

Human Connection Transformation Coaching

Playsheet Pack

By Coach Dave Buck, MCC

This is the Human Connection Transformation Coaching “Playsheet Pack” (the short name is Transformation Coaching)

In this playsheet pack you will find the “coaching notes” sheets for your 10 (or 12) Session Engagement with your coach. And a few awesome full page diagrams of the essential coaching techniques that your coach will practice with you.

For each coaching session there is a sheet for notes that follows the flow of the conversation in words and icons, they are like a mind map of the session.

Writing a few keyword notes will help you capture the growth, awareness and plans that emerge in the session. You can write notes either during the session or immediately after; whichever helps you stay fully present.

The key is to find a sweet spot with your notes. Not none; Not too much.

1) Page 3: Exploratory Session Notes (Session 01)

Print 1 copy

2) Page 4: Play Plan Playsheet

Print 9 copies of page 4

There is a weekly Play Plan playsheet for you to write a few key items of your play plan... and then keep your notes from your experiences as you play in the world in the time between sessions.

3) Pages 5 – 17: Adventure Logs, Coaching Session Notes.

Print 1 copy of pages 5 - 17

The Adventure Log is a great way to capture your progress through the program.

Coaching Notes sheets match the flow of the coaching session. There is a unique sheet for each of the 11 coaching sessions.

4) Recommended: Print 1 copy of pages 18-23

These are valuable reference pages for the techniques we will use together.

5) Bonus: Pages 25-29 are full size images of models that you will see in your playbook.



Enjoy your adventure. Enjoy your coach!

Coach Dave Buck and the CoachVille Team!

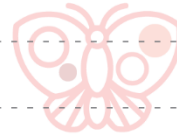
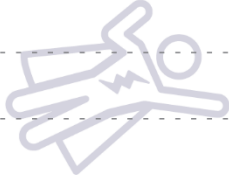
SESSION FOCUS: EXPLORATORY SESSION

Peak experiences:

Self-expression:

3.

4.



3-month focus:

Contribution:

2.

5.



1.

Your Dream

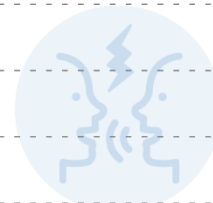
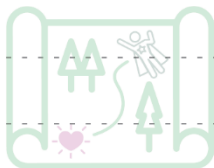


Growth-oriented challenges:

Play better:

7.

6.



Your **BIG Dream**:



Your **Transformation**:

FROM:
TO:



Your **Superpowers**:

ACTIONS with the Spirit of Play

Challenges / Superpowers / Results:

Create for **INSPIRATION** > SHARE > *Risk Disappointment*



Explore for **VISIBILITY** > INVITE > *Risk Trouble*



Relate for **INFLUENCE** > OFFER > *Risk Rejection*



Co-create for **INSPIRATION** > ENROLL > *Risk Disappointment*



Play for **TRANSFORMATION** > *Risk Mistakes*



Celebrations:



Growth:



Transformation Coaching Adventure Log (Part I)

The Dream



1.

Exploratory
Session

Date: / /

2.

Dream
Activation

Date: / /

3.

Social
Play

Date: / /

4.

Play
Better

Date: / /

5.

Pivotal
Moments

Date: / /

6.

Co-Create
Practice

Date: / /

Transformation Coaching Adventure Log (Part II)

The Dream



7.

Dream Refresh

Date: / /

8.

Play for "YES"

Date: / /

9.

Co-Creation Series

Date: / /

10.

More Practice

Date: / /

11.

Celebration!

Date: / /

Transformation Coaching Session #2 Notes

Date: _____

1. WARM-UP and Dream sharing: 

2. CELEBRATE

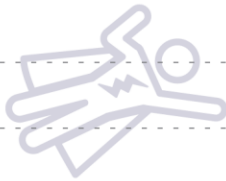
3. GROW

4. (Practice) PLAN: *Dream Activation*

5. PRACTICE

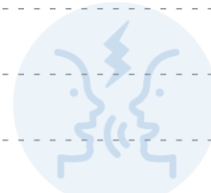
Drive to be free:
Self-determination & self-trust

B



C

Love to befriend:
Co-create & care



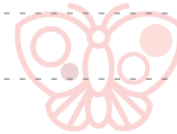
Start here
Brief description:

A



D

Urge to become:
Self-expression & spirit of play



Your Dream
Self-love & self-worth
Ripple Effect:

G

Focus:

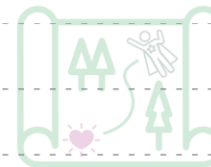
Need to belong:
Self-value & social safety instinct

F



E

Ability to believe:
Self-confidence & self-preservation



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:** _____

Transformation Coaching Session #3 Notes

Date:

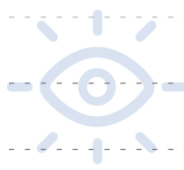
1. WARM-UP and Dream sharing:



2. CELEBRATE



3. GROW (from Play)



4. (Practice) PLAN: *Co-create Awareness of Social Play and Peak Experience Technique*

5. PRACTICE

Relate

for **INFLUENCE**



Create

for **INSPIRATION**



Explore

for **VISIBILITY**



Co-create Awareness of Social Play

Peak Experience 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:

Transformation Coaching Session #4 Notes

Date:

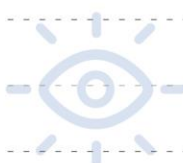
1. WARM-UP and Dream sharing:



2. CELEBRATE



3. GROW (from Play)



3. PLAY BETTER

Relate

CHALLENGES

for INFLUENCE



Create

for INSPIRATION



Explore

for VISIBILITY



4. (Practice) PLAN: *Choose a conversation to Role Play:*

5. PRACTICE (Role Play)



AH-HA MOMENTS

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:

Transformation Coaching Session #5 Notes

Date:

1. WARM-UP and Dream sharing:



2. CELEBRATE



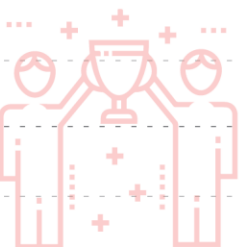
3. GROW (from Play)



3. EXPLORE CHALLENGES

CHALLENGES

SUPERPOWER DISCOVERIES



4. CHOOSE A PIVOTAL MOMENT

5. PRACTICE



5. THOUGHTS

BODY SENSATIONS

IT'S NOT SAFE FOR ME TO

HEART'S DESIRE



SUPERPOWER POTENTIAL



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:

Transformation Coaching Session #6 Notes

Date:

1. WARM-UP and Dream sharing:



2. CELEBRATE



3. GROW (from Play)



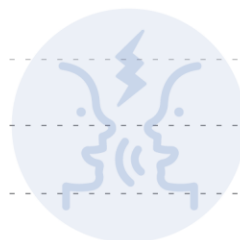
4. CHOOSE THE FOCUS



Practice Technique

- ☐ Peak Experience
- ☐ Role Play
- ☐ Pivotal Moment
- ☐ Co-create Awareness

5. PRACTICE



5.



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:

Transformation Coaching Session #7 Notes

Date: _____

1. WARM-UP and Dream sharing: 

2. CELEBRATE



3. GROW (from Play)



4. (Practice) PLAN: *Dream Refresh and Co-Create Awareness*

5. PRACTICE (Dream Refresh)

Results

So far:



Next:

Mastery

So far:



Next:

Becomings

So far:



Next:

Experiences

So far:



Next:

5. Desire or Situation



New Insights?

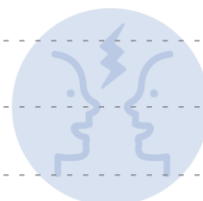
Why Important Now?

Growth Opportunity?

What New Action?

Next Action?

Co-Create Magic



 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:

Transformation Coaching Session #8 Notes

Date: _____

1. WARM-UP and Dream sharing:



2. CELEBRATE



3. GROW (from Play)



4. PRACTICE PLAN
(Play for "Yes")

Define the Role

5. PRACTICE
(Role Play the "Ask")



THOUGHTS

BODY SENSATIONS

IT'S NOT SAFE
FOR ME TO

HEART'S DESIRE



SUPERPOWER
POTENTIAL



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:

Transformation Coaching Session #9 Notes

Date: _____

1. WARM-UP and Dream sharing:



2. CELEBRATE



3. GROW (from Play)



4. PRACTICE PLAN: Embody Your Dream Technique

5. PRACTICE

▲ *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?



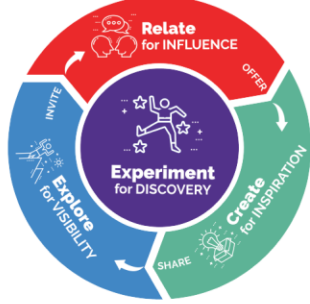
7. PLAY PLAN: What is your transformation for this week? What social actions?

FROM:

TO:

Embody Your Dream Technique - Play Sheet

Date: _____



Dream:

Relate for INFLUENCE > Offer > YES!
Create for INSPIRATION > Share > YES!
Explore for VISIBILITY > Invite > YES!

▲ *Speak the vision* ● *Embody the vision*

Relate - Create - Explore

for **INFLUENCE - INSPIRATION - VISIBILITY**



Action 1

for **RESULT 1**

▲ Do: _____ Feel: _____

SCENE ONE

● Thoughts: _____ Body: _____

Feel: _____ Do: _____

Thoughts: _____ Body: _____

Action 2

for **RESULT 2**

▲ Do: _____ Feel: _____

SCENE TWO

● Thoughts: _____ Body: _____

Feel: _____ Do: _____

Thoughts: _____ Body: _____

Action 3

for **RESULT 3**

▲ Do: _____ Feel: _____

SCENE THREE

● Thoughts: _____ Body: _____

Feel: _____ Do: _____

Thoughts: _____ Body: _____

Desires:

Transformation Coaching Session #10 Notes

Date:

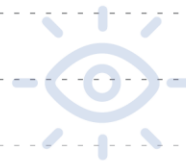
1. WARM-UP and Dream sharing:



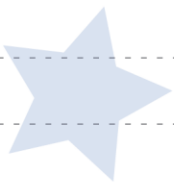
2. CELEBRATE



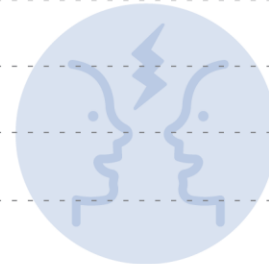
3. GROW (from Play)



4. CHOOSE THE FOCUS



5. PRACTICE



Practice Technique

- ☐ Peak Experience
- ☐ Role Play
- ☐ Pivotal Moment
- ☐ Co-create Awareness
- ☐ Embody the Dream

5.



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:

Transformation Coaching Session #11 Notes

Date:

1. WARM-UP and Dream sharing:



2. CELEBRATE



3. GROW (from Play)



4. (Practice) PLAN: *Celebration and Growth*

5. PRACTICE (Dream Refresh)

Results



Mastery



Becomings



Experiences



Desires:

6. GROW (from Practice)



What did you learn about playing for your dream?

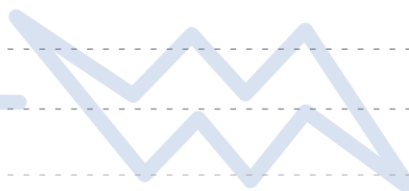
What did you learn about yourself and your superpowers?



7. PLAY PLAN: What is your next Dream?

FROM:

TO:



Superpowers of Human Nature

Drive to BE free

Self-determination
Self-trust



CHOOSE YOUR ADVENTURE!

Love to BEfriend

Care (give & receive)
Co-create



CHOOSE YOUR COMPANIONS!

To Dream

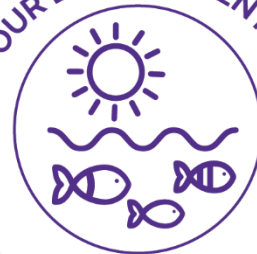
CHOOSE YOUR DESIRE!
Self-worth
Self-love



CHOOSE YOUR PRACTICE!

Urge to BEcome

Self-expression
Spirit of play



CHOOSE YOUR ENVIRONMENTS!

Need to BELong

Social-value
Social safety instinct



CHOOSE YOUR BELIEFS!

Ability to BELieve

Self-preservation
Self-confidence



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Dream Activation Technique

"Commence Your Human Journey"

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Get started



Co-create Together

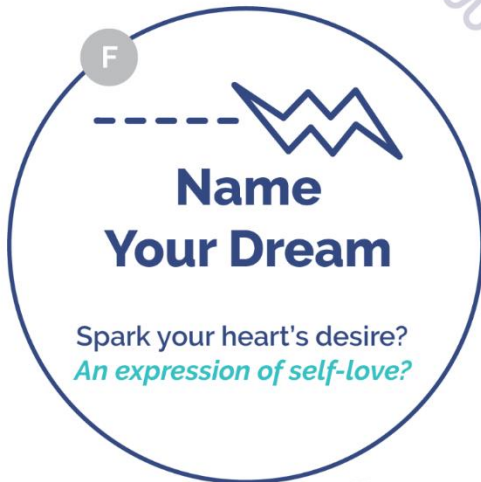
Drive to be free:
Choose your adventure

Spark your sense of adventure?
Activate your self-determination?
Expand your self-trust?
Break free of expectations?



Love to befriend:
Choose your companions

Spark your love of companionship?
Opportunities to co-create with awesome people?
Express care / accept care?
Break free of do-it-yourself mindset?



Urge to become:
Choose your playful practices

Spark your self-expression?
Opportunities to express the spirit of play?
Activities you want to get better at?
Break free of the perfection trap mindset?

Need to belong:
Choose your environments

Spark your desire for environmental upgrades?
Activate and share the core you?
Challenge the status quo?
Break free of "I don't belong here" mindset?



Ability to believe:
Choose your beliefs

Spark your inner knowing?
Opportunities to expand your self-confidence?
Expand your capacity for social risk?
Break free of "I am not enough" mindset?



Transformation Coaching Technique

"Plan-Play-Grow"

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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

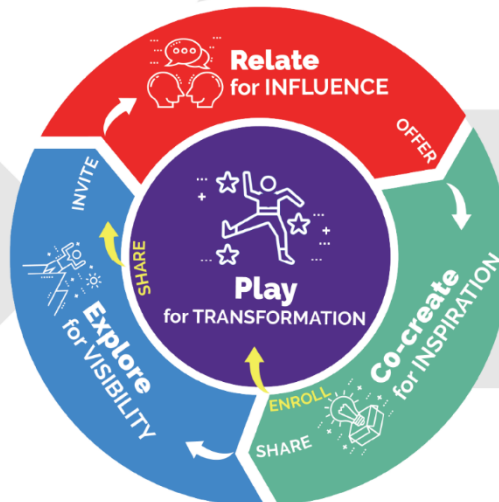
- | | |
|--|--|
| <input type="checkbox"/> Peak Experience | <input type="checkbox"/> Pivotal Moment |
| <input type="checkbox"/> Role Play | <input type="checkbox"/> Co-create Awareness |

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



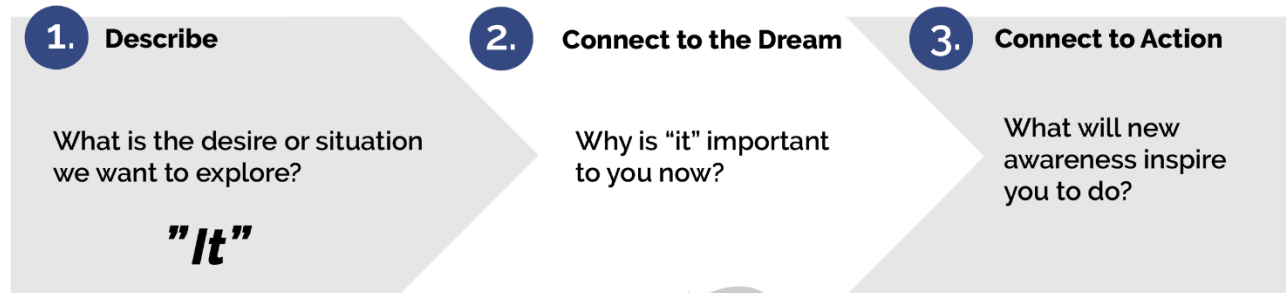
Co-Create Awareness Technique

"I create as I speak"

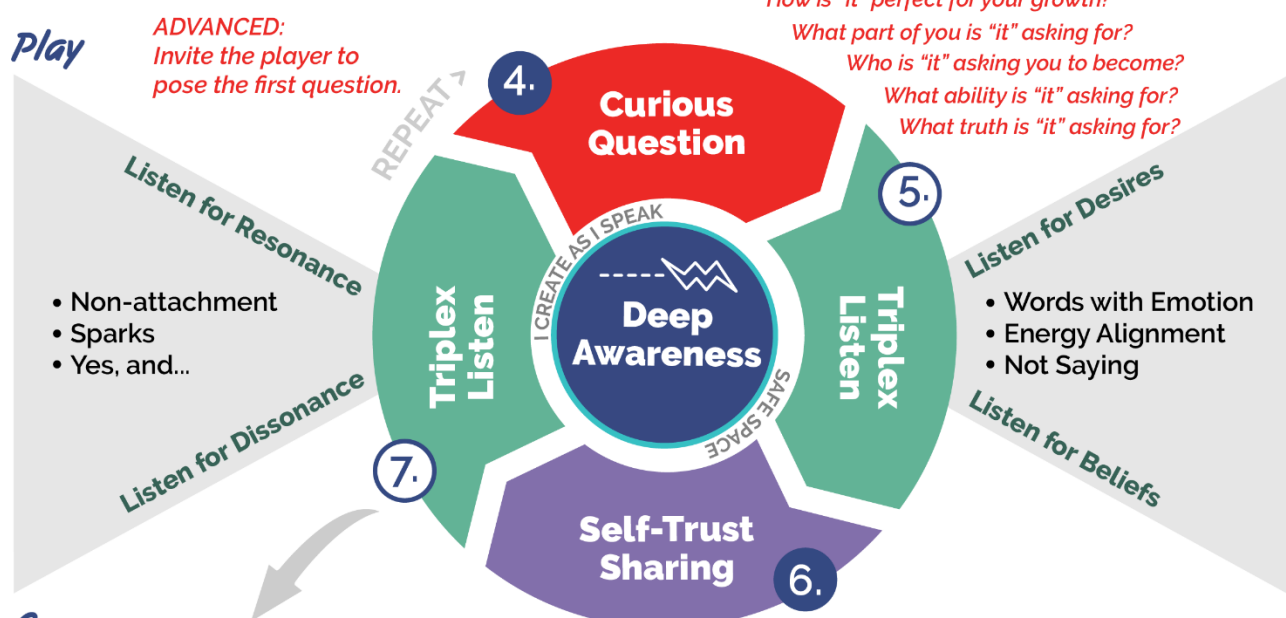
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Plan



Play



Grow



Peak Experience Technique For Intentional Co-Creation

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Plan

1. Do Something Awesome

Social Play

Social play action?

What do you want to feel?

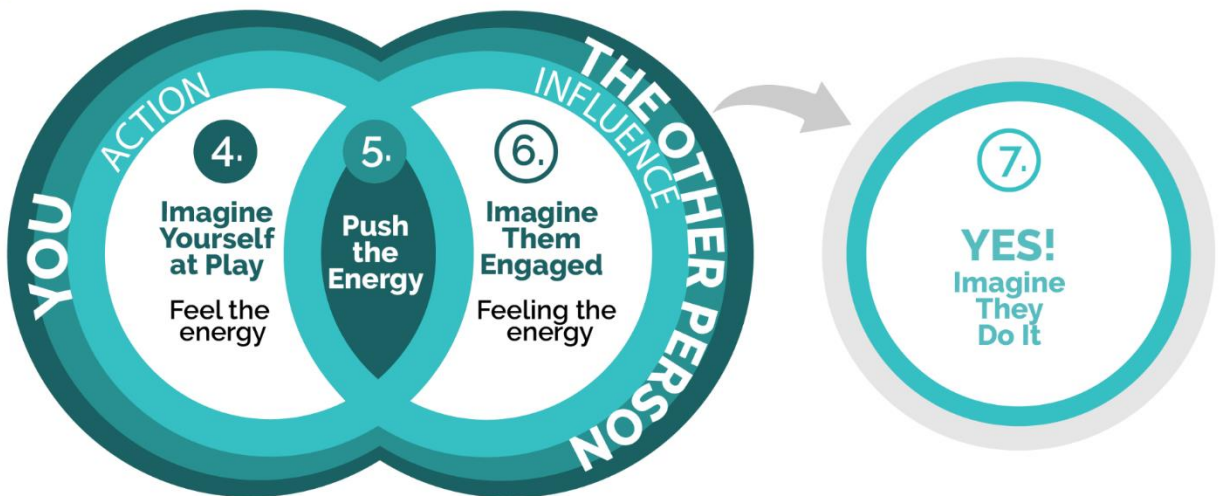
2. Describe Their Feeling

What do you want them to feel?

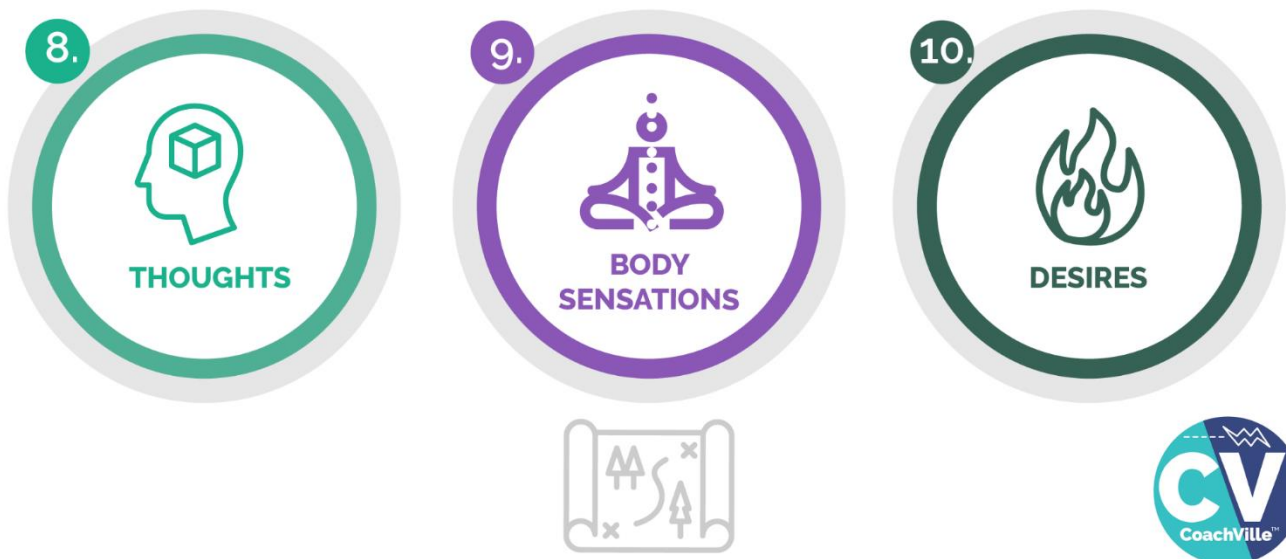
3. Desired Action

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

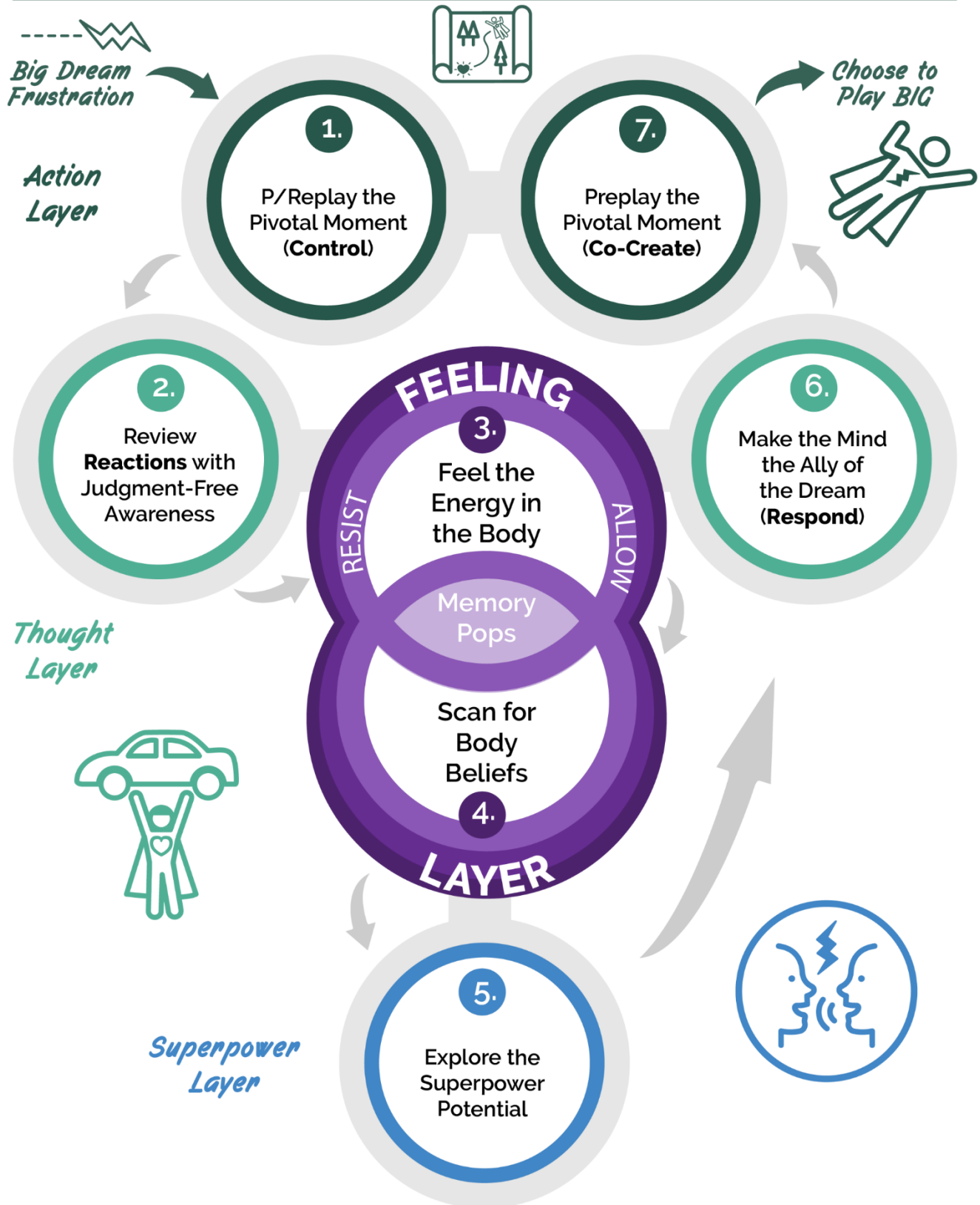
**PRACTICE****4.****Play Together****5. Time Out****Reverse Roles**
*(optional)***DEMONSTRATE****6. Level Up**

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

*Grow***7. Debrief**

- Clarity
- Confidence
- Energy

**Pivotal Moment Technique**

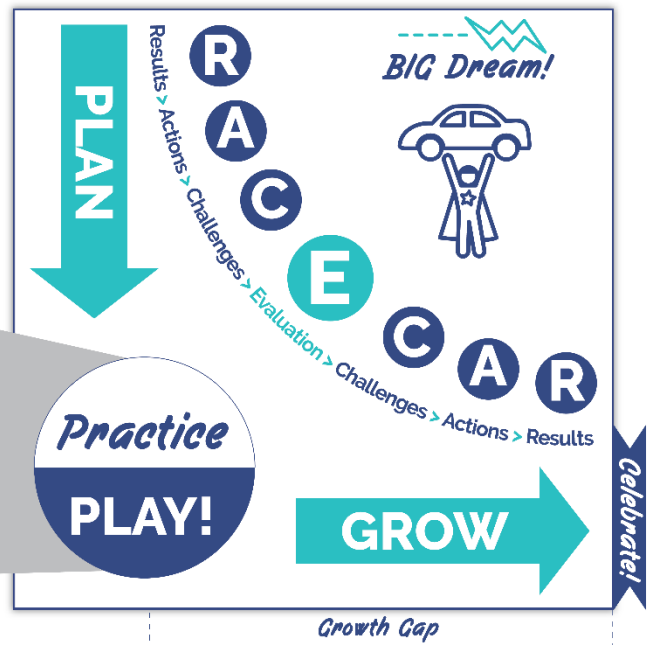
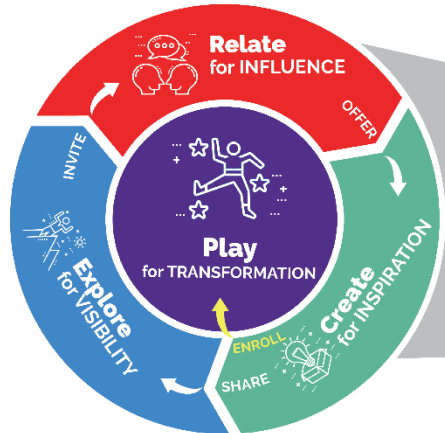


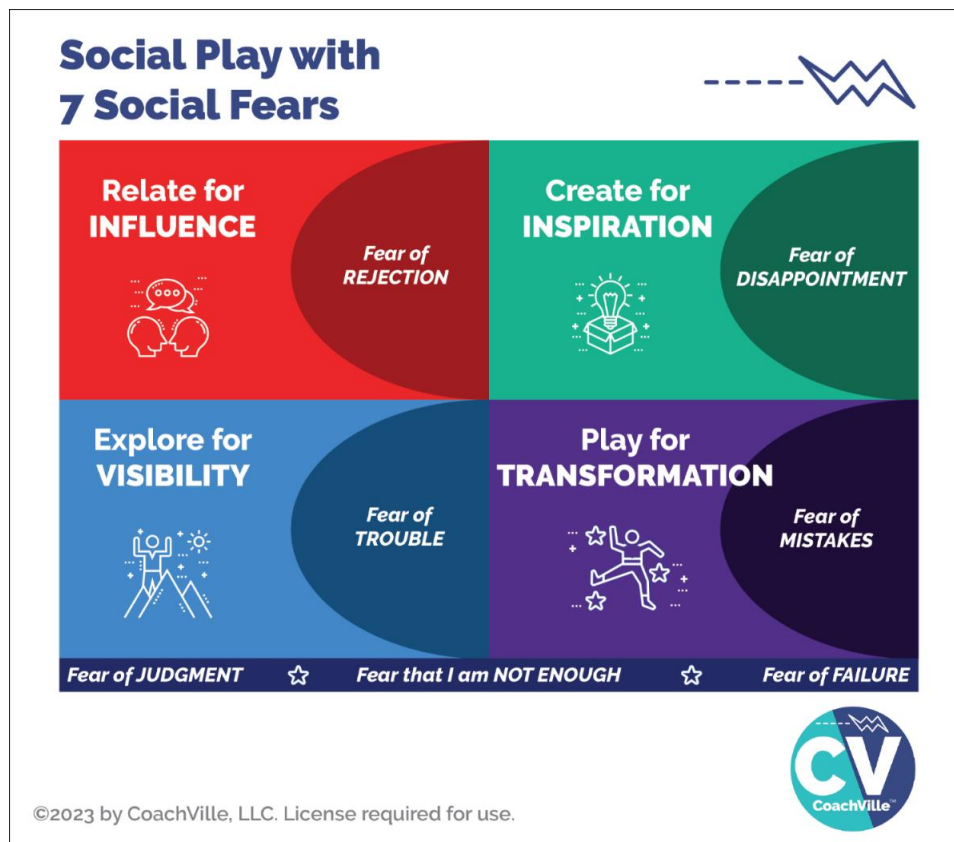
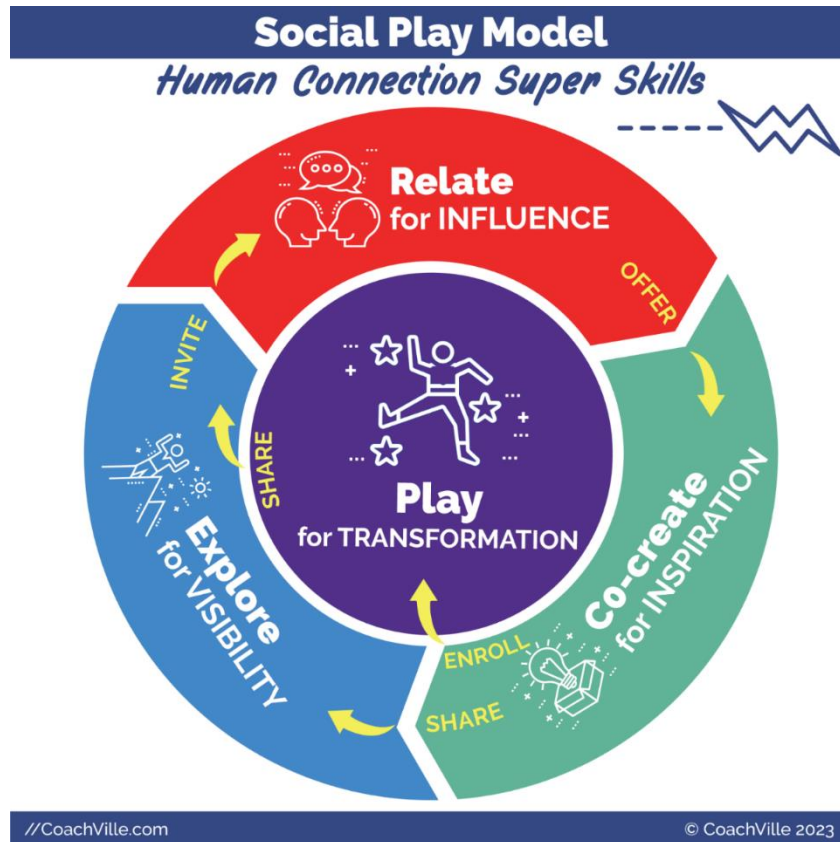
Celebrate! 

Plan CO-CREATION

Practice / PLAY! OBSERVATION

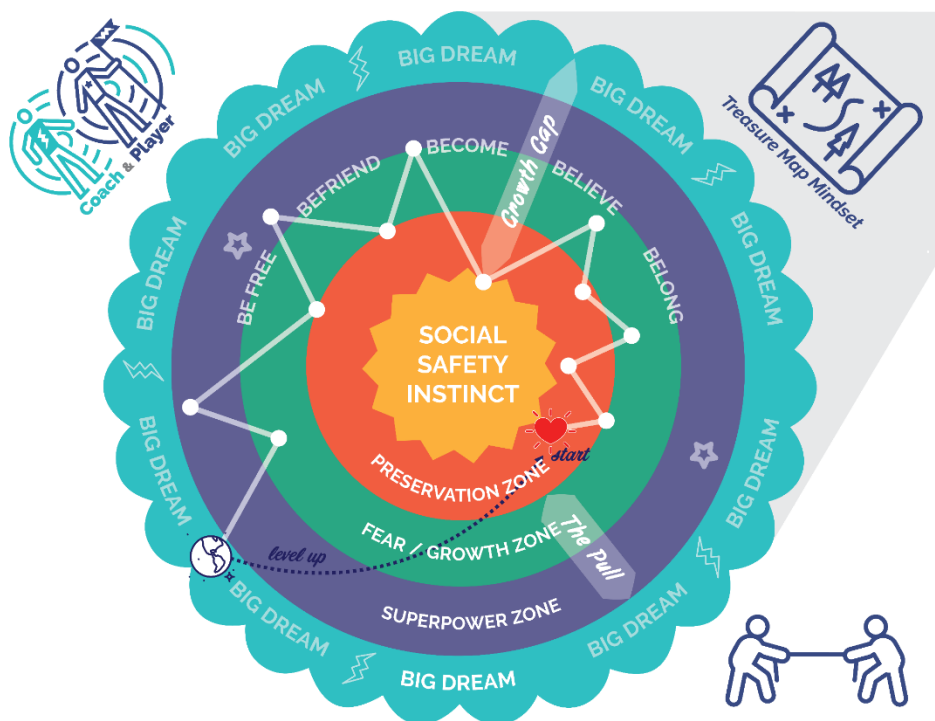
Grow CO-CREATION





The Human Journey with a Coach

The Social Safety Instinct pulls the player in. The BIG DREAM pulls the player out.



The Coach guides the Player on adventure from the Preservation Zone, through the Fear / Growth Zone, and into the Superpower Zone. Notice it is NOT a straight line!

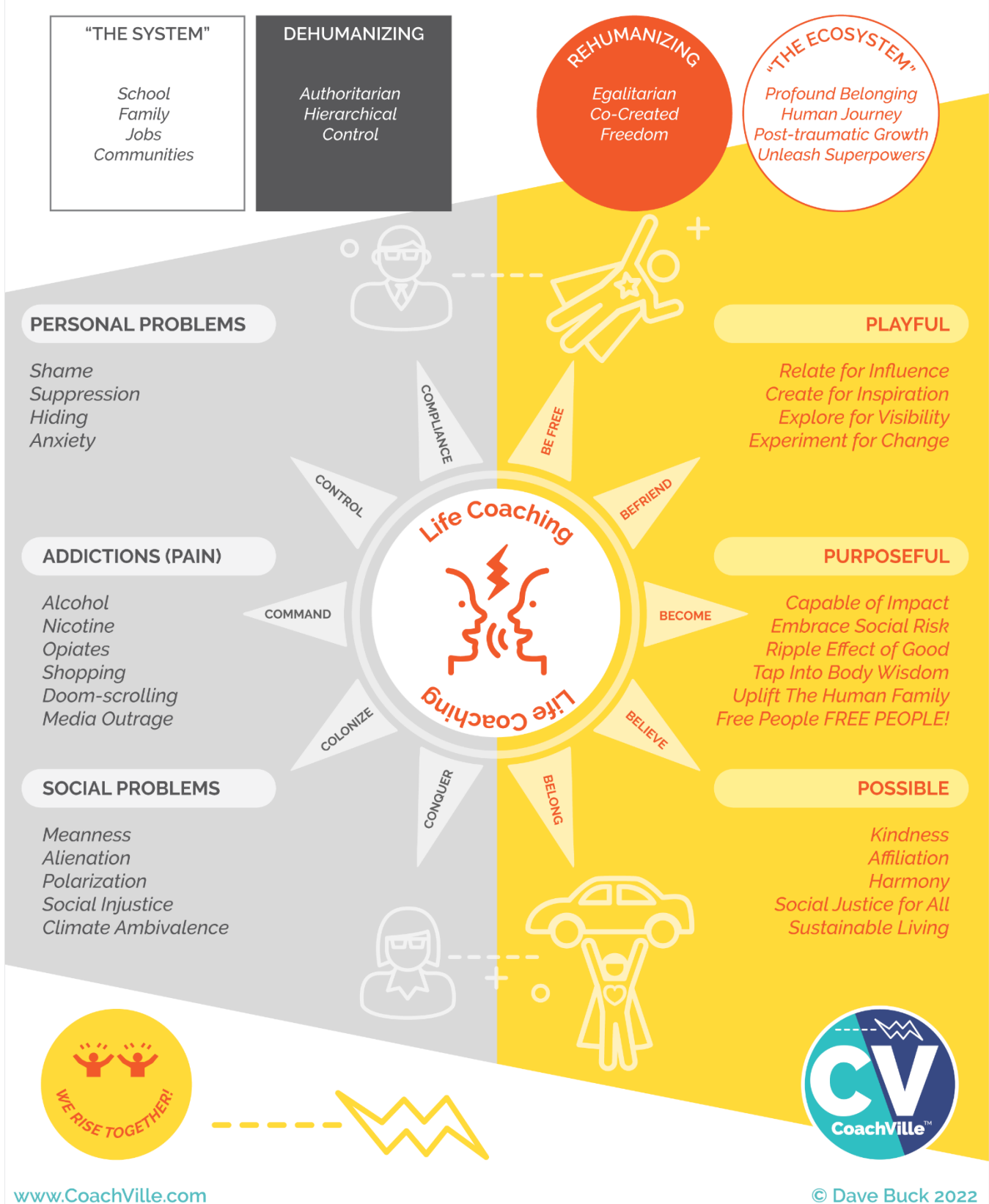
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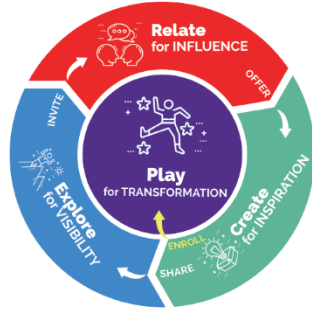


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CoachVille Rehumanizing Model



Embody Your Dream Technique - Prep Sheet



Dream:

Explore for **VISIBILITY** > Invite > **YES!**
 Relate for **INFLUENCE** > Offer > **YES!**
 Create for **INSPIRATION** > Share > **YES!**
Enroll > YES!

Explore - Relate - Create 

for **VISIBILITY - INFLUENCE - INSPIRATION**

Action 1

for **RESULT 1**

Do:

Feel:

Feel:

Do:

SCENE ONE

Action 2

for **RESULT 2**

Do:

Feel:

Feel:

Do:

SCENE TWO

Action 3

for **RESULT 3**

Do:

Feel:

Feel:

Do:

SCENE THREE

Free People, FREE PEOPLE

Thanks for being AWESOME!

Coach Dave