

Peak Experience Technique

Playbook for Coaches 2023 Edition

By Coach Dave Buck, MCC

Welcome the Peak Experience Technique!

Hello there! Coach Dave here with you.

This little playbook is all about the Peak Experience Coaching Technique.

This technique is awesome for guiding practice of any social play activity... meaning, an activity where the player is co-creating an experience with or for another person where they have a desire for a Peak Experience of self-expression and co-creation. Basically, most of what we do in life!!!!



In this playbook you will find:

1) A link to a soundcloud audio where you can observe the technique in action.

<https://soundcloud.com/coachville/peak-experience-02-steve>

2) The one-page diagram of the technique

3) A brief overview of the technique

4) The one-page coaching notes sheet

5) The Coaching Guide with the steps written out for you to use with your players.

6) A few background articles; in case you haven't seen them already.

How to learn this technique

Learning a coaching technique is like learning to play music... it will require practice.

1) Read through the playbook

2) Read the coaching guide out loud a few times to get comfortable with the words and phrases.

3) Listen to the audio a few times to get comfortable how the technique flows in a coaching session.

4) Practice with a player by reading the coaching guide while you are coaching... probably a few times.

5) Practice with players by using the notes sheet to guide the flow while remembering the phrases of the coaching guide... at this point you might be re-phrasing the questions to words that you like better... that is OK!

You KNOW IT!!!

Use it all the time and enjoy the magic of guided practice with your players!

Coach Dave Buck and the CoachVille Community...

We are the Champions of Dreams!

Peak Experiences (and objectives)

Peak Experiences are essential to playing your Dream every day. A peak experience is when you rise up to a challenge or a situation and something awesome happens. Usually, you then feel the urge to put your hands in the air for a high five or a fist pump. LOVE THOSE!

When you play your Dream every day, every day there is a possibility for a peak experience; sometimes more than one! It doesn't mean that one will happen... just that there is the opportunity for it to happen.

A peak experience often includes using a new skill or expressing a personal superpower in a new way. It is often the result of lots of practice doing something to develop a new ability or approach.

The feeling is: **WOW! I (We) just did that. And it was awesome.**

Peak Experience Technique

Transformation:

From: Information / "how to"

TO: EMBODY ~ FEEL IT

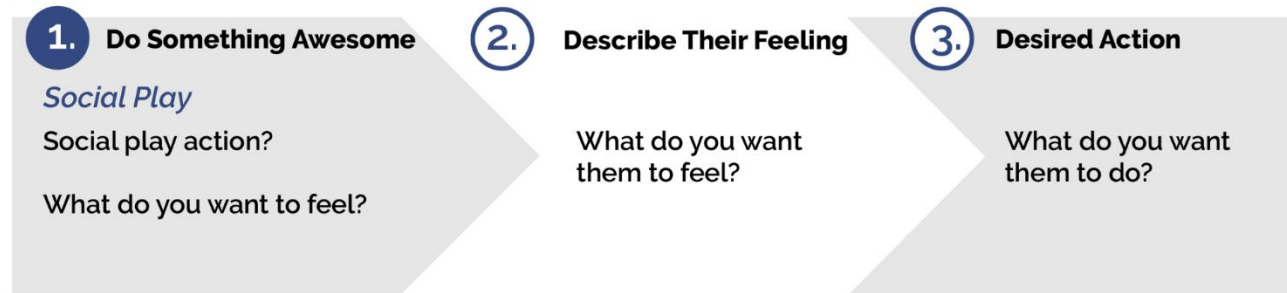
{Model on the next page}

Peak Experience Technique For Intentional Co-Creation

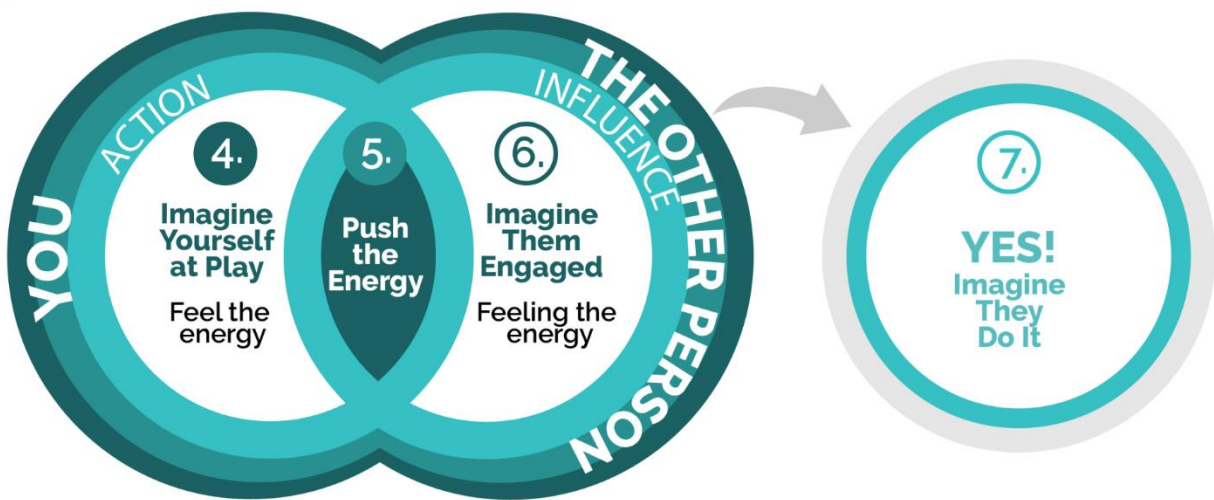
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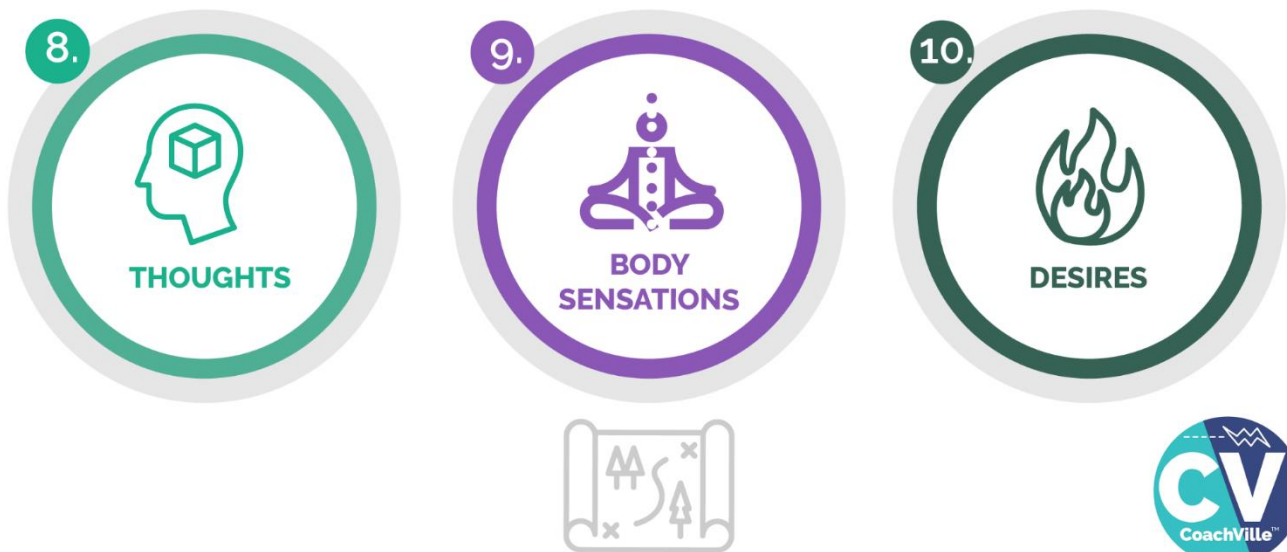
Plan



Play



Grow



The Peak Experience Technique is a way to practice any social play activity using imagination and body awareness.

The technique has three sections that follow the Plan – Play/Practice – Grow flow.

Part 1: Plan out the social play sequence with the player. Starting with what they want to do and how they WANT to feel. Then what they intend for the other person to feel and then do.

Part 2: Practice the sequence using imagination and body awareness. The player preferably has eyes closed while the coach guides the player through picturing the sequence of social actions while noticing sensations in their body. The deeper power of the technique occurs when the player imagines and feels what they intend for the other person to feel and do in the experience. We call this “pushing the energy”.

Part 3: Grow is accomplished by debriefing what the player experienced during the imagination of the sequence. Specifically what thoughts came into awareness? What body sensations did they notice? What desires did they notice? We often call this part “Doubts and Desires” to make it easy to remember. Also, to bring judgment-free awareness to both.

The Peak Experience Technique and Social Play ... a little deeper

The way we play for our Dreams is with Social Play; mostly create, explore, relate, -co-create and play for transformation / experiment for discovery.

The way we coach is through guided practice; this IS what Coaching IS.

So... we must have a way to guide practice of social play activities. The Peak Experience Technique is a great way to do this.

AND while you are planning, practicing and growing with your player YOU learn a lot about them and how they see themselves and the social world around them. You also learn a lot about the activities your player is engaged in. This will give you more experience and wisdom that you can use with your next player and the next player.

At the same time your player becomes much more aware of both their Inner Experience and the Outer Experiences that their Dream calls for.

In any great coaching relationship, the coach and player are both growing and both growing together. Coaching is a mutual growth relationship.

Always remember this. YOU are supposed to GROW while you coach. This is why I often repeat: coaching is a relationship, NOT a service!

The Coaching notes sheet

On the next page is the notes sheet to use while you are guiding with the 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

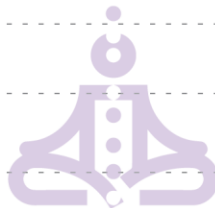
Push the Energy

Grow

8. THOUGHTS



9. BODY SENSATIONS



10. DESIRES



Coaching Guide: Peak Experience Technique

SAY: “We will use the Peak Experience Technique to practice a social play action together. The important idea here is that we can practice life... similar to the way athletes and performance artists practice using visualization.

PLAN

ASK: “Which social action are we going to practice?”

{Listen, you MAY need to make a suggestion.}

SAY: “Great, next let’s confirm and clarify the social action, intended feelings and intended result.

(1) **ASK:** “What is the social action you are going to do in an awesome way?”

{Listen, you MAY need to help them talk it through.}

ASK: “What do YOU want to feel while you are doing this action?”

{Listen, you MAY need to help them talk it through.}

(2) **ASK:** “What do you want the other person to feel when they engage with you or what you created?”

{Listen, you MAY need to help them talk it through.}

(3) **ASK:** “What do you want the other person to do?”

{Listen, you MAY need to help them talk it through.}

PRACTICE

SAY: “We are going to use your imagination to embody this experience. We will do this in two phases, first the action that you are doing and then the result within the other person. And the “trick is to pay attention to both your thoughts and your body sensations as we visualize”

ASK: “Do you feel safe closing your eyes?”

{Wait for them to say: Yes}

SAY: OK, close your eyes for a moment. Take a deep connecting breath....{pause}

(4) Now bring into your imagination a scene of you doing the action in an awesome way. Your imagination is so powerful Let it fill in all the details... as you see it and feel it as deeply as you can.

{You can repeat the action and the scene}

{pause 20 seconds}

Next bring in the feeling you want to experience while you are doing this action.

{You can repeat the feeling to them}

{pause 20 seconds}

SAY: Now notice any thoughts popping into your mind as you imagine this scene.

ASK: Please share with me what you notice.

{pause & listen; it's OK if they share a few thoughts. But don't let it go on too long}

{Affirm by saying: "I can see that"}

{make a few notes as they share}

ASK: Notice any body sensations that are coming into your awareness. Can you share with me what you notice...

{pause & listen; it's OK if they don't notice any. If it is more than one that is OK too}

{listen. Affirm by saying: "That is good body awareness"}

(5) SAY: OK. You are doing great. Next, I want you to push your energy out to another person.

{coach, fill in the details based on the situation}

{Pause 30 seconds}

(6) SAY: Imagine them feeling {fill in the blank from what they shared}.

{pause}

(7) SAY: Imagine them enjoying it and doing {fill in the blank with the action they want}.

{pause}

SAY: Now notice any thoughts popping into your mind as you imagine the other person in this scene.

ASK: Keep your eyes closed for just a moment more and share with me what you notice.

{listen. Affirm by saying: "I can see that"}

SAY: Next notice any physical sensations in your body as you imagine the other person in this scene. Share with me anything you notice...

{listen. Affirm by saying: "Good body awareness"}

GROW

SAY: Great! You can open your eyes now. Let's step into the growth zone.

(8) ASK: Of all the thoughts you noticed during the visualization, which are you most curious about and why?

{Coach. Listen. Then you can share your insights}

(9) ASK: Of all the physical sensations you noticed in your body which are you most curious about and why?

{Coach. Listen. Then you can share your insights}

(10) ASK: One last thing, when you were in the visualization, did you notice any desires coming up?

{Listen and dialogue with them; share your observations}

{They may have felt joyful in the scenes, They may have felt doubt or even fear.}

{It's all about noticing opportunities for growth.}

SAY: I acknowledge your courage and playfulness! Awesome.

Social Play and the Human Connection Super Skills

Transformation Coaches practice social play

Coaching is guiding a player in pursuit of playing better. But how do we play life? We have a compelling model that encourages the player and the coach to approach any dream with the spirit of play and an opportunity for personal growth AND social influence!

Social play... social practice... with awareness of social fear.

LESS

Working alone on tasks that are risk-free and keep you small

MORE

Embracing the risks of playing out in the world to be a positive influence on others.

The Social Play Model

When you can coach Social Play and the Human Connection Super Skills, you can coach ANY Human endeavor.

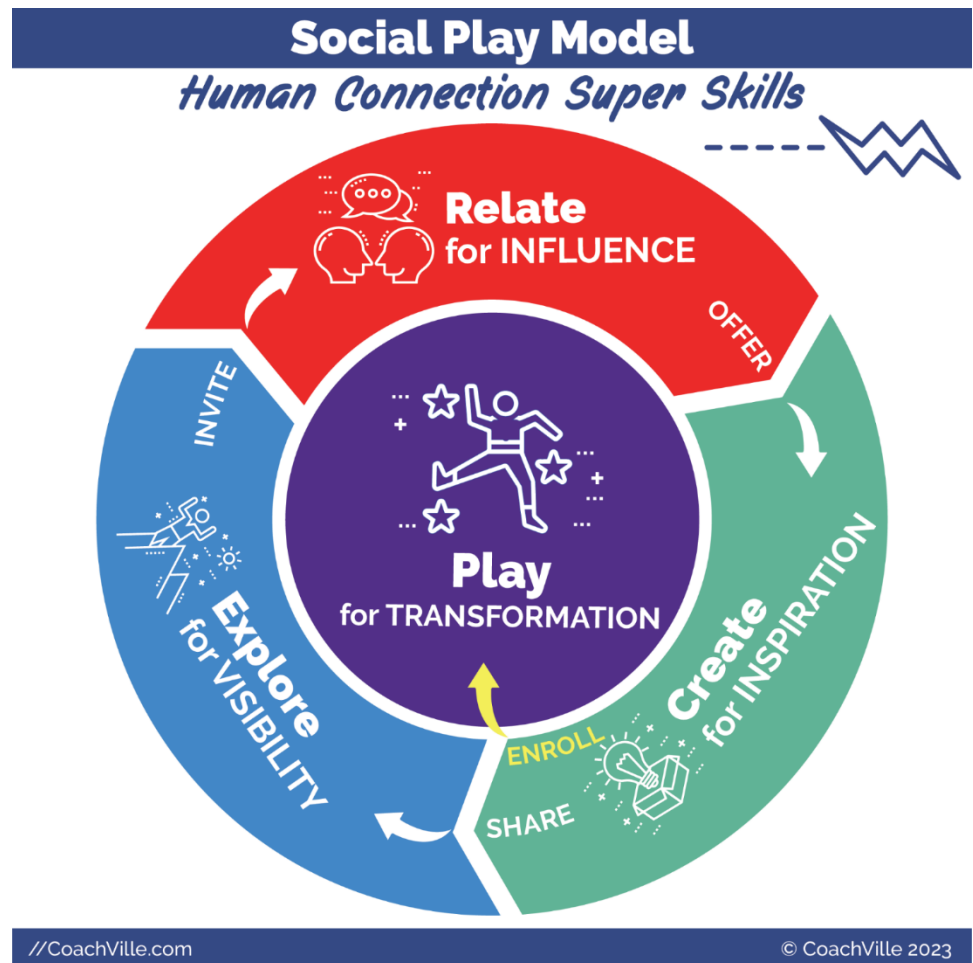
YES! This is how you will be greatly valued as a coach in your community.

A BIG difference between playing with a coach and working in isolation is well... a focus on play... specifically Social Play, and practice.

We have a model to help you shift your mindset from worker to player: Create, Explore, Relate, Co-Create and Play (also Experiment).

These are your Human Connection Super Skills! You need these to play your Dream.

This is how we play and coach for the experiences we desire, the impact we desire and personal transformation AT THE SAME TIME!.



Here is an important insight to consider: **Anything that you cannot control but you can influence is an opportunity to play and play better with a coach!**

So, I want you to wonder... to dream... of what you would do if you were able to increase your positive connection in the social world around you.

These are the four types of activities: **Moments of Social Play.**

- A play-able moment is a coach-able moment that you can improve through practice.
- Social play means that it involves co-creating the experience with one or more other people rather than completing a task in isolation as was the norm in the Industrial Culture of Control.

These are the essential activities of the Connected Culture of Co-Creation.

And here is another BIG point: we all have unique superpowers within us that we can unleash to become AWESOME in each of these moments of social play.

The Four “Things” people playing life want more of...

Entrepreneurs, leaders of teams and organizations, people with a cause, people with an idea... anyone who aims to move beyond the status quo of life wants these four things:

- Inspiration
- Visibility
- Influence
- Transformation (new experiences of discovery and capability).

Create for Inspiration > to SHARE

Creating is when you have an idea or make something you want another person to experience by sharing with them; for examples: writing, recording, designing, planning. In our current world of written words and recorded media, we can create something for others to experience at a later time with the intention to inspire them. You have the inspiring experience of making it and they have the inspiring experience of engaging with it.

The sharing part is all about participation and contribution and our innate human desire to inspire each other and feel valued by them. This is very much in line with the idea that “Life is Performance Art”; which is a concept we talk about a lot in coaching.

The Peak experience is when they engage with you and your idea.

Explore for Visibility > to INVITE

Exploring is when you go into a new territory; you are stepping into the unknown (hopefully with a sense of wonder) It can be a physical place, a social media platform or even a new idea. You explore to see and experience new people and new places; and also to BE SEEN and KNOWN by new people.

Exploring also includes sharing new ideas with people you already know.

When Exploring for Visibility goes well, it leads to meeting someone that you want to get to know better. This leads to an invitation to meet again where you can Relate for Influence.

The Peak Experience is when they say YES and commit to meeting to continue the conversation.

Relate for Influence > to OFFER

Relate means talking to other people! This is pretty much what we do all the time in life. We love talking with people and when it is playful and self-expressed it is really fun.

It becomes playful when we are discovering each other and finding areas of commonality and aspects of uniqueness about the other person. Also when we express new ideas and discover new ideas from the other person's perspective.

The influence part is when you ask someone to do something with you and they might say "yes", but they might say "no".

The Peak Experience is when they say "YES" and you make a plan to do something together in a shared experience. When someone wants to do something with us we feel valued.

Co-Create for Inspiration > to ENROLL and to SHARE

Co-Create for Inspiration is when two or more people do something together to have an inspiring experience. These experiences can be designed or spontaneous and most likely a combination of both.

Shared experiences are how we grow both as individuals and how we grow our relationships, our experience of feeling valued and our experience of belonging. It's BIG!

The aim of doing things with new people or doing something new with someone you already know, is to find the people that we want to spend more time with; the people that we want to "adventure" with; the people that we want to Play for Transformation with.

The Peak Experience is when they say "YES" to ENROLL to participate in what you are doing next to Play for Transformation.

When someone SHARES about their experience with you to another person, this creates a new visibility opportunity. It also creates a feeling of being valued which is essential to our Human Nature.

Play for Transformation > to GROW and to SHARE

Playing for Transformation with other people that we enjoy is what we yearn to do with the days of our lives. We want to do activities that we enjoy with people we enjoy, to love life and grow personally and together.

Playing for Transformation often includes an element of experimenting and discovery. Experimenting is any time you do something that you have not done before OR you do something that you have done in a new way. Often when we experiment we have an idea or a hope of what will happen but we don't actually know. We aim to discover something new about life, ourselves or the people we are with.

A key to success with play is to start with an intention, be open to new possibilities AND keep track of what happens; and most important is to not look at any outcome as a failure but as learning.

When we play together, our ultimate aim is to GROW because we love growing.

Also, in our social world, we love when the people we are with SHARE about their experiences in a positive way, so that our social value grows as well.

Hopefully you are getting energized about playing for transformation!

The BIG Picture...

The Peak Experience Technique is a way to you practice moments of social play that lead to inspiration, visibility, influence, and transformation!

You need to make this transformation as a player, then you can guide others as a Coach.

These are your Human Connection Super Skills! You need these to play your Dream and these are the skills you are going to coach UP every day.

We will encourage you to add activities in these four areas into your plan each week; this will guide you toward the experiences you desire, the impact you desire and personal transformation AT THE SAME TIME!.

The BIG Picture...

Now you might be thinking: "Yes, the social play actions and results are exactly what I want! The Power of Playfulness sounds amazing.

"But when I think about it:

- Sharing what I create can be a real struggle.
- I know I need to 'get out there' and be more visible, but it's not easy.
- Asking for what I want, or need is pretty hard for me.
- Trying new things often feels too risky so I stick with what I always do."

EXACTLY.

Somehow, we have all become fearful of our playfulness and social play actions in the Industrial Culture.

This is a BIG reason why Transformation Coaching was invented!!

We need practice.

From Complete Tasks

TO: Social Play

The BIG idea of transformation from completing tasks under control to social play is this: with social play you don't know what the outcome is going to be; there is mystery; there is possibility; this brings a much deeper experience of aliveness!

AND.... The need for coaching...YES!!!!

Social Play Sequence Example

This example from back in my early days of being in business as a new coach. Hopefully this is an example that you can relate to even if you have never done it.

My Dream was to build my coaching business with awesome paying players.

Scene ONE: Create for Inspiration to SHARE

I had an idea that I thought would intrigue small business owners.

If you want to grow your business, you have to grow your SELF first.

My hope was that I could inspire them to explore personal growth as a fun opportunity that will lead to business growth.

If I was doing this now, I would also write an article or record a video to share this idea.

Scene TWO: Explore for Visibility to INVITE

Go to a networking event. Talk to people about my ideas. If I resonate with someone, I INVITE them to meet for coffee.

Before going to the networking event, I would imagine the other person feeling uplifted by talking with me and wanting to know more about coaching.

Scene THREE: Relate for Influence to OFFER

Over coffee I ask them about their dreams and challenges and frame it all as the growth opportunities that will lead to business growth. I share some insights and stories about how to play life better with a coach.

Before meeting them, I would imagine the other person being really energized by the conversation and curious about how coaching could accelerate their progress toward their Dreams.

If the connection feels good, I OFFER them my Exploratory Coaching Experience.

Scene FOUR: CO-Create for Inspiration to ENROLL

The Exploratory Coaching experience is a guided and co-created experience. Before the call I would imagine the other person getting excited about their Dream for bigger things for their life and feeling that it is truly possible.

If the person is inspired, they will ask me for details about my coaching program. Then I can ENROLL them into become a paying player.

Whether they hire me or not, my intention is that they SHARE about the inspiring experience with people they know in the community.

This creates visibility that leads to another cycle with a potential player.

Scene FIVE: Play for Transformation

Then I will start coaching them and we will Play for Transformation together... the ultimate social play experience for my Dream.

When awesome experiences happen for them, I encourage them to share about it with people they know.

Whew! This brings back memories! I did this cycle SO MANY TIMES back in the day.

From this example you can see so many possible social play sequences that will be fun to play!

Hopefully you are getting energized about playing and coaching Social Play.

The Spirit of Play... was missing!

The concept of social play and peak experiences is essential to our philosophy of Transformation Coaching.

In 2006 I had a flash of insight. By this time, I had been a professional Life Coach for 9 years and had taught Life Coaching Education Programs to thousands of people entering our fast-growing field. In observing how I was coaching and how the thousands of people I was teaching were coaching, I came to a conclusion and a question:

Conclusion: Life Coaching had become a watered-down hybrid of project management and counselling; focused on the tasks and problems that were on the “clients” mind that day.

Question: Why didn’t life coaching have the same vibrancy – and public admiration – as the athletic and performance art coaching I had experienced and observed?

My insight was that the spirit of play was completely missing from Life Coaching... as was the focus on transformation! Accountability for tasks does NOT lead to transformation, THATS FOR SURE!

Around this time another huge cultural phenomenon emerged: MILLIONS of people playing online role player games. Many millions more – of all ages – playing video games and games on their phones. I realized that humans are positively yearning to play. The only thing they don’t realize is that they can play their REAL life.

Over time I realized that the field of Transformation Coaching was the ONLY field that was focused on play and playing life better. Everything else was focused on fixing the “problems” of people.

Guided practice is the missing magic that will make you AWESOME!

Over the past 10-15 years there has been a massive proliferation of “Authority Expert How-To Programs”; too many to count but surely over 100,000 with their click funnels, webinars and launches. Everyone in the growth business put out a program to prove that they are the authoritarian expert for their niche.

Meanwhile, there has also been a massive proliferation of Coach Education programs – nearly 1,000 around the world - based on the Humanistic Servant model of coaching. So naturally there are 100,000 + coaches in the world.

In general, it is awesome that so many people want to help other people do things and understand themselves.

However, there is a big clunk in the machine.

Giving someone the exact actions to take to do something rarely results in action. As you probably know, having the information does not mean you are going to do it.

Similarly, asking great questions to create awareness also rarely leads to new actions. As you also know, knowing what to do, and doing it, are two totally different things.

The problem is not in the authority programs or the humanistic coaches. The problem is in the model, or the philosophy.

The self-help philosophy came out of the Industrial Culture and the Industrial School System. And the theory is that we humans are like robots completing tasks. As soon as someone tells us, or we tell ourselves, what to do and the right way to do it, we will “just do it”.

NOPE.

Not most of the time anyway.

Well, here is the thing: If the action is an isolated task with no social consequences, then often we can do it. So, if the program is on how to fix the sink in 7 easy steps, then sure.

But if any of the actions require social interaction or social risk, then it's probably not going to happen. And most self-help programs include some social interactions because that is what we care about and struggle with. I am sure this has happened to you.

The missing magic... GUIDED PRACTICE!

This is where YOU come in.

And, this is how YOU are going to be AWESOME.

Since I started coaching with Guided Practice, I have had this “magic” experience.

I start coaching a new player. They have done a program or three. They know what to do but they haven't been able to do it even though they have tried for months or even YEARS!

Then, after just a few practice sessions... BAM! They do it. With a little guided practice, they become free, and their energy flows and their Dreams start to happen.

Soon, this is going to be YOU!

This is why we specifically don't include any specifics about how to coach business, or leadership or anything else.

What we do is this:

- We show you how to map ANY action to social play and Human Connection Super Skills.
- We show you how to guide practice and specific techniques to practice social play and develop Human Connection Super Skills.
- We also provide you with resources to share with your players that help them shift their mindset from working on tasks to co-creating social play.

This combination is “The Magic”.

Practice is freeing!

Practice is freeing for ANY endeavor: business, leadership, management, community activism, personal growth... ANYTHING! Because, Human Connection and Human Nature are the core of EVERYTHING!

Practice creates flow because it activates our imagination AND body; our playful conscious mind and our non-conscious mind.

Combine this with the logical mind – that knows what to do – and the results is... FLOW!

When we are in the flow, we can do things that we can't do when we are not in the flow.

I am sure you have experienced this before.

The key is that with coaching, we have a definite way to get into the flow with our players.

YOU are going to LOVE doing this.

YOU are going to LOVE having happy and delighted players.

In our Coach Education Program you will learn – and PRACTICE, of course – several powerful guided practice techniques for coaching Human Connection Skills and Social Play.

Four in particular are:

- Peak Experience Technique
- Role Play Technique
- Pivotal Moment Technique, and
- Embody the Dream Technique.

I am not going to say more about them here, that is what the Transformation Coach Education Program is for.

What I do want to say is that these techniques will be your starting place or building blocks as a creative coach!

Over time you will add to them, customize them with your experience, and combine them with your knowledge. This will be just the beginning of your lifetime coaching adventure.

Growth-oriented Challenges

If you put a new game into your game console and everything that happened was something you have seen before and knew exactly what to do, like, the way we were taught to live in the Industrial Culture, you would quickly become bored with the game and stop playing.

When you play your Dream, rather than go through the motions of another day of habits and tasks, you WILL experience challenges. You will face the unknown and opportunities to fail.

It is growth-oriented challenges that make playing your Dream fun every day.

The key is to embrace this truth and enjoy the challenges that come your way.

Here is the approach:

When you play your Dream, you look at EVERY situation in your life as if it is somehow part of the adventure. Everything is happening for YOU to grow as a player in this Dream. Even events or situations that happen and seem to have nothing to do with your Dream, you assume that they do, and you look at them as growth opportunities.

Even recurring issues from BEFORE you were playing this Dream, most likely the ones that you think of as problems, you can look at them in a new way once you start playing your Dream.

The way to do it is simply to wonder: mmm.

I wonder how this situation is part of my Dream?

I wonder how this event is asking me to grow so that I can play my Dream better.

I wonder how this situation is trying to show me something that I didn't see before?

It's a powerful, fun and dynamic way to live.

You will LOVE playing a Dream that is engaging, supportive, challenging, purposeful and fulfilling... even if right now in your life you only have 20 minutes per day to play your Dream, it will light up the rest of your life. And hopefully soon more and more of your day can be playing your Dream time. AWWWW Yeah!

Let's play.