourself.

You have Superpowers within you that you are not even aware of right now. Your coach will help you see them, unleash them and practice using them.

You have Beliefs within you that may or not be aligned with your dream. Your coach will help you reveal them and uplevel them if you want to.

5. Through proactive co-creation

Talking together is a big part of how coaching happens.

A key in Transformation Coach and Playing Life is to co-create a safe space for deep and provocative conversations.

This brings me to one of my favorite things to share with new Life Players!

The ancient power of co-creation!

In several ancient languages, there was a power phrase: “I create as I speak”. When two people are talking together in deep conversation with purpose, permission, and presence – as happens in a Transformation Coach relationship – it can take on a life all its own. With your words you can speak your dream into existence and create the new version of YOU needed to fulfill your dream. This is the “magic” of co-creating that makes coaching such a powerful force in the world!

You and your coach will co-create many “things” together: ideas, plans, approaches, awareness, insights and more.

With focus and determination, you can experience this transformational power with your Transformation Coach!

6. and guided practice

If you really want to hone in on the true essence of coaching, guided practice is the **THING**.

A key in Transformation Coach and Playing Life is to co-create a safe space for practice.

Practicing together is how we grow both in capability and awareness.

You and your coach will practice together by co-creating situations, conversations, pivotal moments and peak experiences. You will practice skills, using your Superpowers and expressing yourself. Through practice you can experience the new version of you before you bring it out to the world.

A BIG part of practicing together is **observation** and the experience of being SEEN.

We are ALL yearning to be seen by someone who knows what they are looking at!

Your coach is going to observe you as you adventure together and share with you what they see in a judgment-free way.

We all have blind spots in our thoughts and actions because we can't see ourselves very clearly...a trusted outside observer can really accelerate our growth.

At the same time, you will be observing your coach and absorbing their wisdom.

This is the way life is meant to be played; we are meant to co-create life with others; we are meant to be SEEN and valued by others.

02-05) Co-Create Awareness Coaching Model

Let's explore how to talk together with your coach.

Your coach is going to ask you a lot of questions... A LOT! The key to getting the most out of this experience is to shed the Industrial Culture Mindset that there are correct answers to questions. In connecting powerfully with another person, questions are meant to spark conversation that leads to co-created understanding; about situations and each other.

When you and your coach talk about things, there is a technique that will help you get the most growth from each experience. We call it the Co-Create Awareness Technique; it is a core technique of Transformation Coaching.

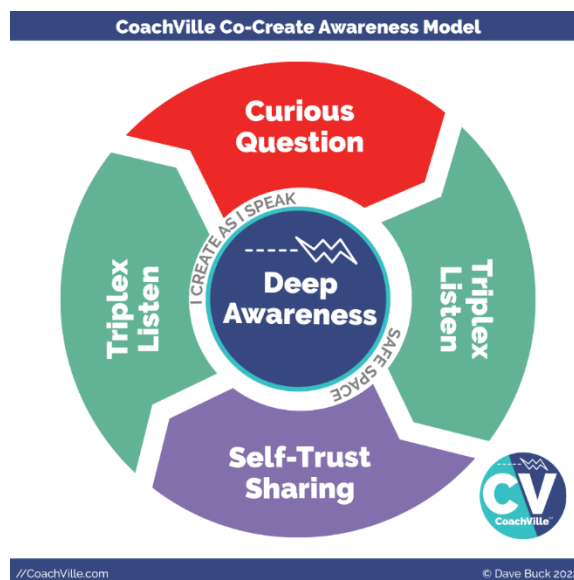
Let's look at the model and start in the white layer in the middle.

I Create as I Speak

“I Create As I Speak” is a power phrase with origins in several ancient languages. With practice, this power phrase can become magical. When you speak this way, you can create your dreams and create the next version of YOU! It is an experience that both coach and player co-create together, enjoy together and benefit from together.

Another way of thinking about this is speaking from your heart; or speaking from inner knowing and speaking with the intention to create something new.

The power of this technique is that often you don't know how you feel about something until you are saying it. You don't think of it in advance. It comes out and then you know it.



Safe Space

The coach and the player co-create a safe space where they can both express themselves freely and listen to each other with judgment-free awareness. It is the safe space that gives the “I create as I speak” its profound power. In a safe space you can say things that you have never said before.

Now let's go to the outer layer and three Coaching Superpowers that play together in a cycle.

Curious Questions

The coach asks a provocative question, then provides a space of deep listening for you, the player. Sometimes you will ask the coach a curious question as well. Navigating via curiosity is a coaching and playing superpower.

Triplex Listening

Triplex listing is deep listening. This is where you hear the words the other person is saying; you hear and feel the energy behind the words; AND you hear what the other person is NOT saying. You hear beliefs, values, patterns; energetic resonance and dissonance.

In this space of listening the speaker can say things they have never said before.

In this space of listening the speaker is fully heard and “SEEN”; something we are all yearning for.

Self-Trust Communication

In this space both the coach and player will have insights and inklings that they can freely share. Sometimes these thoughts are challenging to the status quo; this is a good thing. Often it feels like wisdom from within is bubbling up or knowledge from “the Supermind” is coming through (or downloading). Often these thoughts don’t make “logical sense” at first, but as they are explored new connections come to light; the “lightbulb” moment!

Deep Awareness

When two people are listening and sharing in this space new awareness is co-created.

Thomas Leonard, the founder of professional Transformation Coaching often said: “Awareness is unifying”. In other words, things come together, new visions, new clarity of purpose.

In these conversations, you expand awareness of...

Your Self and your value and your capabilities.

Your Dream and how to live it; what are the peak experiences?

Your situation and the possibilities you want to explore and experience.

The world and your place in it and your potential to contribute to it.

With new awareness, new possibilities emerge.

The more you can see, the more power you have, the better you will play.

One last note: while the focus of the Co-create Awareness Technique is on you, the player, often the coach will gain awareness into their own dreams, self, situations, and world during the experience. BONUS!!

02-06) The Human Journey with a Coach

The Human Journey

It used to be called the Hero’s Journey. But we believe that EVERY human can choose to live a hero’s life by playing for a BIG Dream to contribute to others by expressing their unique superpowers! So, we call it the Human Journey.

We will explore this model in detail in the Chapter for Session #9; it will all make more sense by then.

But there are three important ideas that I want to share with you now.

1) The Pull

See the little shaded section called “The Pull”. When you adventure for a new Dream you will experience a feeling of “Pulling” between your Dream pulling you out into the world and your Social Safety Instinct and Self-Preservation Zone Superpowers pulling you back to safety. This “Pull Experience” is normal and essential. It means that your Superpowers are coming alive!



2) Treasure Map Mindset

There is no Roadmap to your Dream! But... **there is an awesome treasure map.** Your adventure will have many side trails and speed bumps. You will experience moving out to the world and pulling back in toward the safety of the status quo. All of these experiences will provide you and your coach with clues that you will read together to rediscover the Superpowers that you will need to live your Dream NOW. AWWW Yeah! I love this part.

3) The Growth Gap

We will talk about growth A LOT in our Transformation Coaching adventure together. The Growth Gap is an important concept to understand and embrace.

The idea is that there is a current version of YOU AND version of YOU that you must become in order to live and fulfill your Dream.

You need new skills.

You need more of your Superpowers.

You need to uncover and express parts of you that have been lost for years.

You need some new ideas; and probably some upleveled beliefs too.

You need a LOT of practice.

The key is to embrace and ENJOY both the current version of YOU, AND the version of you needed by your dream. Embrace and enjoy the Gap!

It is super fun to grow into the next version of you.

Playing for your Dream can be a catalyst for this growth.

02-07) Human Nature Superpower = To Dream

Speaking of the Superpowers of Human Nature Model, we will explore the 5 BE's throughout the program. Because Session 2 is specifically about sharing your Dream I want to share with you a few thoughts about Dreaming as a Human Nature Superpower.

The BIG IDEA is that you have the superpower “To Dream” inside of you. It's in you.

AND the second big idea is to see it and feel it as a Superpower that you can use.

For sure sleeping dreams are a truly remarkable aspect of our Human Nature. But in Transformation Coaching we are focused on your waking Dreams... which are also amazing.

In a waking Dream you put yourself into a future moment which sparks the other five Superpowers of Human Nature in powerful and mysterious ways. For example, you may experience your self-determination to make the Dream experience a Lived experience. Often you can see a future version of yourself doing something that will spark your Superpower for Self-Expression.

My big point here is to embrace that you have this Superpower and don't take it for granted.

**Playing for your Dream is all about loving life and feeling alive...
EVERY DAY!**

Choose Your Desire

For each of the Human Nature superpowers we focus on one aspect of our power to choose. With the power to Dream you exercise the power to choose your desire. YOU have this power.

The power to choose your Desire does not mean you will only do one thing. But it can mean that you find a way to connect everything you are doing to your Dream like a wildly creative mosaic. FUN!

Self-Worth

Part of the Dream Human Nature Superpower is Self-Worth. This means that you KNOW that you are worthy of living this dream. AND that your Dream is worthy of support from the people around you.

I believe that there is real wisdom in our waking Dreams. If we have a Dream, something within us knows that we are ready – and worthy - to live it.

Self-Love

Finally, Self-Love is an essential Human Nature Superpower connected to your Dream. Self-Love means that you embrace every aspect of YOU; everything serves a purpose. This is super important because as you pursue your Dream you will be called upon to express parts of you that may have been dormant for a while; or possibly have never come out before. Embrace the mystery of YOU and enjoy all of it as YOU emerge.

A few principles of your “the Dream” Superpower

1) Out in the world beyond your status quo

Waking dreams that have purpose and meaning and pull us out into the world for adventure, for new life experiences and ways to contribute our value to the world.

2) Treasure Map Mindset

I have mentioned this a few times, but it is super important so a few times is valuable. There is no road map to your dreams; but there is a Treasure Map!

We are companions on a treasure hunt. NOT workers with our own individual tasks.

- Looking for clues.
- Navigating via curiosity.
- Loving the mystery; LOTS of things don't have logical explanations.
- Connecting the dots between our past experiences and our current beliefs.
- Wondering what something might mean.
- Accepting that there will be puzzles and contradictions.
- Tapping into the value and wisdom from past experiences.
- Embracing the Wonders of Life.

- Seeing a vision of who you can become in the future.
- Paying attention to your desires, joys and delights.
- FUN!

Here is the quirky idea: part of the Treasure Map is ... INSIDE YOU! And part of it is out in the world around you.

As you play for your Dream, the treasure map will reveal itself.

The Treasure is:

- A) Your Human Nature Superpowers
- B) Your YOUNique abilities and desires
- C) The ways to live your Dream NOW.

3) The Play Life Station

Your Dream is something you LIVE now; it's not some day; it's something you play every day. Like putting a game into the Play Life Station.

A Dream is any pursuit that gets you to move out of the Status Quo of life where every day is just a repeat of the day before; often where almost everything is UNDER CONTROL.

A Dream gets you out into the world of people; even if you travel virtually, it can be awesome

Even if you only have 10 minutes per day to play for your Dream, it can bring a powerful new aliveness to everything you do.

OBEY: The counterpoint in the Authoritarian Control Culture.

Each of the Superpowers of Human Nature has a counterpoint in the Authoritarian Control Culture. (I also refer to it as the Industrial Culture)

The focus of Authoritarian Control is obedience; in particular, obeying "The Boss"; or whoever is "In Control".

And in Hierarchies you must obey the boss's boss and the boss's, boss's boss as well.

You know what this is all about.

This may be troubling your mind right now. Obedience has been so normalized and indoctrinated we can barely imagine life without it; we have been told that it would be

chaos. We have been told that civilization depends upon the Humans becoming obedient and subjugating to hierarchies of Authoritarian Control.

But who are the Humans at the top of the Hierarchy with no boss; in ultimate control? You may have some ideas about this. I will share mine with you in the last chapter.

There is another way: A Coaching Culture of Egalitarian Freedom and Co-Creation.

In this Transformation Coach experience, you are going to get a taste of it; And cause a ripple effect of freedom in the world around you.

AWWWW YEAH!!!