



Practicum PCC Coaching Guide (30 Minutes of Play)

◆ Introduction: A Guide, Not a Script! 🎭

This guide provides **examples** and a **solid structure** to help you navigate a **30-minute coaching session** that aligns with PCC Markers.

It is **not a script**—reading from it will not serve you in practicum! Instead, use it as a **flexible framework** to guide **deep, co-creative** conversations. The best sessions are **organic and present-driven**—so listen deeply, respond to your client, and stay in the **flow of play**. 🎵 ✨

Your goal is to **embody** these elements, not memorize them. **Play with the structure, adapt to your client, and trust your coaching instincts!**

◆ Step 1: Connection (2-3 min) - Set the Stage for Play

Welcome: Affirm current connection.

Examples:

- *"We have been in class together."*
- *"We were dyad partners one time."*
- *"We have never spoken before."*

Presence Check-in

→ "Would you like to share your big dream in a minute or two?"

Co-Create the Session Agreement (Markers 3.1 - 3.4)

- "What's the growth opportunity you want to explore today?"
- "If we could create something powerful together, what would that be?"
- "Is there something we can practice together that could make an impact for you?"
- "How will you know this was a game-changing coaching session?"

Introduce the Dream & Growth Opportunity

- *Which action has the most growth potential for you?*
- *Which action has the biggest potential impact on your dream?*
- *Which would you like to explore for opportunities to play better?*
- *Is there any action that you are thinking of but didn't say because it's too scary right now?*

Ask HOW they would like to explore this growth opportunity.

(Let them ask for a method—you cannot suggest it.)

Options they may choose:

- **Role Play Technique** – Practice a conversation.
 - **Pivotal Moment Technique** – Preplay the action and/or explore fear.
 - **Environmental Upgrades** – Zap tolerations or acquire resources.
 - **Strategize a way to transform an ability into a Superpower.**
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◆ Step 2: Enter the Discovery Zone (10-12 min) - Deep Listening & Exploration

Listen for the WHO, not just the WHAT (Markers 6.1 - 6.7)

- "What is your desired result for this action? (What do you want to have happen in the world?)"
- "What are the challenges you face in taking this action or getting the desired result?"
- "What feedback can you evaluate to figure out how well you are playing?"
- **Reflect back** key emotions, words, and shifts—play inside their world!

Invoke Awareness & Growth (Markers 7.1 - 7.8)

- "What's the real opportunity here for your growth?"
 - "What's the deeper pattern or belief at play here?"
 - "What do you see/know now?"
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◆ Step 3: Shift to Action & Insight Integration (10-12 min) - Growth Mode Activated

Facilitate Client Growth (Markers 8.1 - 8.9)

- "What's one bold action that aligns with your dream?"

- “How can you step into this growth opportunity today?”

Coaching Toward Expansion & Dreaming Bigger

- “How can you make this feel like an adventure instead of an obligation?”
- “What’s a new game you could create around this challenge?”

Partner for Playful Experimentation

- “What’s a small, playful way to step into this right now?”
 - “What can you continue to practice that will make an impact?”
 - “How can we turn this into a curiosity experiment instead of a to-do list?”
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◆ Step 4: Co-Created Ending & Celebration (5-6 min) - The Grand Finale

Amplify the Learning & Integration

- “What did you learn about your dream and/or the moment we explored?”
- “What did you learn about yourself in this session?”

Share & Reflect Together

- “Can I share an observation?” (*Pause for permission!*)
- **Share what you noticed** about them—their energy, insights, shifts, or courage.

Turn Insight into Action

- “How will you apply what we played with today?”
- “What is a specific action or idea you will explore next?”
- “What support can you set up for yourself?”

Confirm Next Steps & Close the Loop

- “What’s one way you’ll live into this growth opportunity before we meet again?”
- **Co-create the session end** → “*We are coming up on the end of our time together...*” followed by:
 - “Is there anything more you want to share?”
 - “Do you feel complete with this session?”

End on a High Note

→ “*Thank you for playing full out today! What’s one word to capture how you feel?*”

Final Play Tips for a High PCC Score

- ✓ **Stay Curious** – Give a lot of space for their thinking and processing; don't rush in to fill silence.
- ✓ **Hold the Dream & Challenge the Growth Edge** – The magic is in BOTH.
- ✓ **Use Metaphors & Analogies** – Powerful, permission-based insights/inklings make an impact.
- ✓ **Trust the Pause** – Let their wisdom emerge.
- ✓ **Celebrate Their Super Powers** – They are the hero; you are the co-creator.
- ✓ **Enjoy the Play** – The more present and co-creative you are, the higher the impact!