

# Human Connection TRANSFORMATION



*Coaching Guides*  
*by Dave Buck, MCC*



**CoachVille Center for Coaching Mastery**  
*We are the champions of dreams!*

# Human Connection Transformation Coaching

(HCTC)

## Coaching Guides

Version: 2026

Parts 1 and 2

By Coach Dave Buck, MCC

Welcome. On behalf of the entire CV Team, I want to welcome you to the Human Connection Transformation Coaching program; often referred to as simply Transformation Coaching.

**This is the book of “Coaching Guides” for your Human Connection Transformation Coaching class.**

Learning how to coach is a lot like learning how to play a musical instrument WITH the intention to play in an improvisational jazz group with other musicians.



Using this metaphor, these coaching guides are “the songs”. Learning the music provides a structure for learning the instrument and getting into the feeling of music. Each coaching guide is like a new piece of music that will take you deeper into the instrument.

After LOTS and LOTS of practice, you become masterful with the instrument, the feeling of the music is in your blood and you can “just play the songs” with other musicians by putting your attention on the co-creation NOT on the music itself.

When you first start coaching, just follow the Guides. Metaphorically speaking, you will be able to create pleasing music and hopefully continue to fuel your desire to pursue mastery. And then one day you will BE the music and write your own songs!

Before you use the Guide with a player read it over many times. Read it out loud a few times. Get a feeling for the words, the questions, the ideas and the flow of the conversation.

When you are first learning, follow the Guides closely; put your attention on observing your player as they respond to the questions and statements.

Within each Guide there are places to follow your intuition and places to improvise; for example, when doing a Role Play with your player.

Using these coaching guides, you will create a great experience for your players AND you will learn the Coaching Techniques, the Coaching Superpowers, and the Human Connection Transformation Models... ALL AT THE SAME TIME!

Following the 12 Coaching Guides for the sessions in the class, you will see coaching guides for the “Stand Alone” techniques. These are awesome for when you are “every day” coaching and using the techniques in the free flow of a coaching session.

Together we play better...

Handwritten signature of Dave Buck.

Coach Dave Buck and the CV Team!

We are the champions of Dreams!

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# Coaching Guide Format

Here is the format for the Coaching Guides

**\*\*!!!\*\***

## WELCOME

### 1) INTRODUCTION

**SAY:** "Thanks so much for doing this exploratory conversation with me. I really appreciate you and I can't wait to see what we discover together. This conversation will take about 15-20 minutes.

**ASK:** Are you ready to go?

**{Coach: wait for them to SAY: YES}**

**\*\*!!!\*\***

### NOTES

1) You say to the player the text after the **ASK:** or **SAY:**

While sounding conversational;

as if that question just popped into your mind.

**2) The copy in Red** – {also in curly brackets if you don't see color} You DO NOT say to your player.

These notes are guidance for you.

# Coaching Guide Session 01: Dream Activation (Exploratory)

Coaching Technique: Peak Experience

## 1) WELCOME & WARMUP

**SAY:** "Thanks so much for having this exploratory coaching session with me. So, as I mentioned I am offering a Coaching program called: Human Connection Transformation. I really appreciate you and I can't wait to see what we discover together. This session will take about 45 minutes.

**ASK:** Are you ready to go?

*{Coach: wait for them to SAY: YES}*

**SAY:** "OK. Before we start practicing Human Connection Skills together, let's start with a quick warm up. We will do 3 Connecting Breaths to warm up our wisdom and a 30 second visualization to warm up our imaginations.

**SAY:** A Connecting Breaths is a BIG breath in and a SLOW breath out. If you are in a safe place, you can close your eyes.

*{do this in a quiet voice}*

**SAY:** Big breath in ...*{pause}* and a slow breath out

**SAY:** Big breath in ...*{pause}* and a slow breath out

**SAY:** Big breath in ...*{pause}* and a slow breath out

**SAY:** Breathing this way creates a strong connection between the heart and the mind called coherence.

**SAY:** Next, we will do a 30 second visualization. Keep your eyes closed. Use your imagination to see yourself doing something you enjoy and allow yourself to see it and feel it.

**SAY:** 30 seconds... here we go.

*{wait approximately 30 seconds}*

**ASK:** Alright! We are warmed up now. Are you ready to dive in?

***NOTE:** if they want to share what they saw, definitely encourage them to do so.*

## 2) CELEBRATION

**ASK:** First, we will practice the skill of Celebration together. Can you share with me something you want to celebrate in your life right now? ...

*{listen and encourage them... }*

THEN... YOU share a Brief Celebration with them.

**SAY:** I am celebrating... {fill in the blank}

{Celebrating together builds trust and strengthens your connection}

### 3) GROW (from Play)

**ASK:** Next, we will practice sharing growth opportunities. Have you done anything in the past few weeks that you consider to be growth-oriented?

**{If they say: Yes}**

**ASK:** Tell me about it? Just the short version.

**THEN... YOU share a brief growth example...**

**SAY:** My recent growth example is... {fill in the blank}

{Sharing your growth example helps build a safe space to practice}

### 4) Practice PLAN

**SAY:** Our plan for today is to activate your Dream and do a powerful practice technique. After doing this we will know if we are a good fit for coaching together and we can explore those details.

**ASK:** Does that sound good to you?

**{wait for them so say YES}**

**ASK:** Did you get a chance to listen to the prep audio for the session?

**IF YES**

**ASK:** What was your main take away from it?

**{Listen, this will give you clues about their perspective}**

**THEN CONTINUE**

**SAY:** Our quick definition of coaching is an epic relationship for guiding practice to facilitate transformation for the players Dream. That's YOU!

The Courage to Dream is an amazing Human SKILLSET where you envision yourself in the future with new abilities and then you embark on a path of growth to experience your vision out in the world.

All coaching starts with a Dream. When we practice this SKILL together, you expand your ability to live your life with meaning and purpose.

## DISCOVER THEIR DREAM, SPARK AND RIPPLE!

### 1) *Dream*

**ASK:** If you looked at your life / business / career as playing your Dream... what would you say your Dream is right now?

{Coach: listen and ask any curious questions that pop up for you}

{You may want to ASK: "Anything else?" a few times to get to the deeper stuff}

**SAY:** My Dream right now is...{*fill in the blank with the 30 second version of your Dream*}

### 2) *Spark?*

**ASK:** What was the spark when this Dream came to you?

{Coach: champion their story!}

### 3) *Ripple Effect?*

**ASK:** What is the ripple effect of good you hope to have on the world around you as you play this Dream?

{Coach: listen and ask any curious questions that pop up for you}

**SAY:** I can see that happening!

### 4) *Self-Worth*

**ASK:** A big part of playing our dreams is believing that we are worthy of the Dream. What is a bold statement that you can make that says you are worthy of this Dream?

{Coach: listen and amplify their energy. Sometimes this statement can bring up an emotional response because their dreams have been thwarted in the past and finally someone is encouraging them to dream again.

**EMBRACE** being EPIC in this players life!}

**SAY:** I believe in YOU!

### 5) *Peak Experiences*

**SAY:** A big transformation in Human Connection coaching that is different than other kinds of coaching is this transformation:

**FROM:** Working on tasks to reach a goal (the old way)

**TO:** Playing for peak experiences to live your Dream (the new way)



Let's co-create a list of possible Peak Experiences you want to have over the next few weeks or month. And let's lean into experiences that involve other people in some way.

{Coach, this is your time for Playful Co-Creation! Share your ideas in with theirs}

### IF THEY ARE NOT CLEAR ABOUT PEAK EXPERIENCE...

**SAY:** Examples of peak experience are when you do something awesome. Or face and overcome a challenge. Or when you have a desired positive impact on another person.

## 5) PRACTICE

### PRACTICE with Peak Experience Technique

#### *PLAN*

**ASK:** "Which one of these Peak Experience would you like to practice NOW?"

{Let them choose. BUT, if they seem stuck you can make a suggestion.

IF POSSIBLE... lean toward something they can do right away rather than in the distant future AND lean toward an experience WITH another person involved}

**SAY:** "OK, this is a technique where we practice a future experience using imagination and body awareness like Olympic Athletes do).

**SAY:** "Let's confirm the social action, intended feelings and result.

(1) **ASK:** "Describe the action and the scene of the Peak Experience.

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

**ASK:** "What do YOU want to feel while you are in the scene?"

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

(2) **ASK:** "Next let's put our attention on another person in the experience with you. 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.}

**ASK:** "What do you want the other person to do at the end of the experience?"

{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 experience within the other person. And the “key” is to pay attention to both your thoughts and your body sensations as we visualize the action”

**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}

(3) Now bring into your imagination a scene of the peak experience. {repeat the action and the scene}

Your imagination is powerful. Let it fill in all the details... as you see it and feel it as deeply as you can.

{pause 20 - 30 seconds}

Next bring in the feeling { repeat the feeling to them} while you are in the experience.

{pause 20 seconds}

Notice any thoughts coming into your mind as you see yourself in the experience. Share one with me...

{pause & listen and take notes}

Next scan your body and notice any body sensations that are coming into your awareness. Share one with me...

{pause & listen and take notes; it is OK if they don't notice anything!}

(4) **SAY:** OK. You are doing great. Next, I want you to push your energy out to another person in the experience.

{Pause 30 seconds}

(5) **SAY:** Imagine them engaged in the scene... {fill in the details}.

**SAY:** Imagine them feeling... {fill in the details}.

{pause}

Imagine them enjoying it and doing... {fill in the details}.

{pause}

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

**ASK:** Share with me what you notice.

{listen and take notes. Affirm by saying: “I can see that”}

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

{listen and take notes. Affirm by saying: “I can feel that”}

## **GROW**

**SAY:** Great! You can open your eyes now.

**(6) 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}

**(7) 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}

**(8) 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.

**SAY:** The thoughts, feelings and desires that popped up along the way reveal growth opportunities. That is one of the big benefits of coaching is to facilitate transformation.

**SAY:** Also, when you practice an experience in your imagination and feel it in your body, it starts to feel “natural”, which makes it MUCH easier to create the experience out in the world; because your body feels like it has happened already. It's really powerful when you do this on a regular basis.

**ASK:** What was that guided practice technique like for you?

{coach, be encouraging and talk about how it gets more powerful with practice; which is the whole point!}

## 6) GROWTH MODE = Choose!

### GROWTH ZONE

**SAY:** OK, let's get into the growth zone...

**ASK:** What did you learn about your Dream in this session?

**{Champion them or their dream in some way}**

**ASK:** What did you learn about yourself in this session?

**{Champion them or their dream in some way}**

### MOMENT OF CHOICE

**{Coach: Here you have to choose! Do you have a good connection with them? Does something about them intrigue you as a learning opportunity for you?}**

**If YOU are a “YES”:**

**SAY:** I love your Dream and I think we could have great success together.

***Only say the RED part if you are going to charge for the coaching.***

**ASK:** *Can I tell you how the money works? And then you can decide if you* would you like to be one of my players?

*If they say “yes”, move on to #7A. If not, skip to 7B.*

*If YOU are a “no”, skip to 7B.*

## 7A) PLAY PLAN (the days ahead)

**If you are charging...**

### EXPLAIN THE MONEY

**SAY:** So, in order to earn my Level 1 coaching certification, I need to accumulate 100 paid coaching hours! It's a lot. While I am on my way to certification, I am offering a super affordable introductory rate of \$150 for 5 more sessions. If you are good at math, you know that is \$30 / session. Amazing value!

Plus, you get the prep audios and playsheets and there is a community on the CoachVille App for all the players in the Human Connection Transformation Coaching program which you might really enjoy.

**ASK:** Does this sound fair to you?

## CONFIRM THE COMMITMENT

**SAY:** Excellent. I just want to confirm that you are committing to meet with me for about 50 minutes each week. If we can't do a session one week for some reason, we will try to make it up the next week.

**ASK:** Are you good with that?

{Coach: wait for them to SAY: YES}

**SAY:** Let's get our next two sessions on the calendar now.

{Get their next 2 weekly sessions set up in your calendar. Meet in the days following class each week}

## END WITH SOCIAL PLAY...

**SAY:** Excellent! Now that your Dream is activated, everything that happens is connected to your Dream in some way. So, stay open and observant to what you experience.

**ASK:** For this week, what are a few social actions you can do to bring your Dream to life?

{Coach: you can make a suggestion from what they shared during the session}

**SAY:** "Great! Talk to you soon"

## **7B)** If either of you say "no": thank them for their time.

**SAY:** I have learned a lot from this conversation. Thank you. But I don't think we are a good match for coaching together. Thanks so much for your time today!

# Coaching Guide Session 02: Drive to BE Free

## Coaching Technique: Peak Experience

### 1) WARMUP & Speak the Dream

**SAY:** "Hello! I am really excited about coaching with you today. Today we are going to explore your Human Nature Superpower the Drive to BE FREE. I can't wait to see what we co-create together.

**ASK:** Do I have your permission to be your coach today? Are you ready to get started?

*{wait for them to say, YES}*

#### ***AFFIRM COACHING AGREEMENT***

**SAY:** The first thing we need to do – and we only need to do this once, is a quick verbal recap of our Coaching Agreement.

**ASK:** I just want to confirm that you read the coaching agreement.

*{wait for yes}*

**SAY:** #1 Coaching is focused on growth by practicing together and exploring situations for new awareness. We are not doing therapy with the focus on healing. And I am not going to give you any legal, medical, or financial advice. Often coaching can have healing side-effects, but that is not our focus.

**SAY:** We can talk about anything you want to talk about, past, present or future, AND if something comes up that seems like it requires a psychological, legal, medical or financial professional, we will agree together for you to bring those specifics to another professional.

**ASK:** *Are you ok with that?*

*{wait for yes}*

**SAY:** As your coach I am not going to do any tasks or projects on your behalf. If we both want me to do something for you, that will be outside of this coaching agreement.

**ASK:** *Are you ok with that?*

*{wait for yes}*

**SAY:** There are a few boundaries that our conversations cannot cross. As a coach I take an ethics oath that I am not a supremacist; there is no inherent superiority or rulership of one person over another. So, we can't get into anything involving for example: white supremacy, male supremacy, religious supremacy or wealth supremacy.

**ASK:** *Are you ok with that?*

*{wait for yes}*

**SAY:** Our coaching sessions are confidential. What that means is that I won't share anything about our sessions with anyone without your permission. You can share about anything that you want to. There are two exceptions:

- 1) There is no coach-client privilege by law in the US. So, if for some reason I receive a subpoena to testify in court about our sessions, I would have to do so.
- 2) If you talk about harming yourself or someone else, I would be obligated to seek assistance.

**ASK:** *Are you ok with that?*

*{wait for yes}*

**SAY:** One more thing. We will go in that general direction of your Dream until you decide we should change it or expand it. Our focus is always your choice. I will suggest certain coaching techniques, but our focus within those techniques is always up to you.

**ASK:** *Are you ok with that?*

*{wait for yes}*

**SAY:** Whew! OK we are in the clear!

*{coach, you can rephrase this in your own words 😊}*

## **WARM UP**

**SAY:** "OK. Let's start with a quick warm up. Just like last session, we will do 3 Connecting Breaths to warm up our wisdom and a 30 second visualization to warm up our imaginations.

**SAY:** If you are in a safe place, you can close your eyes.

*{do this in a quiet voice}*

**SAY:** Big breath in ...{pause} and a slow breath out

**SAY:** Big breath in ...{pause} and a slow breath out

**SAY:** Big breath in ...{pause} and a slow breath out

**SAY:** Breathing this way creates a strong connection between the heart and the mind.

**SAY:** Next we will do a 30 second visualization. Use your imagination to see yourself doing something for your Dream. Do your best to see it and feel it in your body as deeply as you can.

**SAY:** 30 seconds... here we go.

*{wait approximately 30 seconds}*

**SAY:** OK Excellent. Thanks for doing that with me.

***NOTE:** if they want to share what they saw, definitely encourage them to do so.*

**SAY:** OK. Let's start by practicing the skill of Dream Sharing! Please share with me a 1-minute version of your Dream. It's OK if it has changed since our last session.

*{Listen. Then when they finish...}*

**SAY:** I can see you doing that.

*{pause for a moment}*

**ASK:** Can I share my Dream with you?

*{wait for them to say "YES"}*

**SAY:** My Dream right now is... *{Fill in the blank with 30 second version of your Dream}*

*{Sharing your Dream deepens your connection with your player}*

*{Pause... allow them to comment}*

**ASK:** All right! We are warmed up now. Are you ready to dive in?

*{wait for them to say: Yes}*

## 2) CELEBRATION

**SAY:** Our coaching plan for today is to energize your dream with your Human Nature Superpower the Drive to Be Free. And then we are going to choose an action to practice together with the Peak Experience Technique like we did in our last session.

**ASK:** Does that sound good to you?

*{wait for them so say YES}*

**ASK:** Let's practice the skill of Celebration together. Can you share with me something you want to celebrate in your life right now? ...

*{listen and encourage them... }*

***THEN... YOU share a Brief Celebration with them.***



**SAY:** I am celebrating... {fill in the blank}

{Celebrating together builds trust and strengthens your connection}

### 3) GROW (from Play)

**ASK:** Share with me any insights about your Dream or playing your dream that came up since our Dream Activation session?

{Just notice what they share. Here you find out how well they are adapting to Dream orientation}

**SAY:** I had an interesting growth situation recently...{briefly share a growth moment}

*{Sharing your growth moment will grow a trust bond with your player and give them an example of how to share a growth moment}*

### 4) (Practice) PLAN

**SAY:** Next, we will explore the Human Nature SKILLSET the Drive to be Free which includes the SKILLS of choosing your adventure every day, self-determination and self-trust. When we practice these SKILLS you expand your time freedom.

**ASK:** Did you listen to the prep audio for our session today?

**IF YES**

**ASK:** What are your insights about seeing the Drive to BE FREE as a SKILLSET you can use to play your Dream?

**IF NO**

**SAY:** The idea is that you have within your nature the Drive to Be Free and you exercise this power with SKILLS by choosing your adventure every day. Even if some of your day is already obligated, you can still exercise your SKILLS by seeing what you are doing through the lens of adventure.

**CONTINUE**

**ASK:** How does your Dream spark your sense of adventure?

**ASK:** How will this dream activate your self-determination SKILL? which means you have the power to choose.

**ASK:** How will this dream require you to expand your self-trust SKILL?

**ASK:** How will you need to break free of others' expectations to play this Dream? Or play more fully?

**ASK:** What are a few social play actions you can do to play this Dream with a sense of FREEDOM?

{Listen first then Co-Create by offering possible actions.}

### **BONUS QUESTION**

**ASK:** What are a few actions you would do if you trusted yourself more?

{Listen first then Co-Create by offering possible actions.}

### **CONTINUE**

**ASK:** "Let's choose one action to practice NOW?"

{Let them choose. BUT, if they seem stuck you can make a suggestion.}

## **5) PRACTICE Together (Social Play)**

### **PRACTICE with Peak Experience Technique**

#### **PLAN**

**SAY:** "OK, let's practice this experience using the Peak Experience Technique.

(1) **ASK:** "Describe 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.}

**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.

**ASK:** “Are you in a safe place to close your eyes?”

{Wait for them to say: Yes}

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

BIG Breath In..... and a slow breath out.

(3) Now bring into your imagination the scene of the Peak Experience. {repeat the action and the scene}

**NOTE:** If your player does not have access to imagination, they can use a similar memory OR a scene from a movie as a starting place.

{pause 20 - 30 seconds}

**SAY:** Next bring in the feeling { repeat the feeling to them} while you are doing this action.

{pause 20 seconds}

**SAY:** Notice any thoughts coming into your mind as you see yourself in action. Share one with me...

{pause & listen}

**SAY:** Next scan your body and notice any body sensations that are coming into your awareness. Share one with me...

{pause & listen}

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

(4) **SAY:** OK. You are doing great. Next, I want you to push your energy out to another person. See them... {fill in the details}

{Pause 30 seconds}

(5) **SAY:** See them engaged in the scene. Imagine them feeling... {fill in the details}.

{pause}

**SAY:** Imagine them enjoying it and doing... {fill in the details}.

{pause}

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

**ASK:** share with me what you notice.

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

**SAY:** Next scan your body and notice any body sensations that are coming into your awareness. Share one with me...

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

## **GROW**

**SAY:** Great! You can open your eyes now.

**(6) 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}

**(7) 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}

**(8) 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.

## **6) GROWTH ZONE (From Practice)**

**SAY:** "OK, this is a good time to switch into the growth zone"

**ASK:** "We set out today reveal the social play opportunities in your Dream and then practice a Peak experience. How do you feel we did on that plan?"

{Coach: listen

**ASK:** “What did you learn about playing for your dream today?”

{Coach: listen

**ASK:** “What did you learn about yourself and your superpowers in this session?”

{Coach: listen

**SAY:** “Can I share an observation?”

{Coach: share an observation about your player’s Human Nature Superpowers and the pursuit of their dream.}

**ASK:** “How do you feel about our progress in understanding how to play for your dream?”

{Coach: listen and share}

## 7) PLAY PLAN (the days ahead)

**SAY:** “OK, let’s make sure we have a Play Plan...”

**ASK:** For this week what transformation do you want to focus on? From A to B?

{Coach: listen and CO-CREATE }

**ASK:** For this week what are some social actions you can take to play your dream?

{Coach: listen and CO-CREATE }

**NOTE:** If it makes sense, encourage them to include the Action you just practiced.

**ASK:** “What resources or support will you need for this play plan?”

{Coach: listen their need for support OR highlight possible obstacles}

**ASK:** “How will you keep our play plan alive between now and our next session?”

{Coach: listen for their structure / the Play plan Playsheet is an example structure}

**SAY:** “My challenge for you between now and next week is to get into co-creation by bringing other people into as many of your actions and experiences as you can.

**ASK:** “Can you do that?”

Wait for them to SAY: “YES!”

**SAY:** {Share a supportive observation about the player’s progress in the session}

**ENDING**

**SAY:** “Great! Have a great week of play. Talk to you soon”

**NOTE:** if you want to stay connected with them via text or email, you can confirm those details with them.

#### ALTERNATE ENDING

**SAY:** “Great! Please keep me tuned in to your progress by {connect tool}. I want to hear from you. OK? Have a great week of play. Talk to you soon”

# Coaching Guide Session 03: Love to BeFriend

## Coaching Technique: Role Play

### 1) WARMUP

**SAY:** "Hello! I am really excited about coaching with you today. Today we are going to explore your Human Nature Superpower the Love to BeFriend. I can't wait to see what we co-create together.

**ASK:** Do I have your permission to be your coach today? Are you ready to get started?

*{wait for them to say, YES}*

**SAY:** "OK. Let's start with our warm up. Starting with 3 Connecting Breaths.

**SAY:** If you are in a safe place, you can close your eyes.

*{do this in a quiet voice}*

**SAY:** Big breath in (hold a moment)... Slow Breath Out {breath out slowly}

**SAY:** Big breath in (hold a moment)... Slow Breath Out {breath out slowly}

**SAY:** one more time...

**SAY:** Big breath in (hold a moment)... Slow Breath Out {breath out slowly}

**SAY:** Excellent

**SAY:** Next, we will do a 30 second visualization. Use your imagination to see yourself in a scene of your dream. Do your best to see it and feel it in your body.

**SAY:** 30 seconds... here we go.

*{wait approximately 30 seconds}*

**SAY:** OK Excellent. Thanks for doing that with me.

**NOTE:** *if they want to share what they saw, definitely encourage them to do so.*

**SAY:** OK. Let's practice the skill of Dream Sharing! Please share with me a 1-minute version of your Dream. It's OK if it has changed since our last session.

*{Listen. Then when they finish...}*

**SAY:** I can see you doing that.

*{pause for a moment}*

**ASK:** Can I share my Dream with you?

*{wait for them to say "YES"}*

**SAY:** My Dream right now is... {Fill in the blank with 30 second version of your Dream}

*{Sharing your Dream deepens your connection with your player}*

*{Pause... allow them to comment}*

**ASK:** All right! We are warmed up now. Are you ready to dive in?

*{wait for them to say: Yes}*

## 2) CELEBRATION

**ASK:** Let's practice the skill of Celebration together. Can you share with me something you want to celebrate in your life right now? ...

*{listen and encourage them... }*

THEN... YOU share a Brief Celebration with them.

**SAY:** I am celebrating... {fill in the blank}

*{Celebrating together builds trust and strengthens your connection}*

## 3) GROW (from Play)

**ASK:** Share with me any insights you had or growth opportunities you noticed while playing your Dream?

*{Coach: listen and ask any curious questions that pop up for you;  
ESPECIALLY listen for GROWTH OPPORTUNITIES...  
ESPECIALLY listen for anything that sounds like a conversation that you could role play}*

**SAY:** Let's do a quick check-in on how you played.

**ASK:** What were some of the actions you took and what happened?

*{Coach: listen; especially for actions they spoke of in the last session.}*

**ASK:** About any action ideas from the last session that they don't bring up?

## 4) (Practice) PLAN

**SAY:** Our practice plan today is to explore the Human Nature SKILLSET the Love to BEFriend which includes the skills of choosing your companions in life, co-creating, giving and receiving care. When we practice these skills you expand your people freedom to be with the people you choose.



**ASK:** Did you listen to the prep audio for our session today?

**IF YES**

**ASK:** What are your insights about seeing the Love to BEFriend as a SKILLSET you can use to play your Dream?

**IF NO**

**SAY:** The idea is that you have within you the Love to BEFriend and you exercise this power by choosing your companions for your adventures in life. Some may be with you for a short time, while some may be with you for many adventures. Also, sometimes people will choose YOU as a companion for an adventure and you need to choose if you will say yes or no based on if it aligns with your Dream in some way.

**CONTINUE**

**ASK:** How does this Dream spark or satisfy your love for companionship?

**ASK:** How will this dream bring up opportunities to co-create with awesome people?

**ASK:** How will this dream require you to express your care for people?

**ASK:** How will this dream require you to accept care from other people?

**ASK:** How will you need to break free of the do-it-yourself mindset?

**ASK:** What are a few conversations you can think of to practice your Love to Befriend Superpower?

**{Listen first then Co-Create by offering possible actions.}**

## **ROLE PLAY**

**SAY:** OK. Let's get into our Role Play Practice.

**ASK:** Which conversation should we practice right now. Any ideas?

**{Coach: you may need to help them or even suggest something}**

**Examples include:**

Practice Sharing your Dream with someone you know or someone you meet.

Practice asking for support for your Dream from someone you know.

## 5) PRACTICE

**Set up the Role Play**

### *PLAN*

**(1) ASK:** What is the situation of this conversation?  
And what do you want to have happen?

**ASK:** What do you want to feel or express in this conversation?

**(2) ASK:** Please describe the other person's general characteristics in 30 seconds.

**ASK:** What is likely to be their attitude toward what you are expressing?

**ASK:** Are there any specific questions you want me to ask or statements you want me to make while we practice?

### *PRACTICE*

**(3) Jump into the Role Play for a few minutes. Remember... It's PLAY!!**

**Call time out!**

**(4) ASK:** How did you feel in this conversation?

**SAY:** This is what I noticed... **{share your observations!}**

**ASK:** How am I doing playing the role? Do I need to refine anything?

**ASK:** Is there a new approach you want to try?

***{if yes, co-create something with them}***

**SAY:** OK. Let's try it again!

**(5) Play again.** Throw in a few twists as the role player that will evoke what your player wants to express. See how your player responds.

**Time Out and Play again** as many times as necessary until you feel your player has confidence for the conversation AND expressing themselves.

## **GROW**

(6) **ASK:** What are you curious about yourself from this practice?

{Coach, share your observations}

(7) **ASK:** What are you curious about the other person from this practice?

{Coach, share your observations}

(8) **ASK:** Did you notice any desires coming up while we were practicing?

{Coach, share your observations}

## **6) GROWTH MODE (from practice)**

**SAY:** “OK, this is a good time to switch into the growth zone”

**ASK:** “We set out today energize your Dream with your Love to Befriend Superpower. And practice a conversation with a Role Play. How do you feel we did on that plan?”

{Coach: listen

**ASK:** “What did you learn about playing for your dream today?”

{Coach: listen}

**ASK:** “What did you learn about yourself, and your superpowers in this session?”

{Coach: listen}

**SAY:** “Can I share an observation?”

{Coach: share an observation about your player’s superpowers and the pursuit of their dream.}

## **7) PLAY PLAN (For the days ahead)**

**SAY:** “OK, let’s make sure we have a Play Plan...”

**ASK:** For this week what transformation do you want to focus on? From A to B?

{Coach: listen and CO-CREATE }

**ASK:** For this week what are some social actions you can take to play your dream?

{Coach: listen and CO-CREATE }

**NOTE:** If it makes sense, encourage them to include the Action you just practiced.

**ASK:** “What resources or support will you need for this play plan?”

{Coach: listen their need for support OR highlight possible obstacles}

**ASK:** “What is your structure to keep our play plan alive between now and our next session?”

{Coach: listen for their structure / the Play plan Playsheet is an example structure}

**SAY:** “Keep co-creating ways to bring other people into as many of your actions and experiences as you can.”

**ASK:** “Can you do that?”

Wait for them to SAY: “YES!”

**SAY:** {Share a supportive observation about the player’s progress in the session}

## **ENDING**

**SAY:** “Great! Have a great week of play. Talk to you soon”

**NOTE:** if you want to stay connected with them via text or email, you can confirm those details with them.

## **ALTERNATE ENDING**

**SAY:** “Great! Please keep me tuned in to your progress by {connect tool}. I want to hear from you. OK? Have a great week of play. Talk to you soon”

# Coaching Guide Session 04: Ability to Believe

## Coaching Technique: Peak Experience

### 1) WARMUP (and affirm coaching agreement)

**SAY:** "Hello! I am really excited about coaching with you today. Today we are going to explore your Human Nature Superpower the Ability to Believe. I can't wait to see what we co-create together.

**ASK:** Do I have your permission to be your coach today? Are you ready to get started?

*{wait for them to say, YES}*

#### **WARM UP**

**SAY:** "OK. Let's start the coaching with a quick warm up. We will do 3 Connecting Breaths to warm up our wisdom and a 30 second visualization to warm up our imaginations.

**SAY:** A Connecting Breath is a BIG breath in and a SLOW breath out.

If you are in a safe place, you can close your eyes. Here we go...

*{do this in a quiet voice}*

**SAY:** Big breath in ...*{pause}* and a slow breath out

**SAY:** Big breath in ...*{pause}* and a slow breath out

**SAY:** Big breath in ...*{pause}* and a slow breath out

**SAY:** Next we will do a 30 second visualization. Use your imagination to see yourself doing something for your Dream. Do your best to see it and feel it in your body as deeply as you can. After you start the scene, allow your imagination to take you where it wants to go.

**SAY:** 30 seconds... here we go.

*{wait approximately 30 seconds}*

**SAY:** OK Excellent. Thanks for doing that with me.

**NOTE:** *if they want to share what they saw, definitely encourage them to do so.*

**SAY:** OK. Let's practice the skill of Dream Sharing! Please share with me a 1-minute version of your Dream. It's OK if it has changed since our last session.

*{Listen. Then when they finish...}*

**SAY:** I can see you doing that.

*{pause for a moment}*

**SAY:** My Dream right now is... *{Fill in the blank with 30 second version of your Dream}*

*{Pause... allow them to comment}*

**ASK:** All right! We are warmed up now. Are you ready to dive in?

*{wait for them to say: Yes}*

## 2) CELEBRATION

**ASK:** Let's practice the skill of Celebration together. Can you share with me something you want to celebrate in your life right now? ...

*{listen and encourage them... }*

THEN... YOU share a Brief Celebration with them.

**SAY:** I am celebrating... *{fill in the blank}*

## 3) GROW from Play

**ASK:** Share with me any growth opportunities you noticed while playing your Dream?

*{Coach: listen and ask any curious questions that pop up for you}*

**ASK:** What were some of the actions you took and what happened?

*{Coach: listen; especially for actions they spoke of in the last session.}*

**ASK:** About any action ideas from the last session that they don't bring up?

## 4) PRACTICE PLAN

**SAY:** Our practice plan for today is to go deeper into your Dream by exploring the SKILLSET the Ability to BELIEVE. This includes the skill of choosing your beliefs and understanding your self-preservation beliefs and your self-confidence beliefs that relate to your Dream. When we practice this skillset you expand your emotional freedom.

**ASK:** Did you listen to the prep audio for our session today?

**IF YES**

**ASK:** What are your insights about seeing the Ability to BELieve as a Superpower you can use to play your Dream?

**IF NO**

**SAY:** The idea is that you have within you the Ability to BELIEVE and you exercise this power by choosing your beliefs. Most of our beliefs are absorbed from our environment and are in our non-conscious mind. They will bubble up as you start to play. But we can start by choosing new conscious beliefs. – experience – non-conscious belief

**CONTINUE**

**ASK:** Let's describe a few core beliefs needed for this Dream?

*{Coach, this will most likely require some co-creation.*

**START WITH EXAMPLES:**

I BELIEVE that I can do X

I BELIEVE that I will be good at Y.}

**ASK:** How will this dream require you to expand your self-confidence?

**SAY:** Self-preservation is an awesome Superpower that keeps us safe. It usually steers us away from social risk.

**ASK:** How will this Dream challenge you to expand your capacity for social risk?

**ASK:** How will you need to break free of the Industrial Age “I am not enough” mindset?

**ASK:** After you choose a new belief, it is essential to anchor it into your body by acting on it. What are a few social play actions you can do to act on one of your new beliefs for this Dream?

*{Listen first then Co-Create by offering possible social actions.}*

*{If it seems like they are describing actions they have already done, co-create a way to uplevel it to align with a new belief}*

**ASK:** “Which of these actions would you like to practice NOW?

*{Let them choose. BUT, if they seem stuck you can make a suggestion.}*

## 5) PRACTICE Together (Social Play)

### PRACTICE with Peak Experience Technique

#### *PLAN*

**SAY:** “OK, let’s practice using the Peak Experience Technique.

(1) **ASK:** “Describe 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.}

**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 experience within the other person. And the “key” is to pay attention to both your thoughts and your body sensations as we visualize the action”

**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}

BIG Breath In..... and a slow breath out.

(3) **SAY:** Now bring into your imagination a scene of you doing the action in an awesome way. {repeat the action and the scene}

**NOTE:** If your player does not have access to imagination, they can use a similar memory OR a scene from a movie as a starting place.

{pause 20 - 30 seconds}



**SAY:** Next bring in the feeling { repeat the feeling to them} while you are doing this action.

{pause 20 seconds}

**SAY:** Notice any thoughts coming into your mind as you see yourself in action. Share one with me...

{pause & listen}

**SAY:** Next scan your body and notice any body sensations that are coming into your awareness. Share one with me...

{pause & listen}

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

(4) **SAY:** OK. You are doing great. Next, I want you to push your energy out to another person. See them... {fill in the details}

{Pause 30 seconds}

(5) **SAY:** See them engaged in the scene. Imagine them feeling... {fill in the details}.

{pause}

**SAY:** Imagine them enjoying it and doing... {fill in the details}.

{pause}

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

**ASK:** just share with me what you notice.

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

**SAY:** Next scan your body and notice any body sensations that are coming into your awareness. Share one with me...

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

## **GROW**

**SAY:** Great! You can open your eyes now.

(6) **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}

**(7) 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}**

**(8) 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.

## **6) GROWTH ZONE**

**SAY:** “OK, this is a good time to switch into the growth zone”

**ASK:** “We set out today to activate your Dream with your Ability to BELIEVE? How do you feel we did on that?”

**{Coach: listen and share}**

**ASK:** “What did you learn about playing for your dream today?”

**{Coach: listen}**

**ASK:** “What did you learn about yourself in this session?”

**{Coach: listen}**

**SAY:** “Can I share an observation?”

**{Coach: share an observation about your player's Human Nature superpower potential and the pursuit of their dream.}**

## **7) PLAY PLAN (the days ahead)**

**SAY:** “OK, let's make sure we have a Play Plan...”

**SAY:** We are going to use a coaching model called: Plan – Play – Grow.

So each week we will create a play plan. Then you will go and play your dream out in the world and then we will explore what happened and look for growth opportunities.

**ASK:** For this week what transformation do you want to focus on? From A to B?

{Coach: listen and CO-CREATE }

**ASK:** For this week what are some social actions you can take to play your dream?

{Coach: listen and CO-CREATE }

**NOTE:** If it makes sense, encourage them to include the Action you just practiced.

**ASK:** “What resources or support will you need for this play plan?”

{Coach: listen their need for support OR highlight possible obstacles}

**ASK:** “How will you keep our play plan alive between now and our next session?”

{Coach: listen for their structure / the Play plan Playsheet is an example structure}

**SAY:** “My challenge for you between now and next week is to get into co-creation by bringing other people into as many of your actions and experiences as you can.”

**ASK:** “Can you do that?”

Wait for them to SAY: “YES!”

**SAY:** {Share a supportive observation about the player’s progress in the session}

## **ENDING**

**SAY:** “Great! Have a great week of play. Talk to you soon”

**NOTE:** if you want to stay connected with them via text or email, you can confirm those details with them.

## **ALTERNATE ENDING**

**SAY:** “Great! Please keep me tuned in to your progress by {connect tool}. I want to hear from you. OK? Have a great week of play. Talk to you soon”

# Coaching Guide Session 05: Urge to Become

## Coaching Technique: Peak Experience

### 1) WARMUP

**SAY:** "Hello! I am really excited about coaching with you today. Today we are going to explore your Human Nature Superpower the Urge to BECOME. I can't wait to see what we co-create together.

**ASK:** Do I have your permission to be your coach today? Are you ready to get started?

*{wait for them to say, YES}*

**SAY:** "OK. Let's start our warm up. Like we do each session, we will start with 3 Connecting Breaths.

**SAY:** If you are in a safe place, you can close your eyes.

*{do this in a quiet voice}*

**SAY:** Big breath in (hold a moment)... Slow Breath Out {breath out slowly}

**SAY:** Big breath in (hold a moment)... Slow Breath Out {breath out slowly}

**SAY:** one more time...

**SAY:** Big breath in (hold a moment)... Slow Breath Out {breath out slowly}

**SAY:** Excellent

**SAY:** Next we will do a 30 second visualization. Use your imagination to see yourself in one of the peak experiences of your dream and being awesome. Do your best to see it and feel it in your body.

**SAY:** 30 seconds... here we go.

*{wait approximately 30 seconds}*

**SAY:** OK Excellent. Thanks for doing that with me.

***NOTE:** if they want to share what they saw, definitely encourage them to do so.*

**SAY:** OK. Let's practice the skill of Dream Sharing! Please share with me a 1-minute version of your Dream. It's OK if it has changed since our last session.

*{Listen. Then when they finish...}*

**SAY:** I can see you doing that.

*{pause for a moment}*

**SAY:** My Dream right now is... {Fill in the blank with 30 second version of your Dream}

*{Pause... allow them to comment}*

**ASK:** All right! We are warmed up now. Are you ready to dive in?

*{wait for them to say: Yes}*

## 2) CELEBRATION

**ASK:** Let's practice the skill of Celebration together. Can you share with me something you want to celebrate in your life right now? ...

*{listen and encourage them... }*

**THEN... YOU** share a Brief Celebration with them.

**SAY:** I am celebrating... {fill in the blank}

## 3) GROW (from Play)

**SAY:** Let's do a quick check-in on how you played.

**ASK:** Share with me any growth opportunities you had while playing your Dream?

*{Coach: listen and ask any curious questions that pop up for you;  
ESPECIALLY listen for PEAK EXPERIENCES and GROWTH OPPORTUNITIES...*

**ASK:** What were some of the actions you took and what happened?

*{Coach: listen; especially for actions they spoke of in the last session.}*

**ASK:** About any action ideas from the last session that they don't bring up?

## 4) (Practice) PLAN

**SAY:** Next, we will explore the Human Nature SKILLSET the Urge to BEcome which includes the skills of self-expression, spirit of play and choosing your playful practices. When we practice these skills you expand your creative freedom. Then we will practice with the Peak Experience Technique.

**ASK:** Did you listen to the prep audio for our session today?

**IF YES**

**ASK:** What are your insights about seeing the Urge to BECOME as a Skillset you can use to play your Dream?

**IF NO**

*SAY:* The idea is that you have within you the Urge to BECOME and you exercise this power by choosing what you want to practice to get good at. It's all about growing and increasing your joy within yourself and your value to others.

## ***CONTINUE***

*ASK:* Playful practice is all about getting better at the actions of your Dream. What are a few social activities you envision getting better at doing?

{Listen and Co-Create a short list. Add in anything that they skip that you feel is important - *You can add to their list*}

*ASK:* What are some ways you want to expand your self-expression?

*{coach here you are looking for qualities within the player that are ready to come out!}*

*ASK:* How can you express the spirit of play to become the next version of you?

*ASK:* How will you need to break free of the perfection trap mindset?

{It can be just a small step beyond who they are now. Co-Create by encouraging them to use their imagination and bring in your imagination}

*ASK:* Let's pick one social action and look at it as a Peak Experience?

{Choose one together; it is OK if you share a different one than they say; ultimately let them choose}

## **5) PRACTICE**

### **PRACTICE with Peak Experience Technique**

#### ***PLAN***

*SAY:* "OK, let's practice using the Peak Experience Technique.

(1) *ASK:* "Describe 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.}

**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. And the “key” is to pay attention to both your thoughts and your body sensations as we visualize the action”

**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}

BIG Breath In..... and a slow breath out.

(3) Now bring into your imagination a scene of you doing the action in an awesome way. {repeat the action and the scene}

{pause 20 - 30 seconds}

**SAY:** Next bring in the feeling { repeat the feeling to them} while you are doing this action.

{pause 20 seconds}

**SAY:** Notice any thoughts coming into your mind as you see yourself in action. Share one with me...

{pause & listen}

**SAY:** Next scan your body and notice any body sensations that are coming into your awareness. Share one with me...

{pause & listen}

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

(4) **SAY:** OK. You are doing great. Next, I want you to push your energy out to another person. See them... {fill in the details}

{Pause 30 seconds}

(5) **SAY:** See them engaged in the scene. Imagine them feeling... {fill in the details}.

{pause}

**SAY:** Imagine them enjoying it and doing... {fill in the details}.

{pause}

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

**ASK:** share with me what you notice.

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

**SAY:** Next scan your body and notice any body sensations that are coming into your awareness. Share one with me...

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

## **GROW**

**SAY:** Great! You can open your eyes now.

(6) **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}

(7) **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}

(8) **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.

## **6) GROWTH ZONE (from practice)**

**SAY:** "OK, this is a good time to switch into the growth zone"

**ASK:** "We set out today to energize your Dream with the Urge to Become the next version of YOU and then practice with the Peak Experience Technique. How do you feel we did on that plan?"



{Coach: listen

**ASK:** “What did you learn about playing for your dream (your situation) today?”

{Coach: listen}

**ASK:** “What did you learn about yourself, and the next version of YOU in this session?”

{Coach: listen}

**SAY:** “Can I share an observation?”

{Coach: share an observation about your player’s superpowers and the pursuit of their dream.}

## 7) PLAY PLAN (For the days ahead)

**SAY:** “OK, let’s make sure we have a Play Plan...”

**ASK:** For this week what transformation do you want to focus on? From A to B?

{Coach: listen and CO-CREATE }

**ASK:** For this week what are some social actions you can take to play your dream?

{Coach: listen and CO-CREATE }

**NOTE:** If it makes sense, encourage them to include the Action you just practiced.

**ASK:** “What resources or support will you need for this play plan?”

{Coach: listen their need for support OR highlight possible obstacles}

**SAY:** “Keep co-creating ways to bring other people into as many of your actions and experiences as you can.”

**ASK:** “Can you do that?”

Wait for them to SAY: “YES!”

**SAY:** {Share a supportive observation about the player’s progress in the session}

## ENDING

**SAY:** “Great! Have a great week of play. Talk to you soon”

**NOTE:** if you want to stay connected with them via text or email, you can confirm those details with them.

ALTERNATE ENDING

**SAY:** “Great! Please keep me tuned in to your progress by {connect tool}. I want to hear from you. OK? Have a great week of play. Talk to you soon”

# Coaching Guide Session 06: Need to Belong

(Role Play Technique)

## 1) WARMUP

*Only Keywords Now! (You know what to say)*

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Imagination Technique - Imagination

**SAY:** OK. Let's practice the skill of Dream Sharing! Please share with me a 1-minute version of your Dream. It's OK if it has changed since our last session.

*{Listen. Then when they finish...}*

**SAY:** My Dream right now is... *{Fill in the blank with 30 second version of your Dream}*

**ASK:** All right! We are warmed up now. Are you ready to dive in?

*{wait for them to say: Yes}*

## 2) CELEBRATION

**ASK:** Let's practice the skill of Celebration together. Can you share with me something you want to celebrate in your life right now? ...

*{listen and encourage them... }*

**THEN... YOU** share a Brief Celebration with them.

**SAY:** I am celebrating... *{fill in the blank}*

## 3) GROW (from Play)

**SAY:** Let's do a quick check-in on how you played.

**ASK:** Share with me any growth opportunities you had while playing your Dream?

*{Coach: listen and ask any curious questions that pop up for you;  
ESPECIALLY listen for PEAK EXPERIENCES and GROWTH OPPORTUNITIES...}*

**ASK:** What were some of the actions you took and what happened?

*{Coach: listen; especially for actions they spoke of in the last session.}*

**ASK:** About any action ideas from the last session that they don't bring up}

#### 4) (Practice) PLAN

**SAY:** Next we will explore the Human Nature SKILLSET the Need to BELONG which includes the skills of feeling valued, social safety instincts and choosing your environments especially your community. When we practice these skills you expand your lifestyle freedom! Then we will practice with the Role Play Technique.

**ASK:** Did you listen to the prep audio for our session today?

**IF YES**

**ASK:** What are your insights about seeing the Need to BELONG as a SKILLSET you can use to play your Dream?

**IF NO**

**SAY:** The idea is that you have within you the Need to BELONG and you exercise this power by choosing environments of people, places, things and ideas that will bring out our best and encourage you to grow. It's all about using your natural power of adaptation to your advantage for your Dream.

**CONTINUE**

**ASK:** Let's think about your environments of the people, places, things and ideas around you and look for anything that you need to uplevel to feel like you truly belong?

{Coach, some folks don't immediately resonate with "uplevel".  
You may need to ask if there is anything that seems like an obstacle.  
OR anything draining their energy.}

**ASK:** Finding or co-creating an environment where we feel valued is very important to loving our lives ... what is something about your CORE YOU that you want to be valued by the people around you?

{Coach, feel free to bring up what you see from past sessions}

**ASK:** Our Social Safety Instinct is a powerful force within us ... Is there anything about your Dream that will ask you to challenge the status quo in some way?

**ASK:** How will you need to break free of the "I don't belong here" mindset?

#### ROLE PLAY

**SAY:** OK. Let's get into our Role Play Practice.

**ASK:** Let's think of a conversation that we can practice right now to uplevel your people environment in some way. Any ideas?

{Coach: you may need to help them or even suggest something}

**Examples include:**

- Practice owning your value by asking for support for your Dream from someone you know.
- Practice owning your value by asking for acceptance of your uniqueness from someone you know.
- Practice talking with someone you know about how you want to challenge the status quo in some way; either with them OR within the community you are in together.

## 5) PRACTICE

Set up the Role Play

**PLAN**

(1) **ASK:** What is the situation of this conversation?  
And what do you want to have happen?

**ASK:** What do you want to feel or express in this conversation?

(2) **ASK:** Please describe the other person's general characteristics in 30 seconds.

**ASK:** What is likely to be their attitude toward what you are expressing?

**ASK:** Are there any specific questions you want me to ask or statements you want me to make while we practice?

**PRACTICE**

(3) **Jump into the Role Play for a few minutes. Remember... It's PLAY!!**

**Call time out!**

(4) **ASK:** How did you feel in this conversation?

**SAY:** This is what I noticed... **{share your observations!}**

**ASK:** How am I doing playing the role? Do I need to refine anything?

**ASK:** Is there a new approach you want to try?

***{if yes, co-create something with them}***

**SAY:** OK. Let's try it again!

**(5) Play again.** Throw in a few twists as the role player that will evoke what your player wants to express. See how your player responds.

**Time Out and Play again** as many times as necessary until you feel your player has confidence for the conversation AND expressing themselves.

## **GROW**

**(6) ASK:** What are you curious about yourself from this practice?

**{Coach, share your observations}**

**(7) ASK:** What are you curious about the other person from this practice?

**{Coach, share your observations}**

**(8) ASK:** Did you notice any desires coming up while we were practicing?

**{Coach, share your observations}**

## **6) GROWTH MODE (from practice)**

**SAY:** "OK, this is a good time to switch into the growth zone"

**ASK:** "We set out today energize your Dream with your Need to Belong Superpower. And practice a conversation with a Role Play. How do you feel we did on that plan?"

**{Coach: listen}**

**ASK:** "What did you learn about playing for your dream today?"

**{Coach: listen}**

**ASK:** “What did you learn about yourself and your Human Nature Superpowers in this session?”

{Coach: listen}

**SAY:** “Can I share an observation?”

{Coach: share an observation about your player’s superpowers and the pursuit of their dream.}

## 7) PLAY PLAN (For the days ahead)

**SAY:** “OK, let’s make sure we have a Play Plan...”

**ASK:** For this week what transformation do you want to focus on? From A to B?

{Coach: listen and CO-CREATE }

**ASK:** For this week what are some social actions you can take to play your dream?

{Coach: listen and CO-CREATE }

**NOTE:** If it makes sense, encourage them to include the Action you just practiced.

**ASK:** “What resources or support will you need for this play plan?”

{Coach: listen their need for support OR highlight possible obstacles}

**SAY:** “Keep co-creating ways to bring other people into as many of your actions and experiences as you can.”

**ASK:** “Can you do that?”

Wait for them to SAY: “YES!”

**SAY:** {Share a supportive observation about the player’s progress in the session}

## ENDING

**SAY:** “Great! Have a great week of play. Talk to you soon”

**NOTE:** if you want to stay connected with them via text or email, you can confirm those details with them.

## ALTERNATE ENDING

**SAY:** “Great! Please keep me tuned in to your progress by {connect tool}. I want to hear from you. OK? Have a great week of play. Talk to you soon”

# Coaching Guide Session 07: Dream Play Plan & Embody the Dream

## Coaching Technique: Embody the Dream Technique

### 1) WARMUP

*Only Keywords Now! (You know what to say)*

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Imagination Technique - Imagination

**SAY:** OK. Let's practice the skill of Dream Sharing! Please share with me a 1-minute version of your Dream. It's OK if it has changed since our last session.

*{Listen. Then when they finish...}*

**SAY:** My Dream right now is... *{Fill in the blank with 30 second version of your Dream}*

**ASK:** All right! We are warmed up now. Are you ready to dive in?

*{wait for them to say: Yes}*

### 2) CELEBRATION

**ASK:** Let's practice the skill of Celebration together. Can you share with me something you want to celebrate in your life right now? ...

*{listen and encourage them... }*

**THEN... YOU** share a Brief Celebration with them.

**SAY:** I am celebrating... *{fill in the blank}*

### 3) GROW (from Play)

**SAY:** Let's do a quick check-in on how you played.

**ASK:** Share with me any growth opportunities you had while playing your Dream?

*{Coach: listen and ask any curious questions that pop up for you;  
ESPECIALLY listen for PEAK EXPERIENCES and GROWTH OPPORTUNITIES...}*

**ASK:** What were some of the actions you took and what happened?

*{Coach: listen; especially for actions they spoke of in the last session.}*



**ASK:** About any action ideas from the last session that they don't bring up}

## 4) (Practice) PLAN

**SAY:** Our practice plan today is to practice with a powerful coaching technique called Embody the Dream. It is an advanced version of the Peak Experience Technique. We will co-create a series of Social Play Actions and Peak Experiences and then practice it as a sequence so that you can see and feel your Dream coming true!

**ASK:** Did you listen to the prep audio for our session today?

**IF YES**

**ASK:** What are your insights about the natural flow of Human Connections and playing your Dream with intentionality?

**IF NO**

**SAY:** The idea is that there is a natural flow to Human Connections. And we can practice each stage of the flow to play your Dream with intentionality.

**CONTINUE**

**ASK:** Let's clarify the aspect of your Dream we want to focus on today...

{It may be obvious what the focus is; Or you may need to help them choose}

**NOTE:** if they have read the playbook and/or listened to the prep audio they will be ready to play.}

## 5) PRACTICE

**PLAN**

### 1) CO-CREATE the SERIES ~ ACTIONS AND FEELINGS

**SAY:** Let's talk through a sequence of 4 Human connection situations that flow together to fulfill your Dream.

We have Explore for Visibility then Relate for Influence then co-Create for Inspiration and finally your Play for Transformation moment.

{Help them choose the 4 main social actions that will flow together with a quick fill in the blank...}

**ASK:** Explore for Visibility. You are going to meet someone new... how?

**ASK:** Relate for Influence. You are going to get to know them better... how?

**ASK:** Co-Create for Inspiration. You are going to do something together... what?

**ASK:** Play for Transformation. You are going to adventure together... what?

**SAY:** Now let's co-create a detailed flow together so you can speak your intentions.

**#1 SAY:** The Explore for Visibility action is: **{SAY the ACTION}**

**#1 ASK:** When you do this action, how do you want to feel?

**#1 ASK:** When you do this action, how do you want the other person to feel?

**#1 ASK:** If you resonate with them, what are you going to INVITE them to do next?

**{AS you talk this out, write it into the Play Sheet, the TRIANGLE Lines}**

**#2 SAY:** The Relate for Influence action is: **{SAY the ACTION}**

**#2 ASK:** When you do this action, how do you want to feel?

**#2 ASK:** When you do this action, how do you want the other person to feel?

**#2 ASK:** If you resonate with them, what are you going to OFFER to do with them next?

**{AS you talk this out, write it into the Play Sheet, the TRIANGLE Lines}**

**#3 SAY:** The Co-create for Inspiration action is: **{SAY the ACTION}**

**#3 ASK:** When you do this action, how do you want to feel?

**#3 ASK:** When you do this action, how do you want the other person to feel?

**#3 ASK:** If you both enjoy the experience, you are going to ENROLL them to do what next?

**{AS you talk this out, write it into the Play Sheet, the TRIANGLE Lines}**

**#4 SAY:** The Play for Transformation action is: **{SAY the ACTION}**

**#4 ASK:** When you do this action, how do you want to feel?

**#4 ASK:** When you do this action, how do you want the other person to feel?

**#4 ASK:** If they love the experience, what do you want them to SHARE about it?

**{AS you talk this out, write it into the Play Sheet, the TRIANGLE Lines}**

**SAY:** This is powerful!! I can envision this happening.

**\*\*\*!!**

## **PRACTICE**

### **2) VISUALIZE the SERIES ~ NOTICE THOUGHTS AND BODY SENSATIONS**

**SAY:** Next we are going to do an extended visualization of this series. As I guide you through each step, I am going to ask you to share the thoughts popping into your mind AND the sensations that you notice in your body. This is how we EMBODY the experience.

**It is VERY important to maintain judgment free awareness as we do this. Anything that comes up will have value for us as a growth opportunity.**

**ASK:** Are you in a safe space where you can close your eyes for a few moments?

*{wait for them to say yes}*

**SAY:** Close your eyes and first we will do one connected breath.

Big breath in... {pause} Slow breath out.

*{Now you are going to walk through the scenes that you wrote on the TRIANGLE LINES; As they share write your notes on the CIRCLE lines on the playsheet}*

**\*!\* Scene 1**

**SAY:** We will start with Scene 1

**SAY:** Imagine yourself doing {Say Action 1} and being awesome.

**SAY:** Tap into the feeling of {Say Feeling 1} .

*{Wait 20 seconds}*

**ASK:** As you see yourself in this scene, what thoughts do you notice popping up?

*{listen; take a note}*

**ASK:** As you see yourself in this scene, describe any physical sensations you notice in your body.

*{listen; take a note}*

**SAY:** Now we are going to push your energy toward the OTHER person in the scene.

Imagine them feeling {Say Other Feeling 1} and enjoying the experience.

**SAY:** Now imagine INVITING them to {Say the Invitation 1} and they say YES.

*{Wait 20 seconds}*

**ASK:** As you see them in this scene, what thoughts do you notice popping up?

*{listen; take a note}*

**ASK:** As you see them in this scene, describe any physical sensations you notice in your body.

*{listen; take a note}*

***\*!\* Scene 2***

**SAY:** Let's move on to Scene 2

**SAY:** Imagine yourself doing {Say Action 2} and being awesome.

**SAY:** Tap into the feeling of {Say Feeling 2} .

***{Wait 20 seconds}***

**ASK:** As you see yourself in this scene, what thoughts do you notice popping up?

***{listen; take a note}***

**ASK:** As you see yourself in this scene, describe any physical sensations you notice in your body.

***{listen; take a note}***

**SAY:** Now we are going to push your energy toward the OTHER person in the scene. Imagine them feeling {Say Other Feeling 2} and enjoying the experience.

**SAY:** Now imagine you OFFER to do {Say the OFFER} and they say YES.

***{Wait 20 seconds}***

**ASK:** As you see them in this scene, what thoughts do you notice popping up?

***{listen; take a note}***

**ASK:** As you see them in this scene, describe any physical sensations you notice in your body.

***{listen; take a note}***

***\*!\* Scene 3***

**SAY:** Next, let's move on to Scene 3

**SAY:** Imagine yourself doing {Say Action 3} and being awesome.

**SAY:** Tap into the feeling of {Say Feeling 3} .

***{Wait 20 seconds}***

**ASK:** As you see yourself in this scene, what thoughts do you notice popping up?

***{listen; take a note}***

**ASK:** As you see yourself in this scene, describe any physical sensations you notice in your body.

***{listen; take a note}***

**SAY:** Now we are going to push your energy toward the OTHER person in the scene.

Imagine them feeling **{Say Other Feeling 3}** and enjoying the experience.

**SAY:** Now imagine you ENROLL them into **{Say the Enrollment}** and they say YES!

**{Wait 20 seconds}**

**ASK:** As you see them in this scene, what thoughts do you notice popping up?

**{listen; take a note}**

**ASK:** As you see them in this scene, describe any physical sensations you notice in your body.

**{listen; take a note}**

**\*/ Scene 4**

**SAY:** Finally, we move to Scene 4

**SAY:** Imagine yourself doing **{Say Action 1}** and being awesome.

**SAY:** Tap into the feeling of **{Say Feeling 1}** .

**{Wait 20 seconds}**

**ASK:** As you see yourself in this scene, what thoughts do you notice popping up?

**{listen; take a note}**

**ASK:** As you see yourself in this scene, describe any physical sensations you notice in your body.

**{listen; take a note}**

**SAY:** Now we are going to push your energy toward the OTHER person in the scene.

Imagine them feeling **{Say Other Feeling 1}** and enjoying the experience.

**SAY:** Now imagine them SHARING **{Say the SHARE}** about the experience .

**{Wait 20 seconds}**

**ASK:** As you see them in this scene, what thoughts do you notice popping up?

**{listen; take a note}**

**ASK:** As you see them in this scene, describe any physical sensations you notice in your body.

**{listen; take a note}**

**GROW**

**SAY:** You can open your eyes.

**ASK:** What was that experience like for you?

**{Listen and dialogue with them; share your observations;}**

**(6) ASK:** Of the thoughts that you noticed on our journey, what are you most curious about?

**{Coach, share from your notes}**

**(7) ASK:** Of the body sensations that you noticed on our journey, what are you most curious about?

**{Coach, share from your notes}**

**Explore Desire**

**(8) ASK:** As you saw yourself in this sequence of scenes, did you notice your hearts desires coming up? What did you notice?

**{LISTEN}**

**SAY:** I acknowledge your courage and playfulness! Awesome.

## **6) GROWTH ZONE (from practice)**

**SAY:** “OK, this is a good time to switch into the growth zone”

**ASK:** “We set out today to practice a sequence of Human Connection Experiences for your Dream coming true. How do you feel we did on that plan?”

**{Coach: listen}**

**ASK:** “What did you learn about playing for your dream today?”

**{Coach: listen}**

**ASK:** “What did you learn about yourself, and your superpowers in this session?”

**{Coach: listen}**

**SAY:** “Can I share an observation?”

**{Coach: share an observation about your player’s superpowers and the pursuit of their dream.}**

## **7) PLAY PLAN (For the days ahead)**

**SAY:** “OK, let’s make sure we have a Play Plan...

**ASK:** For this week what transformation do you want to focus on? From A to B?

{Coach: listen and CO-CREATE }

**ASK:** For this week what are some social actions you can take to play your dream?

{Coach: listen and CO-CREATE }

**NOTE:** If it makes sense, encourage them to include the Actions you just practiced.

**ASK:** “What resources or support will you need for this play plan?

{Coach: listen their need for support OR highlight possible obstacles}

**SAY:** “Keep co-creating ways to bring other people into as many of your actions and experiences as you can.

**ASK:** “Can you do that?”

Wait for them to SAY: “YES!”

**SAY:** {Share a supportive observation about the player’s progress in the session}

## **ENDING**

**SAY:** “Great! Have a great week of play. Talk to you soon”

**NOTE:** if you want to stay connected with them via text or email, you can confirm those details with them.

## **ALTERNATE ENDING**

**SAY:** “Great! Please keep me tuned in to your progress by {connect tool}. I want to hear from you. OK? Have a great week of play. Talk to you soon”

# Coaching Guide Session 08: Explore for Visibility

Coaching Technique: Role Play meeting someone and INVITE to meet again

## 1) WARMUP

*Only Keywords Now! (You know what to say)*

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Imagination Technique - Imagination

Practice Dream Sharing

**ASK:** All right! We are warmed up now. Are you ready to dive in?

*{wait for them to say: Yes}*

## 2) CELEBRATION

**ASK:** Let's practice the skill of Celebration together. Can you share with me something you want to celebrate in your life right now? ...

*{listen and encourage them... }*

**THEN... YOU** share a Brief Celebration with them.

**SAY:** I am celebrating... *{fill in the blank}*

## 3) GROW (from Play)

**SAY:** Let's do a quick check-in on how you played.

**ASK:** Share with me any growth opportunities you had while playing your Dream?

*{Coach: listen and ask any curious questions that pop up for you;  
ESPECIALLY listen for PEAK EXPERIENCES...}*

**ASK:** What were some of the actions you took and what happened?

*{Coach: listen; especially for actions they spoke of in the last session.}*

**ASK:** About any action ideas from the last session that they don't bring up?

## 4) (Practice) PLAN

**ROLE PLAY** Explore for Visibility Scene



**SAY:** Today we are going to deep dive into your Explore for Visibility Plan to meet new people to share your dream and then Role Play a conversation where you meet someone new or reach out to someone for your Dream.

**ASK:** Did you listen to the prep audio for our session today?

**IF YES**

**ASK:** What are your insights about Exploring for Visibility as a Human Connection Super Skill that you can use to play your Dream?

**IF NO**

**SAY:** The idea is every Human Connection starts with meeting someone new OR reaching out to someone you already know to share about your new Dream. Then if the connection is strong, you can INVITE them to talk further to get to know each other better.

**CONTINUE**

**ASK:** Where are places or situations where you can meet someone to share about your Dream?

**ASK:** When you meet someone new, what do you want to share about your Dream to spark conversation?

**{Co-create some ideas with them}**

**ASK:** When you meet someone new, what do you want to know about them?

**ASK:** When you meet someone that you resonate with, what do you want to invite them to do next? Typically, this is a conversation where you can get to know each other better.

**ASK:** How will these situations bring up fear of trouble growth opportunities?

## **ROLE PLAY**

**SAY:** OK. Let's choose a conversation and get into our Role Play Practice.

**ASK:** Do you want to practice meeting someone new? Or reaching out to someone you already know to share about your Dream?

**{Coach: You can suggest something; and then get the details of the scenario**

**For example: Let's practice meeting someone new at a friend's party;  
or at a business networking event}**

## 5) PRACTICE

### *PLAN*

**(1) ASK:** What is the situation of this conversation?  
And what do you want to have happen?

**ASK:** What do you want to feel or express in this conversation?

**(2) ASK:** Please describe the other person's general characteristics in 30 seconds.

**ASK:** What is likely to be their attitude toward what you are expressing?

**ASK:** Are there any specific questions you want me to ask or statements you want me to make while we practice?

### *PRACTICE*

**(3) Jump into the Role Play for a few minutes. Remember... It's PLAY!!**

**Call time out!**

**(4) ASK:** How did you feel in this conversation?

**SAY:** This is what I noticed... **{share your observations!}**

**ASK:** How am I doing playing the role? Do I need to refine anything?

**ASK:** Is there a new approach you want to try?

***{if yes, co-create something with them}***

**SAY:** OK. Let's try it again!

**(5) Play again.** Throw in a few twists as the role player that will evoke what your player wants to express. See how your player responds.

**Time Out and Play again** as many times as necessary until you feel your player has confidence for the conversation AND expressing themselves.

## **GROW**

(6) **ASK:** What are you curious about yourself from this practice?

{Coach, share your observations}

(7) **ASK:** What are you curious about the other person from this practice?

{Coach, share your observations}

(8) **ASK:** Did you notice any desires coming up while we were practicing?

{Coach, share your observations}

## **6) GROWTH ZONE (from practice)**

**SAY:** “OK, this is a good time to switch into the growth zone”

**ASK:** “We set out today to practice The Explore for Visibility Human Connection Super Skill. How do you feel we did on that plan?”

{Coach: listen

**ASK:** “What did you learn about playing for your dream today?”

{Coach: listen}

**ASK:** “What did you learn about yourself?”

{Coach: listen}

**SAY:** “Can I share an observation?”

{Coach: share an observation about your player’s superpowers and the pursuit of their dream.}

## **7) PLAY PLAN (For the days ahead)**

**SAY:** “OK, let’s make sure we have a Play Plan...”

**ASK:** For this week what transformation do you want to focus on? From A to B?

{Coach: listen and CO-CREATE }

**ASK:** For this week what are some social actions you can take to play your dream?

{Coach: listen and CO-CREATE }

**NOTE:** If it makes sense, encourage them to include the Action you just practiced.

**ASK:** “What resources or support will you need for this play plan?”

{Coach: listen their need for support OR highlight possible obstacles}

**SAY:** “Keep co-creating ways to bring other people into as many of your actions and experiences as you can.

**ASK:** “Can you do that?”

Wait for them to SAY: “YES!”

**SAY:** {Share a supportive observation about the player’s progress in the session}

## ***ENDING***

**SAY:** “Great! Have a great week of play. Talk to you soon”

**NOTE:** if you want to stay connected with them via text or email, you can confirm those details with them.

## **ALTERNATE ENDING**

**SAY:** “Great! Please keep me tuned in to your progress by {connect tool}. I want to hear from you. OK? Have a great week of play. Talk to you soon”

# Coaching Guide Session 09: Relate for Influence

(Role Play sharing a story and OFFER to do something together)

## 1) WARMUP

*Only Keywords Now! (You know what to say)*

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Imagination Technique - Imagination

Practice Dream Sharing

**ASK:** Alright! We are warmed up now. Are you ready to dive in?

*{wait for them to say: Yes}*

## 2) CELEBRATION

**ASK:** Let's practice the skill of Celebration together. Can you share with me something you want to celebrate in your life right now? ...

*{listen and encourage them... }*

**THEN... YOU share a Brief Celebration with them.**

**SAY:** I am celebrating... *{fill in the blank}*

## 3) GROW (from Play)

**SAY:** Let's do a quick check-in on how you played.

**ASK:** Share with me any growth opportunities you had while playing your Dream?

*{Coach: listen and ask any curious questions that pop up for you;  
ESPECIALLY listen for PEAK EXPERIENCES...}*

**ASK:** What were some of the actions you took and what happened?

*{Coach: listen; especially for actions they spoke of in the last session.}*

**ASK:** About any action ideas from the last session that they don't bring up?

## 4) (Practice) PLAN

**ROLE PLAY Relate for Influence Scene**

**SAY:** Today we are going to deep dive into your Relate for Influence Plan and Role Play a conversation where you are reconnecting with someone to get to know them better and if it goes well, OFFER to do something together.

**ASK:** Did you listen to the prep audio for our session today?

**IF YES**

**ASK:** What are your insights about Relating for Influence as a Human Connection Super Skill that you can use to play your Dream?

**IF NO**

**SAY:** The idea is that we grow our Human Connections by talking together and sharing stories and ideas that go deeper into our Dreams. Then if the connection is strong, you can OFFER to do something together to grow the connection further.

**CONTINUE**

**ASK:** What is your preferred way to connect with someone when you want to get to know them better?

**ASK:** When you are getting to know someone, what story about yourself can you share that reveals the spark of your Dream? Or reveals your Dream in a deeper way?

{Tease out the story with them; this might take a few minutes}

**Possible follow up questions:**

How does this story reveal a compelling transformation?

How does this story reveal your authenticity?

**ASK:** When you relating for influence, what is the “Vibe” you want to project?

{Tease out the story with them; this might take a few minutes}

**ASK:** If you resonate with this person and they resonate with your Dream, what do you want to OFFER to do with them next? Typically, this is a gateway experience to your Adventure together.

**ASK:** How will these situations bring up fear of rejection growth opportunities?

## ***ROLE PLAY***

**SAY:** OK. Let's get into our Role Play Practice.

**ASK:** What is the relate for influence conversation you want to practice together?

## **5) PRACTICE**

Set up the Role Play

### ***PLAN***

**(1) ASK:** Clarify again, what is the situation of this conversation?  
And what do you want to have happen?

**ASK:** What do you want to feel or express in this conversation?  
(Probably the same as the "vibe")

**(2) ASK:** Please describe the other person's general characteristics in 30 seconds.

**ASK:** What is likely to be their attitude toward what you are expressing?

**ASK:** Are there any specific questions you want me to ask or statements you want me to make while we practice?

### ***PRACTICE***

**(3) Jump into the Role Play for a few minutes. Remember... It's PLAY!!**

**Call time out!**

**(4) ASK:** How did you feel in this conversation?

**SAY:** This is what I noticed... {share your observations!}

**ASK:** How am I doing playing the role? Do I need to refine anything?

**ASK:** Is there a new approach you want to try?

**{if yes, co-create something with them}**

**SAY:** OK. Let's try it again!

**(5) Play again.** Throw in a few twists as the role player that will evoke what your player wants to express. See how your player responds.

**Time Out and Play again** as many times as necessary until you feel your player has confidence for the conversation AND expressing themselves.

## **GROW**

(6) **ASK:** What are you curious about yourself from this practice?

{Coach, share your observations}

(7) **ASK:** What are you curious about the other person from this practice?

{Coach, share your observations}

(8) **ASK:** Did you notice any desires coming up while we were practicing?

{Coach, share your observations}

## **6) GROWTH ZONE (from practice)**

**SAY:** “OK, this is a good time to switch into the growth zone”

**ASK:** “We set out today to Role Play a Relate for Influence scene where you OFFER to do something together. How did we do on our plan?”

{Coach: listen

**ASK:** “What did you learn about playing for your dream (your situation) today?”

{Coach: listen}

**ASK:** “What did you learn about yourself, and your superpowers in this session?”

{Coach: listen}

**SAY:** “Can I share an observation?”

{Coach: share an observation about your player’s superpowers and the pursuit of their dream.}

## **7) PLAY PLAN (For the days ahead)**

**SAY:** “OK, let’s make sure we have a Play Plan...”

**ASK:** For this week what transformation do you want to focus on? From A to B?

{Coach: listen and CO-CREATE }

**ASK:** For this week what are some social actions you can take to play your dream?



{Coach: listen and CO-CREATE }

**NOTE:** If it makes sense, encourage them to include the Action you just practiced.

**ASK:** “What resources or support will you need for this play plan?”

{Coach: listen their need for support OR highlight possible obstacles}

**SAY:** “Keep co-creating ways to bring other people into as many of your actions and experiences as you can.

**ASK:** “Can you do that?”

Wait for them to SAY: “YES!”

**SAY:** {Share a supportive observation about the player’s progress in the session}

## ***ENDING***

**SAY:** “Great! Have a great week of play. Talk to you soon”

**NOTE:** if you want to stay connected with them via text or email, you can confirm those details with them.

## **ALTERNATE ENDING**

**SAY:** “Great! Please keep me tuned in to your progress by {connect tool}. I want to hear from you. OK? Have a great week of play. Talk to you soon”

# Coaching Guide Session 10: Co-Create for Inspiration

Choose Improvised peak experience technique or role play technique to practice.

## 1) WARMUP

*Only Keywords Now! (You know what to say)*

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Imagination Technique - Imagination

Practice Dream Sharing

**ASK:** Alright! We are warmed up now. Are you ready to dive in?

*{wait for them to say: Yes}*

## 2) CELEBRATION

**ASK:** Let's practice the skill of Celebration together. Can you share with me something you want to celebrate in your life right now? ...

*{listen and encourage them... }*

**THEN... YOU** share a Brief Celebration with them.

**SAY:** I am celebrating... *{fill in the blank}*

## 3) GROW (from Play)

**SAY:** Let's do a quick check-in on how you played.

**ASK:** Share with me any growth opportunities you had while playing your Dream?

*{Coach: listen and ask any curious questions that pop up for you;  
ESPECIALLY listen for PEAK EXPERIENCES...}*

**ASK:** What were some of the actions you took and what happened?

*{Coach: listen; especially for actions they spoke of in the last session.}*

**ASK:** About any action ideas from the last session that they don't bring up?

## 4) PRACTICE PLAN

*Plan the Co-Create for Inspiration Scenes*

**SAY:** Let's talk about your Gateway Experience to Co-Create for Inspiration where you do something with someone and if you both have a good experience, you ENROLL them as a companion on your Dream Team.

**ASK:** Did you listen to the prep audio for our session today?

**IF YES**

**ASK:** What are your insights about your Gateway Experience where you Co-create for Inspiration as a Human Connection Super Skill that you can use to play your Dream?

**IF NO**

**SAY:** The idea is that as we grow our Human Connections toward companions for a Shared Adventure, there is a Gateway Experience that we co-create so that both can choose if you want to go forward; AKA ENROLL.

**CONTINUE**

**ASK:** What is your idea for a Gateway Experience into your Dream Team? Just the quick version. We will get into the details in a moment.

**{Help them clarify the primary scene}**

**ASK:** What is your feeling about enrolling someone to say YES to be a part of your Dream Team?

**ASK:** How will experiences like this bring up Fear of Disappointment growth opportunities?

**Sketch out the Gateway Experience in more detail...**

**SAY:** We want your Gateway Experience to be really special. Let's get into the details...

**ASK:** What is the VIBE you want to create for this experience?

**ASK:** What are one or two of your special SKILLS that you aim to demonstrate during the experience?

**ASK:** Is there anything you will do to prepare them for the experience?

**ASK:** Describe how you will bring out their best to make them feel seen and valued?

**ASK:** Is there anything special about how you will welcome them into the experience?

**ASK:** Share with me 2 or 3 key moments of how the Gateway Experience plays out?

{Tease out the experience with them; it may be a sequence of scenes}

**ASK:** How are you going to know if you want to enroll them or NOT?  
Are there any signs that you are looking for?

**ASK:** How do you aim for the enrollment moment to play out?

**ASK:** *How should we practice this? With the Peak Experience Technique or a Role Play?*

{Co-create your practice approach together; Maybe they want to do BOTH!}

**Coach Remember:** You don't have to role play the whole scene. You could just role play the moment of enrollment.}

## 5) PRACTICE

**Coach. Both techniques are here. Peak Experience and Role Play**

### ***IMPROVISED PEAK EXPERIENCE TECHNIQUE***

#### ***PLAN***

(1) **SAY:** "We are going to walk through this sequence of scenes in a visualization.

(2) **ASK:** "I will describe your Vibe... and the scenes will lead to both you and the other person saying YES! After the whole sequence I will ask you about your thoughts and body sensations.

#### ***PRACTICE***

**SAY:** "OK. You know how this works..."

**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}

BIG Breath In..... and a slow breath out.

(3) **SAY:** Bring in the vibe {say the VIBE to them} you are going to project during this experience.

Next, we will walk through the scenes together, first from your perspective.

{Share each scene with a pause after each...

Your Special SKILLS on display are...{fill in the blank}

You will bring out the best in them by...{fill in the blank}

You will help them prepare by sending them...{fill in the blank}

You will welcome them by...{fill in the blank}

Key moment 1 is when you...{fill in the blank}

Key moment 2 is when you...{fill in the blank}

Key moment 3 is when you...{fill in the blank}

You will feel resonance and alignment by...{fill in the blank}

You will initiate enrollment by...{fill in the blank}

**SAY:** Notice any thoughts coming into your mind as you see yourself in this sequence. Share one with me...

{pause & listen}

**SAY:** Next scan your body and notice any body sensations that are coming into your awareness. Share one with me...

{pause & listen}

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

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

They engage with the prep...{fill in the blank}

They feel welcomed when you...{fill in the blank}

They engage in Key moment 1 when you...{fill in the blank}

They engage in Key moment 2 when you...{fill in the blank}

They engage in Key moment 3 is when you...{fill in the blank}

(5) **SAY:** They are feeling alignment with the Dream...{fill in the blank}

When you initiate enrollment by...{fill in the blank}

**They Say YES!**

{pause}

**SAY:** Notice any thoughts coming into your mind as you see yourself in this sequence. Share one with me...

{pause & listen}

**SAY:** Next scan your body and notice any body sensations that are coming into your awareness. Share one with me...

{pause & listen}

## **GROW**

**SAY:** Great! You can open your eyes now.

(6) **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}

(7) **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}

(8) **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.

## ***IMPROVISED ROLE PLAY TECHNIQUE***

### ***PLAN***

(1) **ASK:** What is the situation of this conversation?  
And what do you want to have happen?

**ASK:** What do you want to feel or express in this conversation?

(2) **ASK:** Please describe the other person's general characteristics in 30 seconds.

**ASK:** What is likely to be their attitude toward what you are expressing?

**ASK:** Are there any specific questions you want me to ask or statements you want me to make while we practice?

### ***PRACTICE***

(3) **Jump into the Role Play for a few minutes. Remember... It's PLAY!!**

**Call time out!**

(4) **ASK:** How did you feel in this conversation?

**SAY:** This is what I noticed... **{share your observations!}**

**ASK:** How am I doing playing the role? Do I need to refine anything?

**ASK:** Is there a new approach you want to try?

***{if yes, co-create something with them}***

**SAY:** OK. Let's try it again!

(5) **Play again.** Throw in a few twists as the role player that will evoke what your player wants to express. See how your player responds.

**Time Out and Play again** as many times as necessary until you feel your player has confidence for the conversation AND expressing themselves.

### ***GROW***

(6) **ASK:** What are you curious about yourself from this practice?

**{Coach, share your observations}**

(7) **ASK:** What are you curious about the other person from this practice?

{Coach, share your observations}

(8) **ASK:** Did you notice any desires coming up while we were practicing?

{Coach, share your observations}

## 6) GROWTH MODE (from practice)

**SAY:** “OK, this is a good time to switch into the growth zone”

**ASK:** “We set out today to explore and practice your Co-Create for Inspiration Super Skill. How do you feel we did on that plan?”

{Coach: listen

**ASK:** “What did you learn about playing for your dream today?”

{Coach: listen}

**ASK:** “What did you learn about yourself, and your superpowers in this session?”

{Coach: listen}

**SAY:** “Can I share an observation?”

{Coach: share an observation about your player’s superpowers and the pursuit of their dream.}

## 7) PLAY PLAN (For the days ahead)

**SAY:** “OK, let’s make sure we have a Play Plan...”

**ASK:** For this week what transformation do you want to focus on? From A to B?

{Coach: listen and CO-CREATE }

**ASK:** For this week what are some social actions you can take to play your dream?

{Coach: listen and CO-CREATE }

**NOTE:** If it makes sense, encourage them to include the Action you just practiced.

**ASK:** “What resources or support will you need for this play plan?”

{Coach: listen their need for support OR highlight possible obstacles}



**SAY:** “Keep co-creating ways to bring other people into as many of your actions and experiences as you can.

**ASK:** “Can you do that?”

Wait for them to SAY: “YES!”

**SAY:** {Share a supportive observation about the player’s progress in the session}

## ***ENDING***

**SAY:** “Great! Have a great week of play. Talk to you soon”

**NOTE:** if you want to stay connected with them via text or email, you can confirm those details with them.

## **ALTERNATE ENDING**

**SAY:** “Great! Please keep me tuned in to your progress by {connect tool}. I want to hear from you. OK? Have a great week of play. Talk to you soon”

# Coaching Guide Session 11: Play for Transformation

Choose improvised peak experience technique or role play technique to practice.

## 1) WARMUP

*Only Keywords Now! (You know what to say)*

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Imagination Technique - Imagination

Practice Dream Sharing

**ASK:** Alright! We are warmed up now. Are you ready to dive in?

*{wait for them to say: Yes}*

## 2) CELEBRATION

**ASK:** Let's practice the skill of Celebration together. Can you share with me something you want to celebrate in your life right now? ...

*{listen and encourage them... }*

**THEN... YOU** share a Brief Celebration with them.

**SAY:** I am celebrating... *{fill in the blank}*

## 3) GROW (from Play)

**SAY:** Let's do a quick check-in on how you played.

**ASK:** Share with me any growth opportunities you had while playing your Dream?

*{Coach: listen and ask any curious questions that pop up for you;  
ESPECIALLY listen for PEAK EXPERIENCES...}*

**ASK:** What were some of the actions you took and what happened?

*{Coach: listen; especially for actions they spoke of in the last session.}*

**ASK:** About any action ideas from the last session that they don't bring up?

## 4) PRACTICE PLAN

*Plan the Play for Transformation Scenes*

**SAY:** Today we are going to deep dive into your Play for Transformation Scenes where your Dream is coming true.

**ASK:** Did you listen to the prep audio for our session today?

**IF YES**

**ASK:** What are your insights about Playing for Transformation as a Human Connection Super Skill that you can use to play your Dream?

**IF NO**

**SAY:** The idea is that we Play for Transformation by using our SKILLS to co-create peak experiences with other people that we care about. This is how we fulfill our Human Connection Dream as a Shared Adventure with moments of shared growth, joy and transformation. When people have a great experience, they will SHARE about it with other people in their life which creates a ripple effect of good; and new Visibility Opportunities for you as well.

**CONTINUE**

**ASK:** Let's sketch out a few high-level peak experience moments for your Dream...two will be Peak Experiences, then a money scene and a SHARING scene.

### ***Scene 1 – Peak Experience***

**ASK:** What is the first BIG Peak Experience moment for your Dream?

**ASK:** How will this peak experience require transformation for your skills or mindset?

**ASK:** How will this peak experience require transformation for your companion's skills or mindset?

### ***Scene 2 – Peak Experience***

**ASK:** What is the second BIG Peak Experience moment for your Dream?

**ASK:** How will this peak experience require transformation for your skills or mindset?

**ASK:** How will this peak experience require transformation for your companion's skills or mindset?

### ***Scene 3 – The Money Scene***

**ASK:** Scene 3 is optional... it is a Money Scene. Is there a Peak Experience Moment where money comes into your life as part of your Dream?

**ASK:** How will this peak experience require transformation for your skills or mindset?

**ASK:** How will this peak experience require transformation for your companion's skills or mindset?

#### ***Scene 4 – The Share Scene***

**ASK:** Scene 4 is when a companion in your Dream SHARES about the experience with someone in their life; who then reaches out to you. Is there a Peak Experience Moment like this as part of your Dream?

**ASK:** How will this peak experience require transformation for your skills or mindset?

**ASK:** How will this peak experience require transformation for your companion's skills or mindset?

#### ***Explore the FEAR***

**ASK:** How will experiences like this bring up Fear of Mistakes growth opportunities?

**ASK:** How do you want to practice this? We can practice the sequence of scenes as a Peak Experience or we can choose a big moment to Role Play?

{co -create this with them}

## **5) PRACTICE**

### ***IMPROVISED PEAK EXPERIENCE TECHNIQUE***

#### ***PLAN***

(1) **ASK:** “OK, let's confirm the order of the four scenes

{Talk it through.}

(2) **SAY:** “With each scene I will describe the transformation of your SKILLS and Mindset.

#### ***PRACTICE***

**SAY:** “Great. You know how this works”

**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}

BIG Breath In..... and a slow breath out.

**(3) Walk through the scenes**

***Scene 1 – Peak Experience***

Now bring into your imagination a scene of you ... {repeat the action and the scene}  
{pause 20 - 30 seconds}

**SAY:** Next see yourself with {SKILLS and Mindset}  
{pause 20 seconds}

***Scene 2 – Peak Experience***

Now bring into your imagination a scene of you ... {repeat the action and the scene}  
{pause 20 - 30 seconds}

**SAY:** Next see yourself with {SKILLS and Mindset}  
{pause 20 seconds}

***Scene 3 - the Money Scene***

Now bring into your imagination a scene of you ... {repeat the action and the scene}  
{pause 20 - 30 seconds}

**SAY:** Next see yourself with {SKILLS and Mindset}  
{pause 20 seconds}

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

**(5) Walk through the scenes from the perspective of the other person**

***Scene 1***

Now bring into your imagination a scene of them ... {repeat the action and the scene}  
{pause 20 - seconds}

**SAY:** Next see them with {SKILLS and Mindset}

{pause 20 seconds}

## *Scene 2*

Now bring into your imagination a scene of them ... {repeat the action and the scene}

{pause 20 seconds}

**SAY:** Next see them with {SKILLS and Mindset}

{pause 20 seconds}

## *Scene 4 (The SHARE scene)*

Now bring into your imagination a scene of them SHARING ... {repeat the action and the scene}

{pause 20 seconds}

**SAY:** Next see them with {SKILLS and Mindset}

{pause 20 seconds}

## *FINAL SCENE*

Finally bring into your imagination a scene of YOU being contacted ... {repeat the action and the sharing scene}

{pause 20 seconds}

**SAY:** Notice any thoughts coming into your mind as you see yourself in this sequence. Share one with me...

{pause & listen}

**SAY:** Next scan your body and notice any body sensations that are coming into your awareness. Share one with me...

{pause & listen}

## *GROW*

**SAY:** Great! You can open your eyes now.

**(6) 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}

(7) **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}

(8) **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.

## 6) GROWTH MODE (from practice)

**SAY:** “OK, this is a good time to switch into the growth zone”

**ASK:** “We set out today to explore and practice your Play for Transformation Scenes. How do you feel we did on that plan?”

{Coach: listen}

**ASK:** “What did you learn about playing for your dream today?”

{Coach: listen}

**ASK:** “What did you learn about yourself, and your superpowers in this session?”

{Coach: listen}

**SAY:** “Can I share an observation?”

{Coach: share an observation about your player's superpowers and the pursuit of their dream.}

## 7) PLAY PLAN (For the days ahead)

**SAY:** “OK, let's make sure we have a Play Plan...”

**ASK:** For this week what transformation do you want to focus on? From A to B?

{Coach: listen and CO-CREATE }

**ASK:** Our final session of this series is coming up. What are some social actions you can take to play BIG for your dream this week ?

{Coach: listen and CO-CREATE }

**NOTE:** If it makes sense, encourage them to include the Action you just practiced.

**ASK:** “What resources or support will you need for this play plan?”

{Coach: listen their need for support OR highlight possible obstacles}

**SAY:** “Keep co-creating ways to bring other people into as many of your actions and experiences as you can.

**ASK:** “Can you do that?”

Wait for them to SAY: “YES!”

**SAY:** {Share a supportive observation about the player’s progress in the session}

## ***ENDING***

**SAY:** “Great! Have a great week of play. Talk to you soon”

**NOTE:** if you want to stay connected with them via text or email, you can confirm those details with them.

## **ALTERNATE ENDING**

**SAY:** “Great! Please keep me tuned in to your progress by {connect tool}. I want to hear from you. OK? Have a great week of play. Talk to you soon”



# Coaching Guide Session 12: Celebration

Co-Create a Celebration of living the Dream!

## 1) WARMUP

*Only Keywords Now! (You know what to say)*

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Imagination Technique - Imagination

Practice Dream Sharing

**ASK:** Alright! We are warmed up now. Are you ready to dive in?

*{wait for them to say: Yes}*

## 2) CELEBRATION

**ASK:** Let's practice the skill of Celebration together. Can you share with me something you want to celebrate in your life right now? ...

*{listen and encourage them... }*

**THEN... YOU** share a Brief Celebration with them.

**SAY:** I am celebrating... *{fill in the blank}*

## 3) GROW (from Play)

**SAY:** Let's do a quick check-in on how you played.

**ASK:** Share with me any growth opportunities you had while playing your Dream?

*{Coach: listen and ask any curious questions that pop up for you;  
ESPECIALLY listen for PEAK EXPERIENCES...}*

## 4) PRACTICE PLAN

**SAY:** *For our coaching plan today, we will do a deep dive celebration of our adventure together for your Dream!*

## 5) PRACTICE

**CELEBRATE EXPANDED HUMAN NATURE SUPER SKILLS**

**SAY:** Let's talk about the Super SKILLS of Human Nature.

**ASK:** How have you expanded your **Courage to Dream** to choose your desires?

**Optional:** Ask about Self-Worth and feeling worthy of their Dream

{Share your observations....}

**ASK:** How have you expanded your **Ability to Believe** to choose your beliefs?

**Optional:** Ask about breaking free of "I am Not Enough" Mindset?

{Share your observations....}

**ASK:** How have you expanded your **Drive to BE Free** to choose your adventure everyday?

**Optional:** Ask about breaking free of other people's expectations?

{Share your observations....}

**ASK:** How have you expanded your **Love to Befriend** to choose your companions?

**Optional:** Ask about breaking free of "do-it-yourself" mindset?

{Share your observations....}

**ASK:** How have you expanded your **Urge to Become** to choose your playful practice?

**Optional:** Ask about breaking free of perfection trap mindset?

{Share your observations....}

**ASK:** How have you expanded your **Need to Belong** to choose your environments?

**Optional:** Ask about breaking free of "I don't belong here" mindset?

{Share your observations....}

## ***DEEP DIVE CELEBRATION OF HUMAN CONNECTION SUPER SKILLS***

**SAY:** Let's talk about the Super Skills of Human Connection

**ASK:** How have you expanded your **Ability to Explore for Visibility** and meet new people?

**Optional:** Ask about the Fear of Trouble?

**{Share your observations....}**

**ASK:** How have you expanded your **Ability to Relate for Influence** and connect deeply with people?

**Optional:** Ask about the Fear of Rejection?

**{Share your observations....}**

**ASK:** How have you expanded your **Ability to Co-Create for Inspiration** and **ENROLL** people for your **Dream Team**?

**Optional:** Ask about the Fear of Disappointment?

**{Share your observations....}**

**ASK:** How have you expanded your **Ability to Play for Transformation** and live your **Dream with your Dream Team**?

**Optional:** Ask about the Fear of Mistakes?

**{Share your observations....}**

## **6) GROWTH MODE (from practice)**

**SAY:** "OK, this is a good time to switch into the growth zone"

**ASK:** "We set out today to celebrate you, your peak experiences, your Dream, your Human Nature Superpowers. What is your highlight from this exploration?"

**{Coach: listen}**

**ASK:** "What did you learn about yourself?"

**ASK:** “What did you learn about your Dream?”

**SAY:** “*Can I share an observation?*”

{Coach: share an observation about your player’s superpowers and the pursuit of their dream.}

## 7) PLAY PLAN (the Next Dream)

**ASK:** “Share with me a few thoughts about your Next Dream and the big transformation you are playing for?”

{Coach: listen and share your ideas and encouragement!}

## ENDING

**SAY:** “*Let’s talk about what’s next...*”

**NOTE:** co-create a way to keep coaching together if that feels like the right offer.

## ALTERNATE ENDING

**SAY:** “*Great! Thank you so much for this amazing experience together.*”

# Coaching Guide: Peak Experience Technique

## PRACTICE with Peak Experience Technique

### PLAN

**SAY:** “OK, let’s practice using the Peak Experience Technique.

(1) **ASK:** “Describe 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.}

**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 experience within the other person. And the “key” is to pay attention to both your thoughts and your body sensations as we visualize the action”

**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}

BIG Breath In..... and a slow breath out.

(3) **SAY:** Now bring into your imagination a scene of you doing the action in an awesome way. {repeat the action and the scene}

**SAY:** Your imagination is so powerful. Let it fill in all the details... as you see it and feel it as deeply as you can.

**NOTE:** If your player does not have access to imagination, they can use a similar memory OR a scene from a movie as a starting place.

{pause 20 - 30 seconds}

**SAY:** Next bring in the feeling { repeat the feeling to them} while you are doing this action.

{pause 20 seconds}

**SAY:** Notice any thoughts coming into your mind as you see yourself in action. Share one with me...

{pause & listen}

**SAY:** Next scan your body and notice any body sensations that are coming into your awareness. Share one with me...

{pause & listen}

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

(4) **SAY:** OK. You are doing great. Next, I want you to push your energy out to another person. See them... {fill in the details}

{Pause 30 seconds}

(5) **SAY:** See them engaged in the scene. Imagine them feeling... {fill in the details}.

{pause}

**SAY:** Imagine them enjoying it and doing... {fill in the details}.

{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 scan your body and notice any body sensations that are coming into your awareness. Share one with me...

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

## **GROW**

**SAY:** Great! You can open your eyes now.

(6) **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}

(7) **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}

(8) **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.

# Coaching Guide: Role Play Technique

## *ROLE PLAY*

### *PLAN*

(1) **ASK:** What is the situation of this conversation?  
And what do you want to have happen?

**ASK:** What do you want to feel or express in this conversation?

(2) **ASK:** Please describe the other person's general characteristics in 30 seconds.

**ASK:** What is likely to be their attitude toward what you are expressing?

**ASK:** Are there any specific questions you want me to ask or statements you want me to make while we practice?

### *PRACTICE*

(3) **Jump into the Role Play for a few minutes. Remember... It's PLAY!!**

**Call time out!**

(4) **ASK:** How did you feel in this conversation?

**SAY:** This is what I noticed... **{share your observations!}**

**ASK:** How am I doing playing the role? Do I need to refine anything?

**ASK:** Is there a new approach you want to try?

**{if yes, co-create something with them}**

**SAY:** OK. Let's try it again!

(5) **Play again.** Throw in a few twists as the role player that will evoke what your player wants to express. See how your player responds.

**Time Out and Play again** as many times as necessary until you feel your player has confidence for the conversation AND expressing themselves.

### *GROW*

(6) **ASK:** What are you curious about yourself from this practice?

**{Coach, share your observations}**



(7) **ASK:** What are you curious about the other person from this practice?

{Coach, share your observations}

(8) **ASK:** Did you notice any desires coming up while we were practicing?

{Coach, share your observations}

# Coaching Guide: Embody the Dream

## PLAN

### 1) CO-CREATE the SERIES ~ ACTIONS AND FEELINGS

**SAY:** Let's talk through a sequence of 4 Human connection situations that flow together to fulfill your Dream.

We have Explore for Visibility then Relate for Influence then co-Create for Inspiration and finally your Play for Transformation moment.

{Help them choose the 4 main social actions that will flow together with a quick fill in the blank...}

**ASK:** Explore for Visibility. You are going to meet someone new... how?

**ASK:** Relate for Influence. You are going to get to know them better... how?

**ASK:** Co-Create for Inspiration. You are going to do something together... what?

**ASK:** Play for Transformation. You are going to adventure together... what?

**SAY:** Now let's co-create a detailed flow together so you can speak your intentions.

**#1 SAY:** The Explore for Visibility action is: {SAY the ACTION}

**#1 ASK:** When you do this action, how do you want to feel?

**#1 ASK:** When you do this action, how do you want the other person to feel?

**#1 ASK:** If you resonate with them, what are you going to INVITE them to do next?

{AS you talk this out, write it into the Play Sheet, the TRIANGLE Lines}

**#2 SAY:** The Relate for Influence action is: {SAY the ACTION}

**#2 ASK:** When you do this action, how do you want to feel?

**#2 ASK:** When you do this action, how do you want the other person to feel?

**#2 ASK:** If you resonate with them, what are you going to OFFER to do with them next?

{AS you talk this out, write it into the Play Sheet, the TRIANGLE Lines}

**#3 SAY:** The Co-create for Inspiration action is: {SAY the ACTION}

**#3 ASK:** When you do this action, how do you want to feel?

**#3 ASK:** When you do this action, how do you want the other person to feel?

**#3 ASK:** If you both enjoy the experience, you are going to ENROLL them to do what next?

**{AS you talk this out, write it into the Play Sheet, the TRIANGLE Lines}**

**#4 SAY:** The Play for Transformation action is: **{SAY the ACTION}**

**#4 ASK:** When you do this action, how do you want to feel?

**#4 ASK:** When you do this action, how do you want the other person to feel?

**#4 ASK:** If they love the experience, what do you want them to SHARE about it?

**{AS you talk this out, write it into the Play Sheet, the TRIANGLE Lines}**

**SAY:** This is powerful!! I can envision this happening.

**\*\*\*!!**

## **PRACTICE**

### **2) VISUALIZE the SERIES ~ NOTICE THOUGHTS AND BODY SENSATIONS**

**SAY:** Next we are going to do an extended visualization of this series. As I guide you through each step, I am going to ask you to share the thoughts popping into your mind AND the sensations that you notice in your body. This is how we EMBODY the experience.

*It is VERY important to maintain judgment free awareness as we do this. Anything that comes up will have value for us as a growth opportunity.*

**ASK:** Are you in a safe space where you can close your eyes for a few moments?

**{wait for them to say yes}**

**SAY:** Close your eyes and first we will do one connected breath.

**Big breath in... {pause}** Slow breath out.

**{Now you are going to walk through the scenes that you wrote on the TRIANGLE LINES; As they share write your notes on the CIRCLE lines on the playsheet}**

**!!\* Scene 1**

**SAY:** We will start with Scene 1

**SAY:** Imagine yourself doing **{Say Action 1}** and being awesome.

**SAY:** Tap into the feeling of **{Say Feeling 1}** .

**{Wait 20 seconds}**

**ASK:** As you see yourself in this scene, what thoughts do you notice popping up?

**{listen; take a note}**

**ASK:** As you see yourself in this scene, describe any physical sensations you notice in your body.

*{listen; take a note}*

**SAY:** Now we are going to push your energy toward the OTHER person in the scene. Imagine them feeling **{Say Other Feeling 1}** and enjoying the experience.

**SAY:** Now imagine INVITING them to **{Say the Invitation 1}** and they say YES.

*{Wait 20 seconds}*

**ASK:** As you see them in this scene, what thoughts do you notice popping up?

*{listen; take a note}*

**ASK:** As you see them in this scene, describe any physical sensations you notice in your body.

*{listen; take a note}*

**\*\* Scene 2**

**SAY:** Let's move on to Scene 2

**SAY:** Imagine yourself doing **{Say Action 2}** and being awesome.

**SAY:** Tap into the feeling of **{Say Feeling 2}**.

*{Wait 20 seconds}*

**ASK:** As you see yourself in this scene, what thoughts do you notice popping up?

*{listen; take a note}*

**ASK:** As you see yourself in this scene, describe any physical sensations you notice in your body.

*{listen; take a note}*

**SAY:** Now we are going to push your energy toward the OTHER person in the scene. Imagine them feeling **{Say Other Feeling 2}** and enjoying the experience.

**SAY:** Now imagine you OFFER to do **{Say the OFFER}** and they say YES.

*{Wait 20 seconds}*

**ASK:** As you see them in this scene, what thoughts do you notice popping up?

*{listen; take a note}*

**ASK:** As you see them in this scene, describe any physical sensations you notice in your body.

*{listen; take a note}*

***\*\* Scene 3***

**SAY:** Next, let's move on to Scene 3

**SAY:** Imagine yourself doing **{Say Action 3}** and being awesome.

**SAY:** Tap into the feeling of **{Say Feeling 3}** .

*{Wait 20 seconds}*

**ASK:** As you see yourself in this scene, what thoughts do you notice popping up?

*{listen; take a note}*

**ASK:** As you see yourself in this scene, describe any physical sensations you notice in your body.

*{listen; take a note}*

**SAY:** Now we are going to push your energy toward the OTHER person in the scene.

Imagine them feeling **{Say Other Feeling 3}** and enjoying the experience.

**SAY:** Now imagine you ENROLL them into **{Say the Enrollment}** and they say YES!

*{Wait 20 seconds}*

**ASK:** As you see them in this scene, what thoughts do you notice popping up?

*{listen; take a note}*

**ASK:** As you see them in this scene, describe any physical sensations you notice in your body.

*{listen; take a note}*

***\*\* Scene 4***

**SAY:** Finally, we move to Scene 4

**SAY:** Imagine yourself doing **{Say Action 1}** and being awesome.

**SAY:** Tap into the feeling of **{Say Feeling 1}** .

*{Wait 20 seconds}*

**ASK:** As you see yourself in this scene, what thoughts do you notice popping up?

*{listen; take a note}*

**ASK:** As you see yourself in this scene, describe any physical sensations you notice in your body.

*{listen; take a note}*

**SAY:** Now we are going to push your energy toward the OTHER person in the scene. Imagine them feeling **{Say Other Feeling 1}** and enjoying the experience.

**SAY:** Now imagine them SHARING **{Say the SHARE}** about the experience .

**{Wait 20 seconds}**

**ASK:** As you see them in this scene, what thoughts do you notice popping up?

**{listen; take a note}**

**ASK:** As you see them in this scene, describe any physical sensations you notice in your body.

**{listen; take a note}**

## **GROW**

**SAY:** You can open your eyes.

**ASK:** What was that experience like for you?

**{Listen and dialogue with them; share your observations;}**

**(6) ASK:** Of the thoughts that you noticed on our journey, what are you most curious about?

**{Coach, share from your notes}**

**(7) ASK:** Of the body sensations that you noticed on our journey, what are you most curious about?

**{Coach, share from your notes}**

## **Explore Desire**

**(8) ASK:** As you saw yourself in this sequence of scenes, did you notice your hearts desires coming up? What did you notice?

**{LISTEN}**

**SAY:** I acknowledge your courage and playfulness! Awesome.

# Coaching Guide: Co-Create Awareness Technique

## USE THE CO-CREATE AWARENESS TECHNIQUE

**SAY:** Let's go deeper into one of these desires using Co-create Awareness Technique

**1) ASK:** What is a desire or situation in your Dream that you would like to explore in a deeper way?

{if needed, share any suggestions you have}

**2) ASK:** Why is this important to you now?

{if needed, share any suggestions you have}

**3) ASK:** What is an action you hope to be able to do in a new way after we explore this?

{if needed, share any suggestions you have}

**4) ASK:** Ask a curious question.

(Formulate a question on what they just shared, or something you know about them)

OR, use one of these:

- How is this situation the perfect fit for your growth?
- What part of YOU is this situation asking for?
- Who is this situation asking you to become?
- What ability is this situation asking for?
- What truth is this situation asking for?

**5) {Triplex Listen! Notice**

- A belief
- Words with emotion
- Energy alignment (or lack of alignment)
- What are thy NOT saying

- A desire

6) **SAY**: **Share something you observed**

7) **{Triplex Listen! Notice**

- Resonance with what you shared
- Non-attached to if they agree or not to what you shared
- Sparks to new thoughts from what you shared
- Yes, And ... to your next question...
- Dissonance with what you shared

USE what you heard and your intuition to come up with the next question...  
TRUST what comes up for you!

**GO BACK to 4 and ASK another question)**

**{After a few rounds, go to Step 8}**

8) **ASK**: What is a new insight that you have from this exploration?

**{Could be a possibility, perspective, or a Superpower to boost}**

9) **ASK**: What is a new growth opportunity that you see?

**{Could be a skill, approach, or belief upgrade}**

10) **ASK**: What is a new action you want to experiment with?

**{Could be doing something in a new way, a new territory or a “toleration to zap” (a mess to clean up to make space for something new)}**



# Coaching Guide: ACE the Practicum and Certification Audio

## Focus on Growth Opportunity and Co-Create Awareness Technique

### 1) WARMUP

*ASK:* Do I have your permission to be your coach today?

*{wait for them to say: Yes}*

*ASK:* Do I have your permission to record this session for certification purposes?

*{wait for them to say: Yes}*

*ASK:* Before we dive in on our coaching plan for today, can you share with me a brief celebration from one of your recent experiences...

*{Coach: listen and champion their growth!}*

*ASK:* Are you ready to dive into a growth opportunity?

*{wait for them to say: Yes}*

### 2) COACHING PLAN (AKA Agreement)

*ASK:* Can you share with me a brief version of your Dream right now?...

*{Coach: listen and champion their purpose!}*

*SAY:* For our coaching plan today, we will choose a growth opportunity that you want to explore.

### **\*\*\* NEXT Co-create a practice plan (AKA agreement) for the session**

*ASK:* What growth opportunity would you like to focus on for this session?

*{Coach: listen to their ideas and then co-create clarity together}*

*ASK:* How does this growth opportunity connect to your Dream?

*{Coach: listen to their ideas and then co-create clarity together}*

*ASK:* What would you like to accomplish by exploring this growth opportunity right now?

### 3) PRACTICE

#### USE the Co-create Awareness Technique

A) **ASK**: Ask a curious question.

(Formulate a questions on what they just shared, or something you know about them)

OR, use one of these:

- How is this situation the perfect fit for your growth?
- What part of YOU is this situation asking for?
- Who is this situation asking you to become?
- What SKILL is this situation asking for?
- What truth is this situation asking for?

B) {Triplex Listen! Notice

- A belief
- Words with emotion
- Energy alignment (or lack of alignment)
- What are thy NOT saying
- A desire

C) **SAY**: **Share something you observed**

D) {Triplex Listen! Notice

- Resonance with what you shared
- Non-attached to if they agree or not to what you shared
- Sparks to new thoughts from what you shared
- Yes, And ... *to your next question...*
- Dissonance with what you shared

USE what you heard and your intuition to come up with the next question...  
TRUST what comes up for you!

GO BACK to A)

{After a few rounds, go to Step 4}

#### 4) GROWTH MODE (from exploration)

**SAY:** “OK, this is a good time to switch into the growth zone”

**ASK:** “We set out today to explore **X (name it)** growth opportunity. How did we do on that plan?”

{Coach: listen

**ASK:** “What did you learn about playing for your dream (your situation) today?”

{Coach: listen}

**ASK:** “What did you learn about yourself, and your superpowers in this session?”

{Coach: listen}

**SAY:** “Can I share an observation?”

{Coach: share an observation about your player’s superpowers and the pursuit of their dream.}

#### 5) PLAY PLAN (For the days ahead)

**SAY:** “OK, let’s make sure we have a Play Plan...”

**ASK:** “How can you use what you learned in our session in the days ahead?”

{Coach: listen}

**ASK:** “What resources or support will you need for this play plan?”

{Coach: listen their need for support OR highlight possible obstacles}

**SAY:** {Share a supportive observation about the player’s progress in the session; if possible share something about how they expressed their superpower in the Role Play}

#### ENDING

**SAY:** “Great! Have a great week of play. Talk to you soon”