

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 Part 1 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 6 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...

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 session 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: 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 for Power Up Class

IMPORTANT!! This coaching guide is only used for practice in the Power Up Class.

This guide is NOT for use with your players.

It is at the end of the book so you don't use it by accident with a player!

1) WELCOME & WARMUP

SAY: "Thanks so much for having this coaching session with me.

ASK: Are you ready to go?

{Coach: wait for them to SAY: YES}

SAY: "OK. 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. If possible, put your feet flat on the floor and rest your hands on your lap or place them over your heart.

{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. Keep your eyes closed if you can. Use your imagination to see yourself doing something you enjoy.

SAY: 30 seconds... here we go.

{wait approximately 30 seconds}

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

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

{wait for them to say: Yes}

2) CELEBRATION

ASK: Can you share with me something you want to celebrate in your life right now? ...

{listen and encourage}

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

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

{Celebrating together builds trust and strengthens your connection}

4) Practice PLAN

SAY: Our coaching plan for today is to activate your Dream.

ASK: Does that sound good to you?

{wait for them so say YES}

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

The Courage to Dream is an amazing Superpower where you envision yourself in the future with new abilities and then you embark on a path of growth to experience your vision. All coaching starts with a Dream. When we practice this Superpower you expand your freedom to live 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}

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 the transformation:

FROM: Working on tasks to reach a goal

TO: Playing for peak experiences to live your Dream

Let's co-create a list of possible Peak Experiences you want to have over the next few months?

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

IF THEY ARE NOT CLEAR ABOUT PEAK EXPERIENCE

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.

6) GROWTH MODE

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?

{Share an observation about them – something you admired}

SAY: “Thanks for a great session! Talk to you soon”