

Transformation Coaching

Technique Sheet Pack

By Coach Dave Buck, MCC

This is the Transformation Coaching “Technique Sheet Pack”

In this playsheet pack you will find the Technique sheets for the Transformation Coaching Program.

After you practice each technique a few times using the coaching guides, you can switch to using these Technique Sheets while you are coaching.

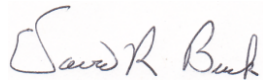
In each coaching session after you and your player hone in on the growth opportunity and the best practice technique to start with, you can then just pull out your sheet and dive in.

AWESOME!



Enjoy your adventure.

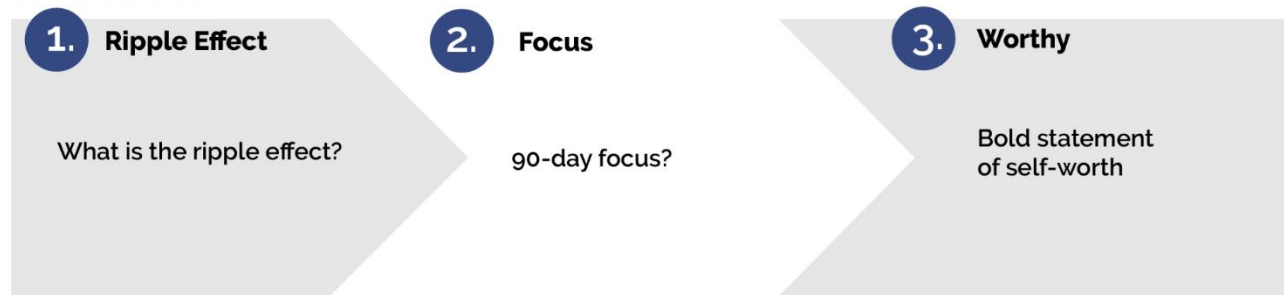
Coach Dave Buck and the CoachVille Team!



Dream Activation Technique

"Commence Your Human Journey"

Get started



Co-create Together

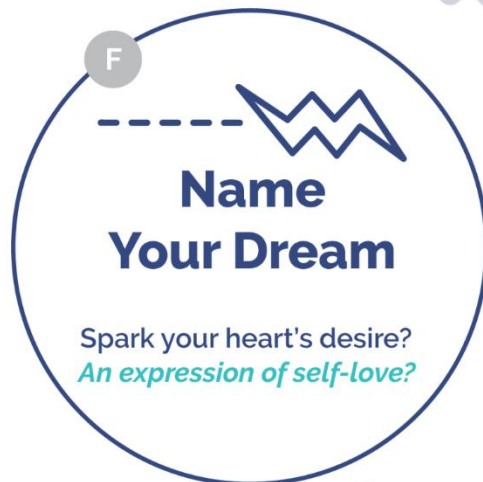
Drive to be free:
Choose your adventure

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



5. PRACTICE

Practice together

4. (Practice) Plan

- What is our focus?
Situation or Desire
- Which technique?



6. Grow (from Practice) *What did you learn...*

- About Your Dream
- About Play
- About Yourself
Beliefs, Desires, Superpowers



Practice Technique

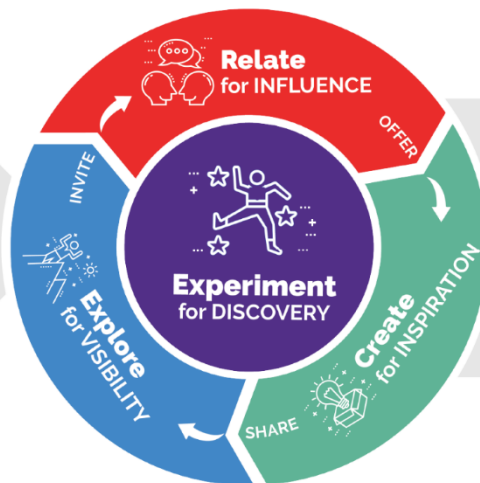
- | | |
|--|--|
| <input type="checkbox"/> Peak Experience | <input type="checkbox"/> Pivotal Moment |
| <input type="checkbox"/> Role Play | <input type="checkbox"/> Co-create Awareness |

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



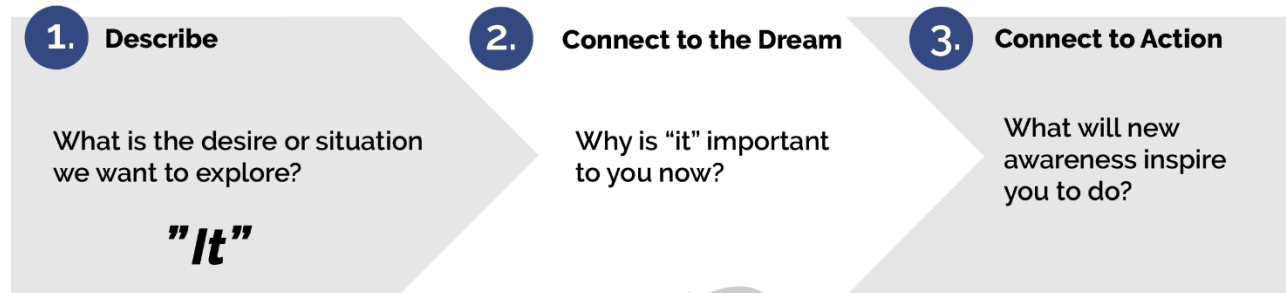
Co-Create Awareness Technique

"I create as I speak"

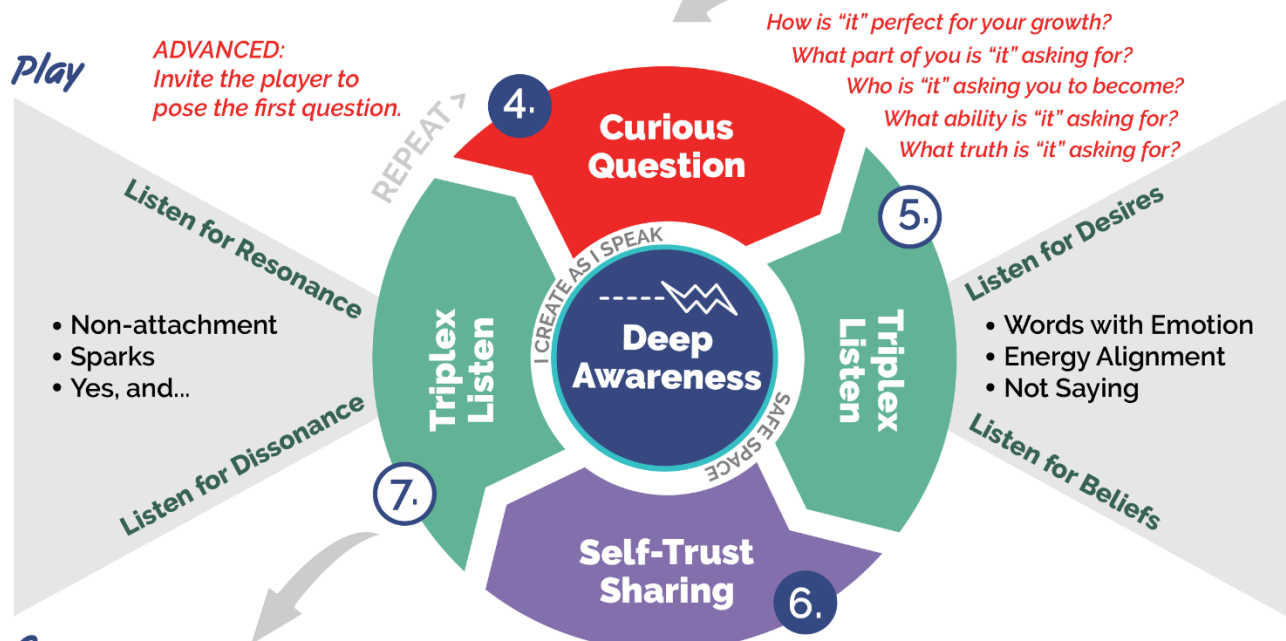
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Plan



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?

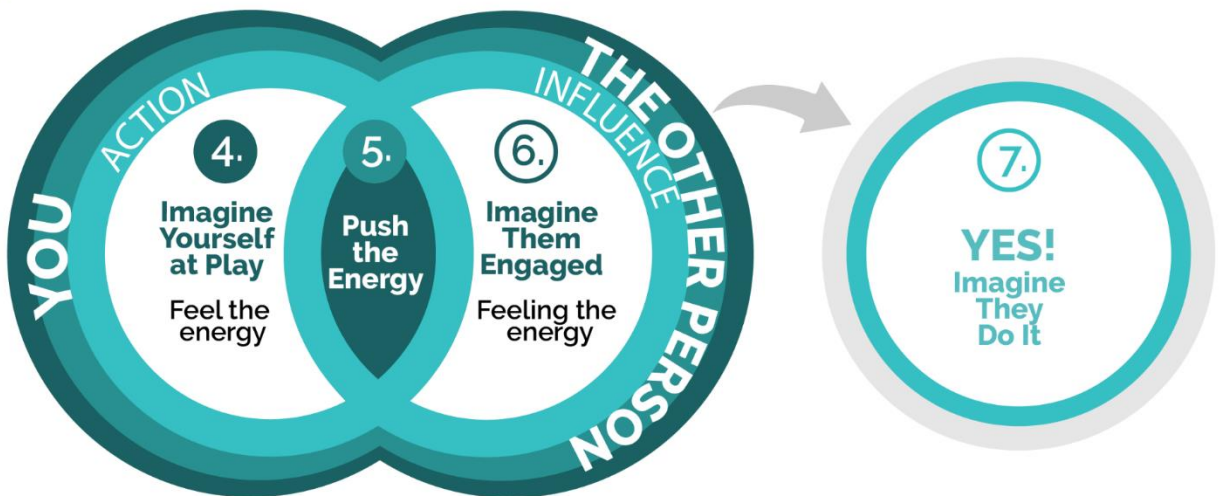
2. Describe Their Feeling

What do you want them to feel?

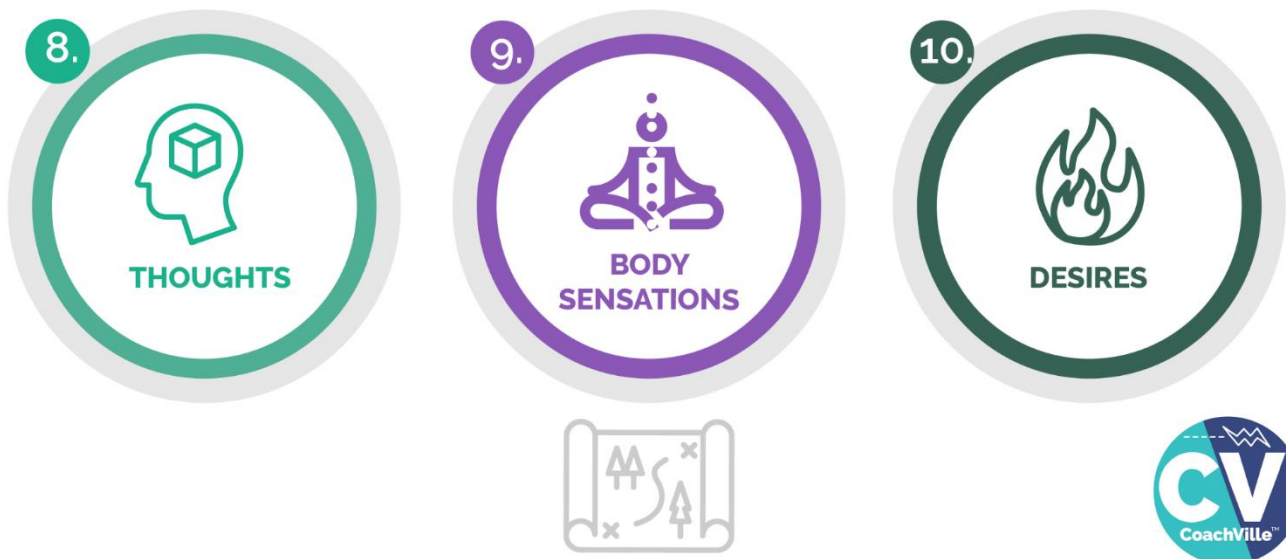
3. Desired Action

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

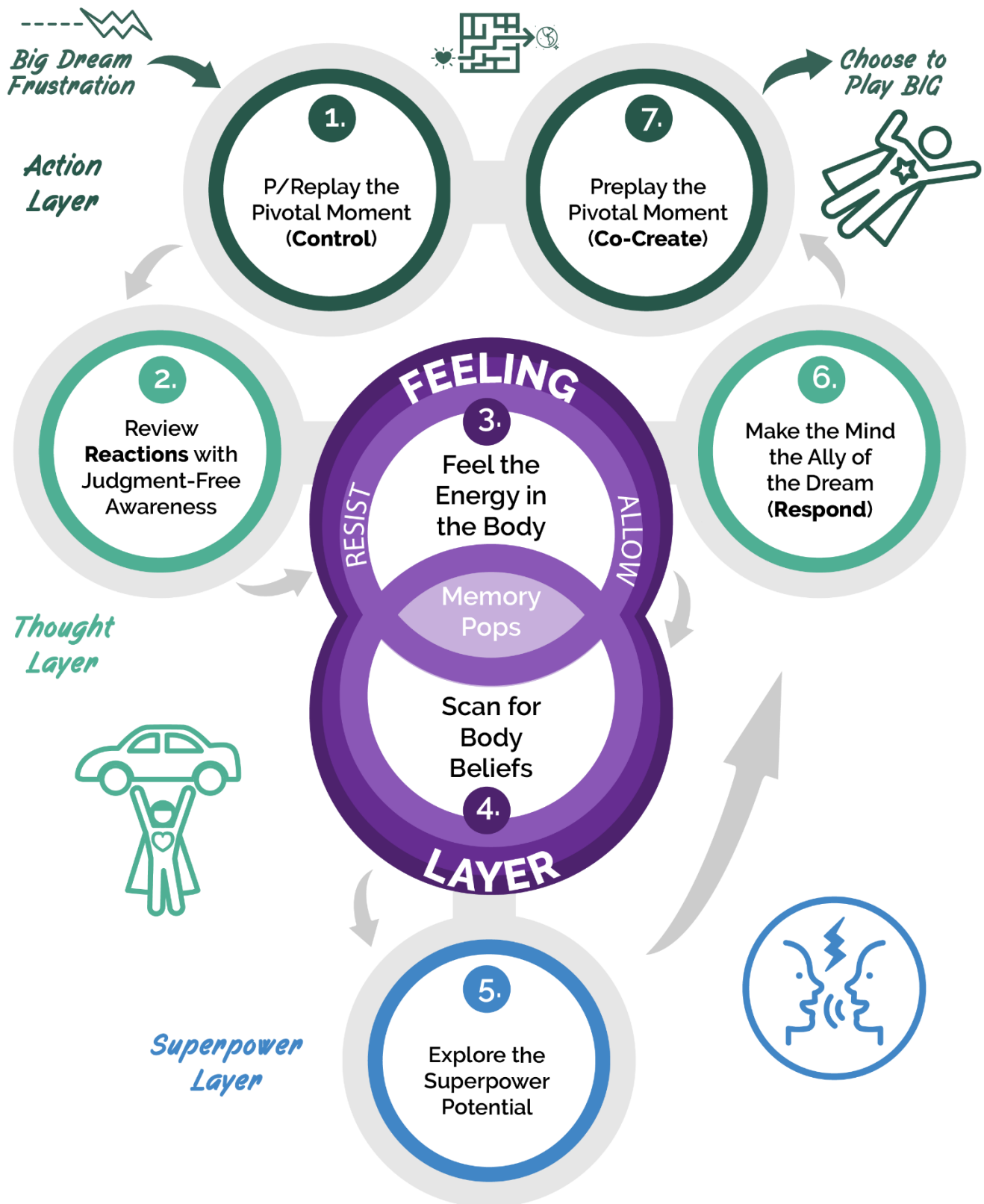
7. Debrief

- Clarity
- Confidence
- Energy

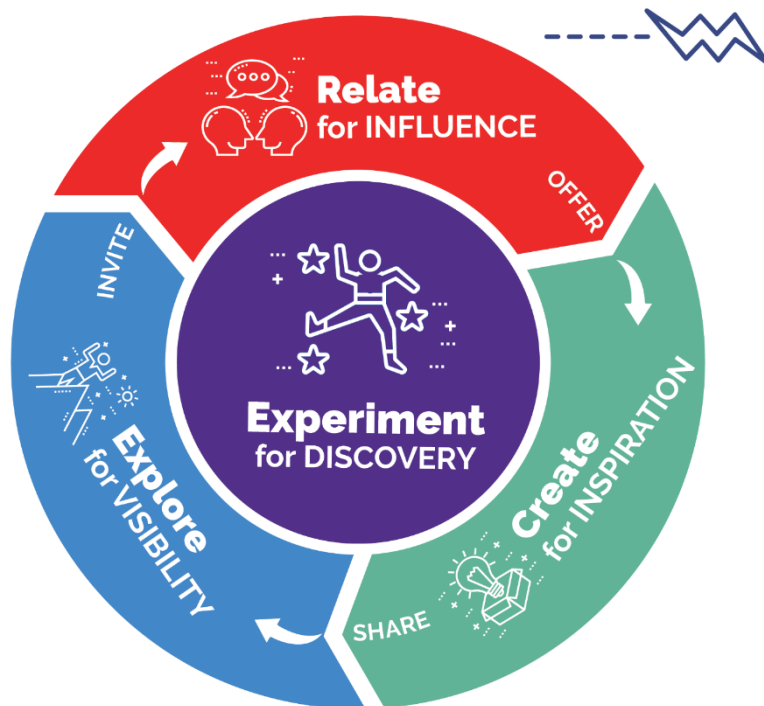


Pivotal Moment Technique





Social Play Model



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Social Play with 7 Social Fears



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Free People, FREE PEOPLE

Thanks for being a Champion of Dreams!

Coach Dave