

Human Connection Business Accelerator

Playsheets

By Coach Dave Buck, MCC

Welcome. On behalf of the entire CV Team, I want to welcome you to the Human Connection Business Accelerator program.

This is the playsheet pack for the program.

The Human Connection Business Accelerator is a new kind of program called a “Coach Approach” program.

During each gathering you will be both a coach and a player and we will practice coaching principles, techniques and skills together.



These sheets are excellent for taking notes, both as the player and as the coach.

I recommend you print 2 copies for each Gathering.

Enjoy every moment...

A handwritten signature in cursive script that reads "Dave R. Buck".

Coach Dave Buck and the CV Team!

We are the champions of dreams!

Transformation Coaching Session #2 Notes

Date: _____

1. WARM-UP and Dream sharing: 

2. CELEBRATE

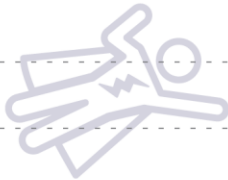
3. GROW

4. (Practice) PLAN: *Dream Activation*

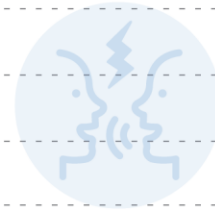
5. PRACTICE

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

B



Love to befriend:
Co-create & care



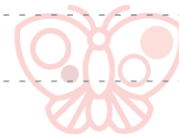
Start here
Brief description:

A



Urge to become:
Self-expression & spirit of play

D



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

G

Focus:

Need to belong:
Self-value & social safety instinct

F



Ability to believe:
Self-confidence & self-preservation

E



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:** _____

Plan

1. Do Something Awesome

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?

.....

.....

.....

Practice

4. Imagine Yourself at Play

Thoughts:

.....

.....

.....

Body sensations:

.....

.....



5.

6. Imagine Them Engaged

Thoughts:

.....

.....

.....

Body sensations:

.....

.....

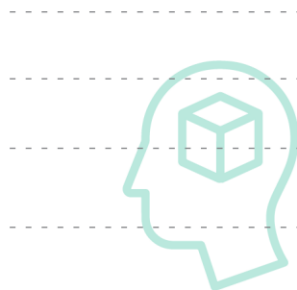
7.

YES! Imagine They Do It

Push the Energy

Grow

8. THOUGHTS



9. BODY SENSATIONS



10. DESIRES



1. Define the Situation

2. Define the Role

3. Advanced Prep

4.

*Practice Zone...*

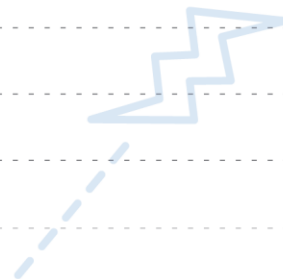
5.

6a. OBSERVATIONS

6b. CO-CREATIONS



7. DEBRIEF

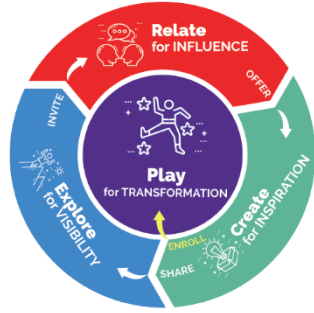


T PLAY PLAN: What is the transformation you want to play for?

FROM:

TO:

Embody Your Dream Technique - Prep Sheet



Dream:

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

Explore - Relate - Create - Play  for **VISIBILITY - INFLUENCE - INSPIRATION - TRANSFORMATION**

Action 1

for **RESULT 1**

SCENE ONE

Do:

Feel:

Feel:

Do:

Action 2

for **RESULT 2**

SCENE TWO

Do:

Feel:

Feel:

Do:

Action 3

for **RESULT 3**

SCENE THREE

Do:

Feel:

Feel:

Do:

Action 4

for **RESULT 4**

SCENE FOUR

Do:

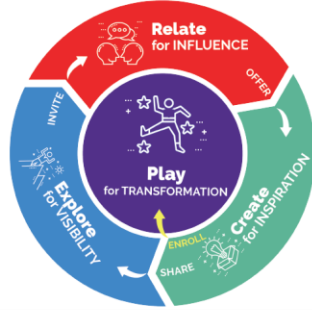
Feel:

Feel:

Do:

Embody Your Dream Technique - Play Sheet

Date: _____



Dream:

Explore for **VISIBILITY** > Invite > **YES!**

Relate for **INFLUENCE** > Offer > **YES!**

Create for **INSPIRATION** > Share > **YES!** **Enroll > YES!**

Play for **TRANSFORMATION**

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

Explore - Relate - Create - Play 

for **VISIBILITY - INFLUENCE -
INSPIRATION - TRANSFORMATION**

Action 1

for **RESULT 1**

SCENE ONE

▲ Do:

Feel:

Feel:

Do:

● Thoughts:

Body:

Thoughts:

Body:

Action 2

for **RESULT 2**

SCENE TWO

▲ Do:

Feel:

Feel:

Do:

● Thoughts:

Body:

Thoughts:

Body:

Action 3

for **RESULT 3**

SCENE THREE

▲ Do:

Feel:

Feel:

Do:

● Thoughts:

Body:

Thoughts:

Body:

Action 4

for **RESULT 4**

SCENE FOUR

▲ Do:

Feel:

Feel:

Do:

● Thoughts:

Body:

Thoughts:

Body:



THOUGHTS



BODY SENSATIONS



DESIRES