

# Human Connection Business Accelerator

Playsheet Pack

2024 Edition

By Coach Dave Buck, MCC

# **This is the Human Connection Business Accelerator “Playsheet Pack” (the short name is HCBA)**

In the HCBA we use the playsheets from the Human Connection Coaching Techniques

Overview of the 10 Sessions and the Playsheet

- .1. Conversation Magnet Co-Creation = Peak Experience
- .2. Dream Activation Reach Out = Role Play
- .3. Transformational Coffee = Role Play
- .4. Gateway Experience = Embody the Dream
- .5. Money Conversation = Role Play
- .6. Your complete Human Connection Sequence = Embody the Dream
- .7. Play for “Yes” = Role Play (and Pivotal Moment?)
- .8. Any Pivotal Moment = Pivotal Moment
- .9. Practice any moment / any technique
- .10. Celebration = Transformation coaching session #11

## **Recommended:**

Print 9 copies of page 3 – Use 1 playsheet EVERY WEEK!

Print 1 copy of pages 4 – 7 (optional)

Print 2 copies of pages 8 - 17



Enjoy your Accelerator. Enjoy your coaching Dream!

Coach Dave Buck and the CoachVille Team!

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 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 |

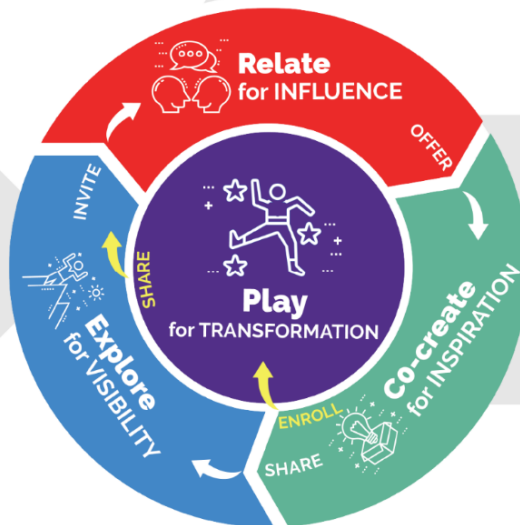


*Go play out in the world!*  
Everything is part of your Dream in the Play Life station!

### 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



# 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?

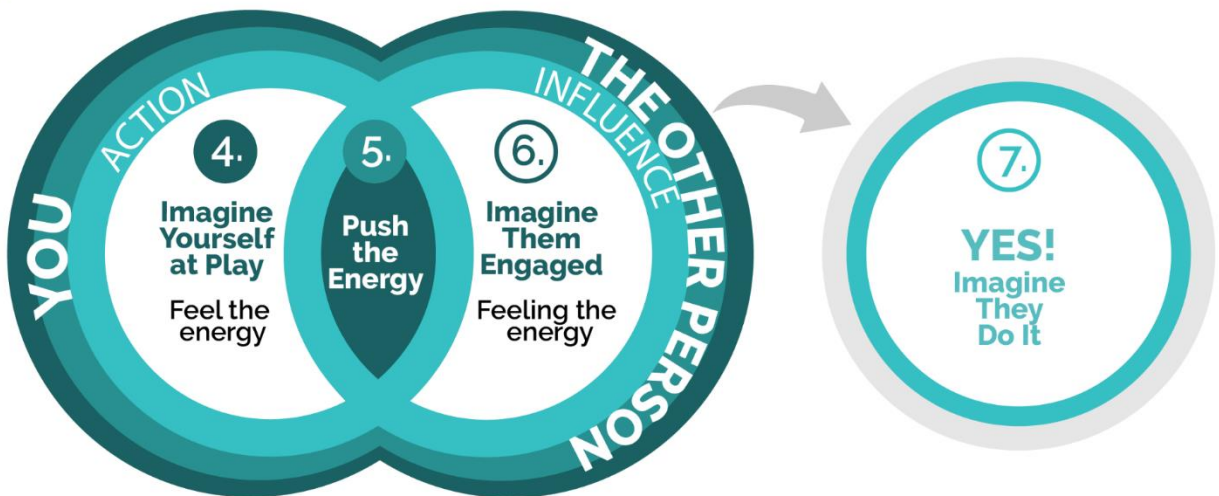
### 2. Describe Their Feeling

What do you want them to feel?

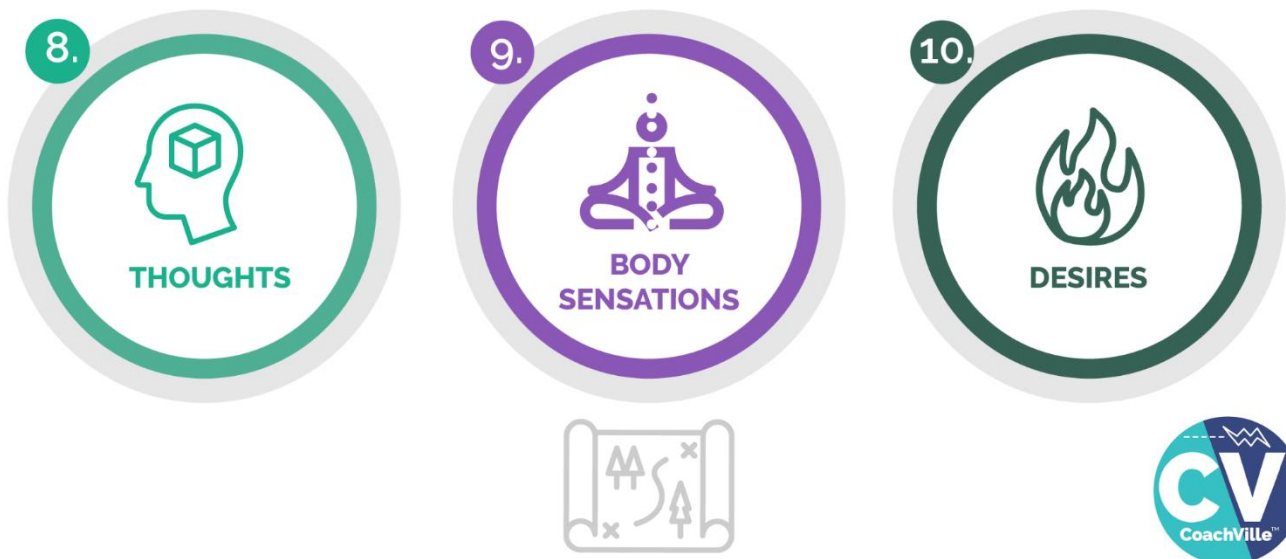
### 3. Desired Action

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

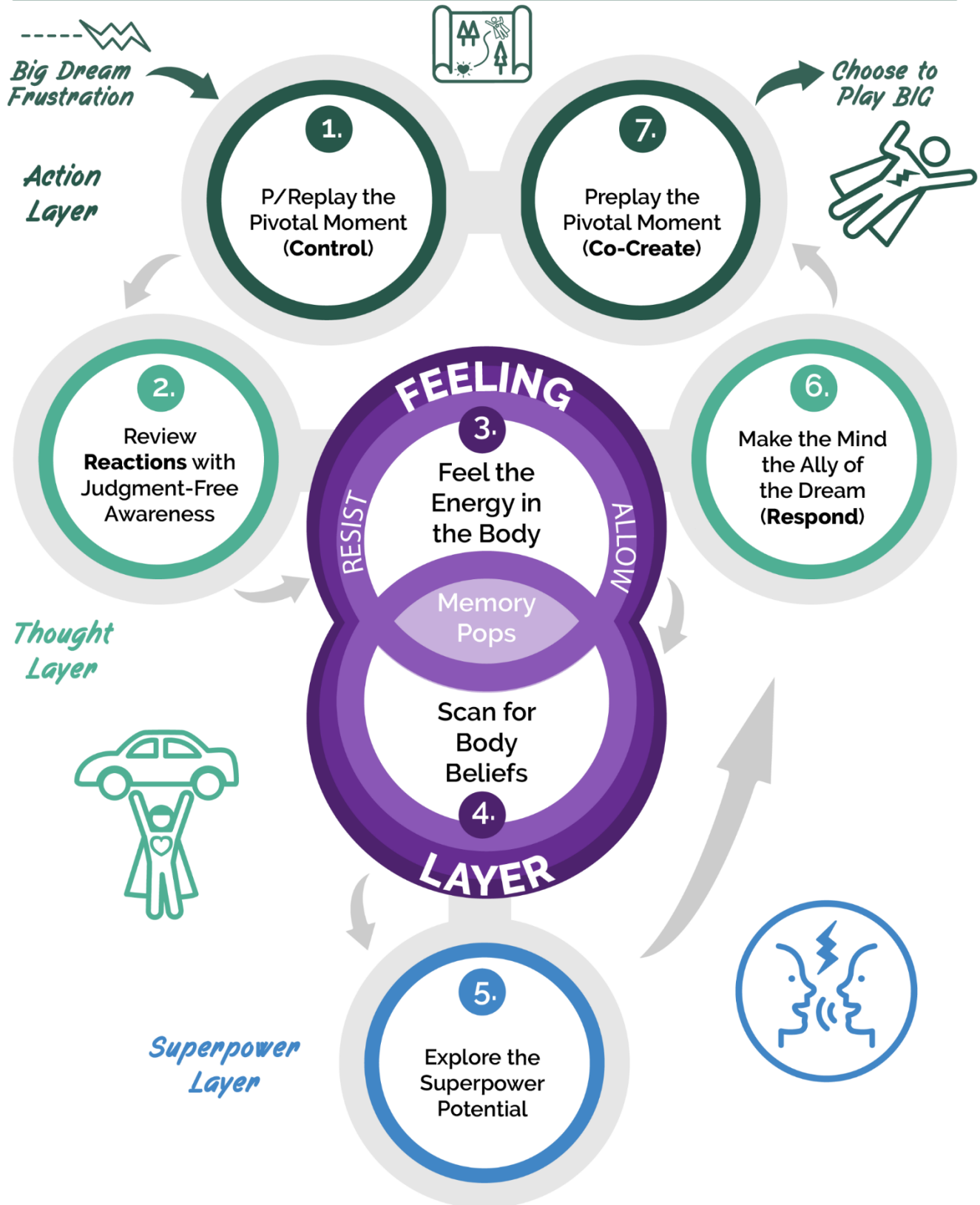
### 7. Debrief

- Clarity
- Confidence
- Energy



### Pivotal Moment Technique







## 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:

.....

.....

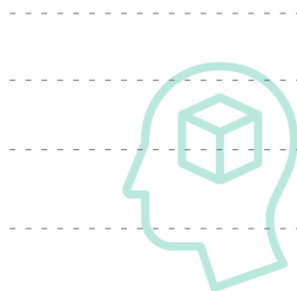
7.

### 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...*

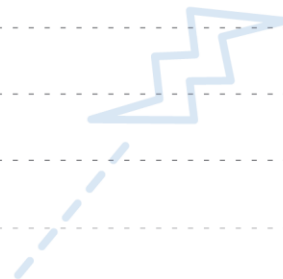
5.

6a. OBSERVATIONS

6b. CO-CREATIONS



7. DEBRIEF

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

FROM:

TO:

1. Define the Situation

2. Define the Role

3. Advanced Prep

4.

*Practice Zone...*

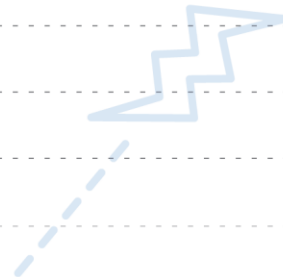
5.

6a. OBSERVATIONS

6b. CO-CREATIONS



7. DEBRIEF



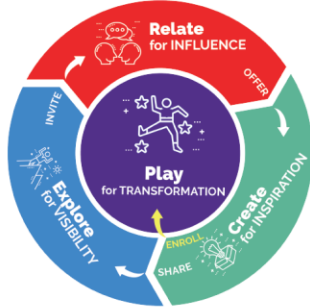
T PLAY PLAN: What is the transformation you want to play for?

FROM:

TO:

# Embody Your Dream Technique - 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**

1. Define the Situation

2. Define the Role

3. Advanced Prep



4.

*Practice Zone...*

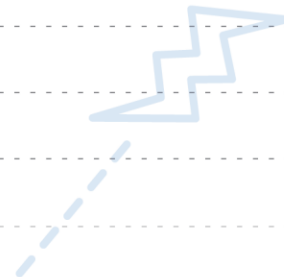
5.

6a. OBSERVATIONS

6b. CO-CREATIONS



7. DEBRIEF

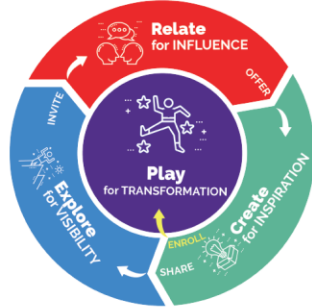
**T** PLAY PLAN: What is the transformation you want to play for?

FROM:

TO:

# Embody Your Dream Technique - 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**

1. Define the Situation

2. Define the Role

3. Advanced Prep



4.

*Practice Zone...*

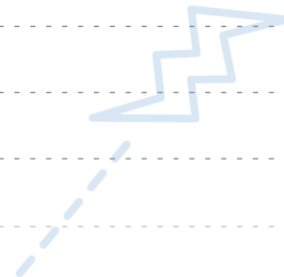
5.

6a. OBSERVATIONS

6b. CO-CREATIONS



7. DEBRIEF

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

FROM:

TO:

**1. Describe the Pivotal Moment****7. Pre-play the Pivotal Moment****2. Describe Reactions with Judgment-free Awareness****6. Your DREAM wants you to...****3. Describe the Physical Sensations (shape-color-temperature)****5. Superpower potential****4. It's not safe for me to...****Memory pops****T PLAY PLAN: What is the transformation you want to play for?****FROM:****TO:**



# Transformation Coaching Session #10 Notes

Date:

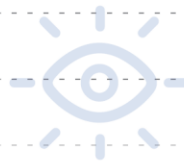
1. WARM-UP and Dream sharing:



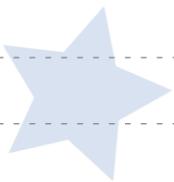
2. CELEBRATE



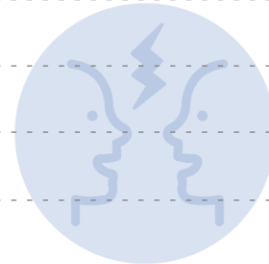
3. GROW (from Play)



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:

**Results**



**Mastery**



**Becomings**



**Experiences**



Your Dream:



Urge to BEcome:



Drive to BE free:



Ability to BELieve:



Love to BEfriend:



Need to BELong:



6. GROW (from Practice)

7. PLAY PLAN: What is your next Dream?

**FROM:**

**TO:**



# Free People, FREE PEOPLE

Thanks for being AWESOME!

Coach Dave