

Human Connection Transformation Coaching

GET YOUR POWER BACK!

Playsheet Pack

By Coach Dave Buck, MCC

This is the Human Connection Transformation Coaching (HCTC) “Playsheet Pack”

In this playsheet pack you will find the “coaching notes” sheets for your 12 Session Engagement with your coach. And a few awesome full page diagrams of the essential coaching techniques that your coach will practice with you.

For each coaching session there is a sheet for notes that follows the flow of the conversation in words and icons, they are like a mind map of the session.

Writing a few keyword notes will help you capture the growth, awareness and plans that emerge in the session. You can write notes either during the session or immediately after; whichever helps you stay fully present.

The key is to find a sweet spot with your notes. Not none; Not too much.

1) Pages 3 & 4: Play Plan Parts 1 and 2

Print 6 copies each

3) Pages 5 – 19: Adventure Logs, Coaching Session Notes.

Print 1 copy of pages 5 - 21

The Adventure Log is a great way to capture your progress through the program.

Coaching Notes sheets match the flow of the coaching session. There is a unique sheet for each of the 12 coaching sessions.

4) Recommended: Print 1 copy of pages 22-28

These are valuable reference pages for the models and techniques we will use together.



Enjoy your adventure.

Enjoy your coach.

Get your POWER Back!

Coach Dave Buck and the CoachVille Team.

Human Connection Power Coaching

Transformation Coaching Play Plan - Part 1

#

Date:

Your **BIG Dream**:Your **Transformation**:

FROM:

TO:

SOCIAL ACTIONS with the Spirit of Play*Planned*

Challenges / Experiences / Results:

Spontaneous!**Celebrations:****Growth:**

Transformation Coaching Play Plan - Part 2

#

Date:

Your **BIG Dream**:

Your **Transformation**:



FROM:

TO:

SOCIAL ACTIONS with the Spirit of Play

Challenges / Experiences / Results:

Explore for **VISIBILITY** > INVITE > *Risk Trouble*



.....

.....

.....

.....

.....

.....



Relate for **INFLUENCE** > OFFER > *Risk Rejection*



.....

.....

.....

.....

.....

.....



Create for **INSPIRATION** > SHARE > *Risk Disappointment*



.....

.....

.....

.....

.....

.....



Play for **TRANSFORMATION** > *Risk Mistakes*



.....

.....

.....

.....

.....

.....

Celebrations:



.....

.....

Growth:



.....

.....

Human Connection Transformation Adventure Log (Part I)

The Dream



1.

**Dream
Activation**

Date: / /

2.

**Ability to
Believe**

Date: / /

3.

**Drive to
Be Free**

Date: / /

4.

**Love to
Befriend**

Date: / /

5.

**Urge to
Become**

Date: / /

6.

**Need to
Belong**

Date: / /

Human Connection Transformation Adventure Log (Part II)

7.

Dream
Play Plan

Date: / /

8.

Explore for
Visibility

Date: / /

9.

Relate for
Influence

Date: / /

10.

Co-create for
Inspiration

Date: / /

11.

Play for
Transformation

Date: / /

12.

Celebration

Date: / /

Highlights



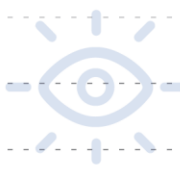
1. WARM-UP:



2. CELEBRATE



3. GROW (from Play)



4. (Practice) PLAN: *Dream Activation*

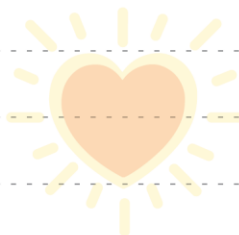
EXPLORE

Dream _____

Spark _____

Ripple _____

Self-worth _____



CO-CREATE

Peak Experiences _____

5. PRACTICE: *Peak Experience Technique*



1. You do: _____

You feel: _____

2. They feel: _____

They do: _____

3. Thoughts: _____

Body: _____

4. *Push the Energy*

5. Thoughts: _____

Body: _____

6. Curious thoughts: _____

7. Curious feelings: _____

8. Curious desires: _____

6. GROW (from Practice)

Learn about your dream? _____

Learn about your self? _____



7. PLAY PLAN: Social actions?



1. WARM-UP and DREAM SHARE:



2. CELEBRATE



3. GROW (from Play)



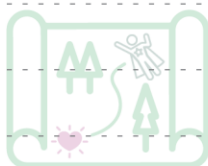
4. (Practice) PLAN: *Ability to Believe* EXPLORE

Core beliefs

Self-confidence

Social risk

I am not enough?



CO-CREATE

Social Actions

5. PRACTICE: *Peak Experience Technique*



1. You do:

You feel:

2. They feel:

They do:

3. Thoughts:

Body:

4. *Push the Energy*

5. Thoughts:

Body:

6. Curious thoughts:

7. Curious feelings:

8. Curious desires:

6. GROW (from Practice)

Learn about your dream?

Learn about your self?



7. PLAY PLAN: Transformation for this week?

Social actions?

FROM:

TO:



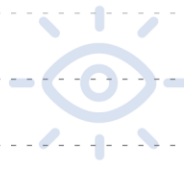
1. WARM-UP and DREAM SHARE:



2. CELEBRATE



3. GROW (from Play)



4. (Practice) PLAN: *Drive to be Free*

EXPLORE

Adventure _____

Self-determination _____

Self-trust _____

Free of expectations? _____



CO-CREATE

Social Actions _____

5. PRACTICE: *Peak Experience Technique*

1. You do: _____

You feel: _____

2. They feel: _____

They do: _____



3. Thoughts: _____

Body: _____

4. *Push the Energy*

5. Thoughts: _____

Body: _____

6. Curious thoughts: _____

7. Curious feelings: _____

8. Curious desires: _____

6. GROW (from Practice)
Learn about your dream? _____

Learn about your self? _____



7. PLAY PLAN: Transformation for this week?

Social actions? _____

FROM: _____

TO: _____



1. WARM-UP and DREAM SHARE:



2. CELEBRATE



3. GROW (from Play)



4. (Practice) PLAN: *Love to Befriend*

EXPLORE

Companionship

Co-create

Collective care

Free of do it yourself?



CO-CREATE

Conversations

5. PRACTICE: *Role Play Technique*

1. Situation:

Feel/express:

2. The role:

Questions?



3. Play and observe:

4. Debrief and Level-up:

5. Play again:

6. Curious about your self:

7. Curious about the other:

8. Curious about desires:

6. GROW (from Practice)

Learn about your dream?

Learn about your self?



7. PLAY PLAN: Transformation for this week?

Social actions?

FROM:

TO:



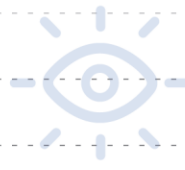
1. WARM-UP and DREAM SHARE:



2. CELEBRATE



3. GROW (from Play)



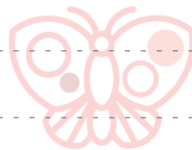
4. (Practice) PLAN: *Urge to Become*
EXPLORE

Get better at _____

Self-expression _____

Spirit of Play _____

Free of perfection
trap? _____



CO-CREATE

Peak Experiences _____

5. PRACTICE: *Peak Experience Technique*

1. You do: _____

You feel: _____

2. They feel: _____

They do: _____



3. Thoughts: _____

Body: _____

4. *Push the Energy*

5. Thoughts: _____

Body: _____

6. Curious thoughts: _____

7. Curious feelings: _____

8. Curious desires: _____

6. GROW (from Practice)
Learn about your dream? _____

Learn about your self? _____



7. PLAY PLAN: Transformation for this week?

Social actions? _____

FROM: _____

TO: _____



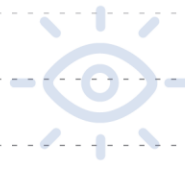
1. WARM-UP and DREAM SHARE:



2. CELEBRATE



3. GROW (from Play)



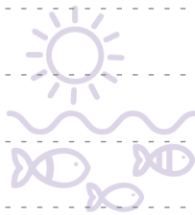
4. (Practice) PLAN: *Need to Belong*

EXPLORE

Environments

Unique value

Challenge
status quo
Free of I don't
belong?



CO-CREATE

Conversations

5. PRACTICE: *Role Play Technique*

1. Situation:

Feel/express:

2. The role:

Questions?



3. Play and observe:

4. Debrief and Level-up:

5. Play again:

6. Curious about your self:

7. Curious about the other:

8. Curious about desires:

6. GROW (from Practice)
Learn about your dream?

Learn about your self?



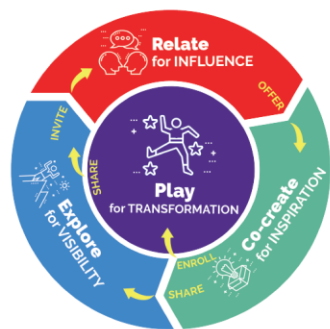
7. PLAY PLAN: Transformation for this week?

Social actions?

FROM:

TO:



Describe the Dream:Explore for **VISIBILITY** > Invite > YES!Relate for **INFLUENCE** > Offer > YES!Create for **INSPIRATION** > **Enroll** > YES! > Share > YES!Play for **TRANSFORMATION** > Share > YES!**Explore***Connection Spark*

for

VISIBILITY

SCENE ONE

Action:

Feel:

Feel:

Invite:

Relate*Transformational Coffee*

for

INFLUENCE

SCENE TWO

Action:

Feel:

Feel:

Offer:

Create*Gateway Experience*

for

INSPIRATION

SCENE THREE

Action:

Feel:

Feel:

Enroll:

Play*Your Program*

for

TRANSFORMATION

SCENE FOUR

Action:

Feel:

Feel:

Share:



1. WARM-UP and DREAM SHARE:



2. CELEBRATE



3. GROW (from Play)



4. + 5. (Practice) PLAN: *Embody the Dream* ▲ *Speak the Dream* ● *Embody the Dream*

Explore

▲ Do: _____ Feel: _____

● Thoughts: _____ Body: _____

Relate

▲ Do: _____ Feel: _____

● Thoughts: _____ Body: _____

Co-create

▲ Do: _____ Feel: _____

● Thoughts: _____ Body: _____

Play

▲ Do: _____ Feel: _____

● Thoughts: _____ Body: _____

for VISIBILITY

Feel: _____ Do: _____

Thoughts: _____ Body: _____

for INFLUENCE

Feel: _____ Do: _____

Thoughts: _____ Body: _____

for INSPIRATION

Feel: _____ Do: _____

Thoughts: _____ Body: _____

for TRANSFORMATION

Feel: _____ Do: _____

Thoughts: _____ Body: _____

6. Curious thoughts: _____

7. Curious feelings: _____

8. Curious desires: _____

6. GROW (from Practice)
Learn about your dream?

Learn about your self?



7. PLAY PLAN: Transformation for this week?

Social actions?

FROM: _____

TO: _____



1. WARM-UP and DREAM SHARE:



2. CELEBRATE



3. GROW (from Play)



4. (Practice) PLAN: *Explore for Visibility*

EXPLORE

Meet people _____

Spark _____

Invite _____

Fear of trouble? _____



CO-CREATE

Conversations _____

5. PRACTICE: *Role Play Technique*

1. Situation: _____

Feel/express: _____

2. The role: _____

Questions? _____



3. Play and observe: _____

4. Debrief and Level-up: _____

5. Play again: _____

6. Curious about your self: _____

7. Curious about the other: _____

8. Curious about desires: _____

6. GROW (from Practice)

Learn about your dream? _____

Learn about your self? _____



7. PLAY PLAN: Transformation for this week?

Social actions? _____

FROM: _____

TO: _____



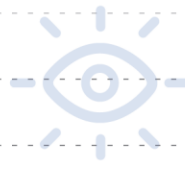
1. WARM-UP and DREAM SHARE:



2. CELEBRATE



3. GROW (from Play)



4. (Practice) PLAN: *Relate for Influence*

EXPLORE

Connect

Transform
stories
Offer

Fear of
rejection?



CO-CREATE

Conversations

5. PRACTICE: *Role Play Technique*

1. Situation:

Feel/express:

2. The role:

Questions?



3. Play and observe:

4. Debrief and Level-up:

5. Play again:

6. Curious about your self:

7. Curious about the other:

8. Curious about desires:

6. GROW (from Practice)
Learn about your dream?

Learn about your self?



7. PLAY PLAN: Transformation for this week?

Social actions?

FROM:

TO:



Co-create for Inspiration Play Sheet - Your Gateway Experience

Your BIG Dream



Vibe 	Describe the Energy You Will Project
Special Skills 	Describe Your Special Skills to Feature
Prep 	Describe What You Will Share to Prepare Them
Seen and Valued 	Describe How You Will Bring Out Their Best and Make Them Feel Seen and Valued
Welcome 	Describe How You Will Welcome Them and Set the Tone
Key Moment #1 	Describe Key Moment #1
Key Moment #2 	Describe Key Moment #2
Key Moment #3 	Describe Key Moment #3
Alignment 	Describe How You Will Know There is Resonance and Alignment
Enroll 	Describe How You Will Initiate Enrollment
Follow-up 	Describe Your Follow-up Approach



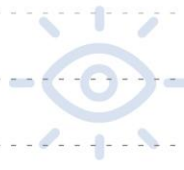
1. WARM-UP and DREAM SHARE:



2. CELEBRATE



3. GROW (from Play)



4. (Practice) PLAN: *Co-create for Inspiration*

EXPLORE

Do something _____

Gateway _____

Enroll _____

Fear of disappointment? _____



CO-CREATE

Gateway Experience _____

5. PRACTICE: *Peak Experience Technique*

Vibe



Special Skills



Prep



Seen and Valued



Welcome



Key Moment #1



Key Moment #2



Key Moment #3



Alignment



Enroll



Curious thoughts: _____

Curious feelings: _____

Curious desires: _____

6. GROW (from Practice) Learn about your dream?

Learn about your self? _____

7. PLAY PLAN: Transformation for this week?

Social actions? _____

FROM: _____

TO: _____



Play for Transformation Play Sheet - Your Dream Coming True

Your BIG Dream



Dream Peak Experience #1 	Describe the Scene <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	You Transform Skillset and Mindset <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	They Transform Skillset and Mindset <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Dream Peak Experience #2 	Describe the Scene <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	You Transform Skillset and Mindset <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	They Transform Skillset and Mindset <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Dream Peak Experience #3 	Describe the \$ Scene <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	You Transform Skillset and Mindset <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	They Transform Skillset and Mindset <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Dream Peak Experience #4 	Describe the Share Scene <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	You Transform Skillset and Mindset <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	They Transform Skillset and Mindset <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>



1. WARM-UP and DREAM SHARE:



2. CELEBRATE



3. GROW (from Play)



4. (Practice) PLAN: *Play for Transformation*

5. PRACTICE: *Peak Experience Technique*

Scene

You Transform (skills/mindset)

They Transform (skills/mindset)

#1

--

--

--

#2

--



--

#3

--



--

#4

--

--

--

Fear of mistakes?

Curious thoughts:

Curious feelings:

Curious desires:

.....

.....

.....

.....

.....

.....

6. GROW (from Practice)

Learn about your dream?

Learn about your self?



.....

.....

.....

.....

7. PLAY PLAN: Transformation for this week?

Social actions?

FROM:

TO:



Transformation Coaching Session #12 Notes

Date: _____

1. WARM-UP and DREAM SHARE:



2. CELEBRATE



3. GROW (from Play)



4. (Practice) PLAN: *Celebration and Growth*

5. PRACTICE:

Ability to Dream: _____



Ability to BELieve: _____



Drive to BE free: _____



Love to BEfriend: _____



Urge to BEcome: _____



Need to BELong: _____



Explore



Relate



Co-create



Play

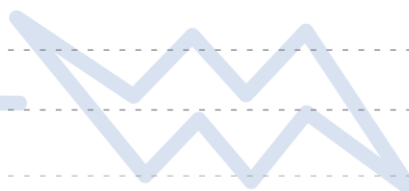


6. GROW (from Practice)

7. PLAY PLAN: What is your next Dream?

FROM:

TO:



Core Essence Human Connection Skills

The Superpowers of Human Nature

Drive to BE free

Self-determination
Self-trust
Action bias



CHOOSE YOUR ADVENTURE!

Love to BEfriend

Collective care
Co-create
Empathy



CHOOSE YOUR COMPANIONS!

Courage to Dream

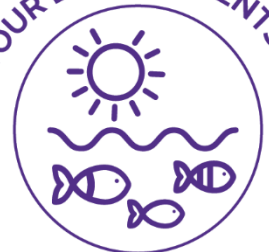
CHOOSE YOUR DESIRE!
Self-worth
Self-love
Purpose



CHOOSE YOUR PRACTICE!

Urge to BEcome

Self-expression
Spirit of play
Creativity



CHOOSE YOUR ENVIRONMENTS!

Need to BELong

Social-value
Social safety instinct
Inclusivity

CHOOSE YOUR BELIEFS!



Ability to BELieve








Self-preservation
Self-confidence
Intuition



CoachVille™

© Dave Buck 2025

www.CoachVille.com

Treasure Map of Problems  "Caterpillar Problems"							
Human Nature Superpower	INDUSTRIAL CULTURE	PROBLEM / FLAW	Deep Challenge	FEAR	Scarcity Complaint	Industrial Mindset	Growth Challenge
Courage to Dream 	OBEY	STRESS	Depression	Not safe to fail	Not enough fulfillment	I must sacrifice for others	Need more clarity
Drive to Be Free 	CONTROL	LAZINESS	Self-doubt Procrastination	Not safe to disappoint	Not enough time	I must do what others expect	Need more certainty
Love to Befriend 	NEGLECT	LONELINESS	Isolation Addiction	Not safe to be rejected	Not enough support	I must do it myself	Need more influence
Urge to Become 	COMMAND	THE EGO	Frustration	Not safe to make mistakes	Not enough self-expression	I must be perfect	Need more creativity
Need to Belong 	COMPLIANCE	THE "BEAST"	Anxiety Bullying	Not safe to be judged	Not enough \$\$ / Security	I must suppress myself to fit in	Need more visibility
Ability to Believe 	MANIPULATE	SELF-SABOTAGE	Disharmony Chronic pain	Not safe to be myself	Not enough confidence	I must hide "I am not enough"	Need more inspiration

www.CoachVille.com

© Dave Buck 2024

Transformation Coaching Technique

"Plan-Play-Grow"

//CoachVille.com

© CoachVille LLC 2024

Get started

1. Warm-up

- Coherence
- Imagination
- Dream Sharing



2. Celebrate

- Peak Experiences
- Results
- New Actions
- Challenges



3. Grow (from Play)

- Sparked Desires
- Pivotal Moments
- Evaluate Feedback
- Superpowers in Action



Practice together

4. (Practice) Plan

- What is our focus?
Situation or Desire
- Which technique?



5. PRACTICE



6. Grow (from Practice)

What did you learn...

- About Your Dream
- About Play
- About Yourself
Beliefs, Desires, Superpowers



Practice Technique

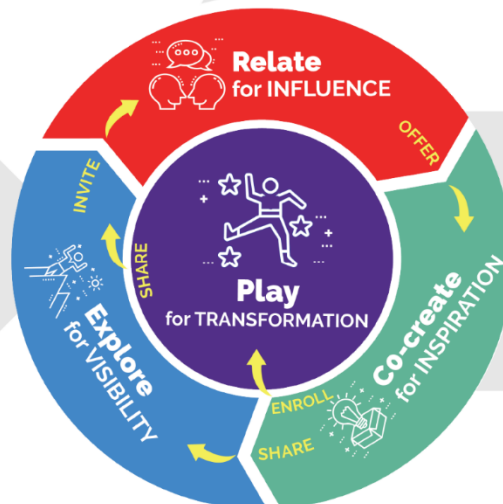
- | | |
|--|--|
| <input type="checkbox"/> Peak Experience | <input type="checkbox"/> Pivotal Moment |
| <input type="checkbox"/> Role Play | <input type="checkbox"/> Co-create Awareness |

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

Plan together

7. Play Plan

- What results are you playing for?
- What approach?
- Spirit of play?



Embrace

- What is
- Feedback
- Challenges

Notice

- Pivotal moments
- Peak experiences
- Growth opportunities

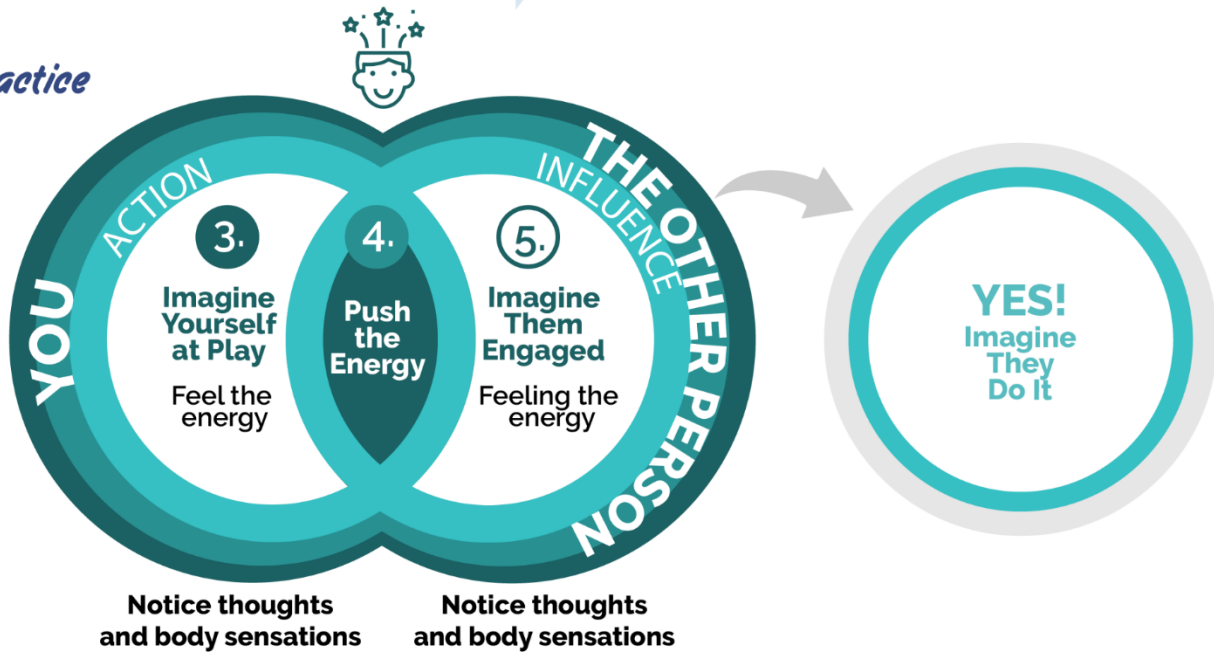
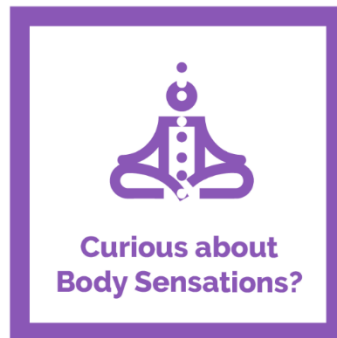


*Plan***1. Social Play Action**

What do you want to
feel / express?

2. Describe Their Feeling

What do you want
them to do?

Practice*Grow***6.****7.****8.**

Plan

1. Define The Situation

- Connect / Meet
- Ask / Request / Offer
- Share Truth / Idea

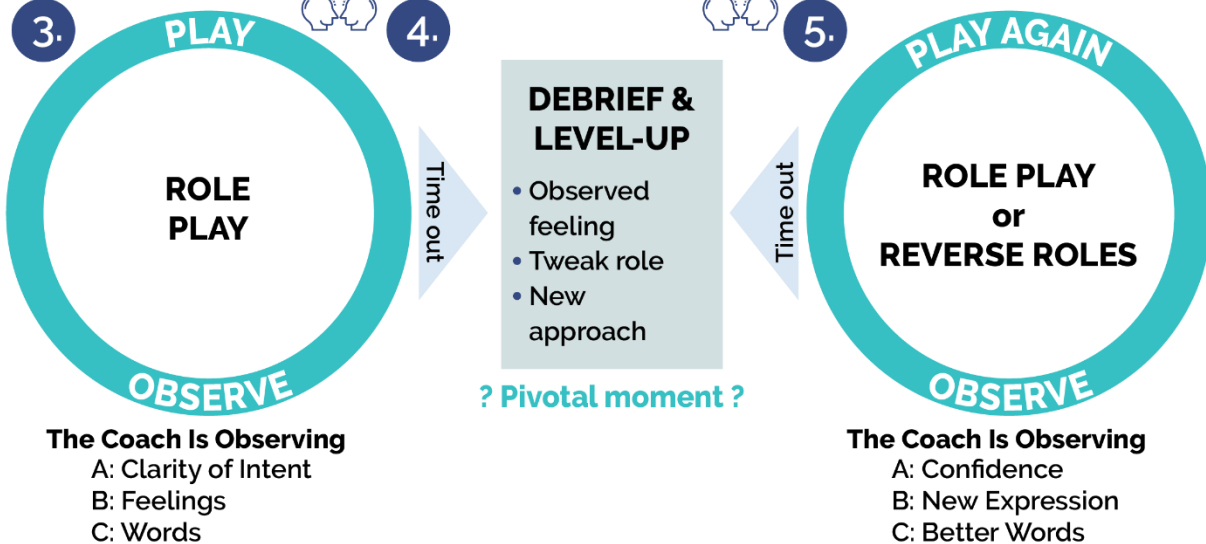
What do you want to feel / express?

2. Define The Role

- Specific or Avatar
- Character Sketch
- Attitude

Specific questions / statements?

Practice

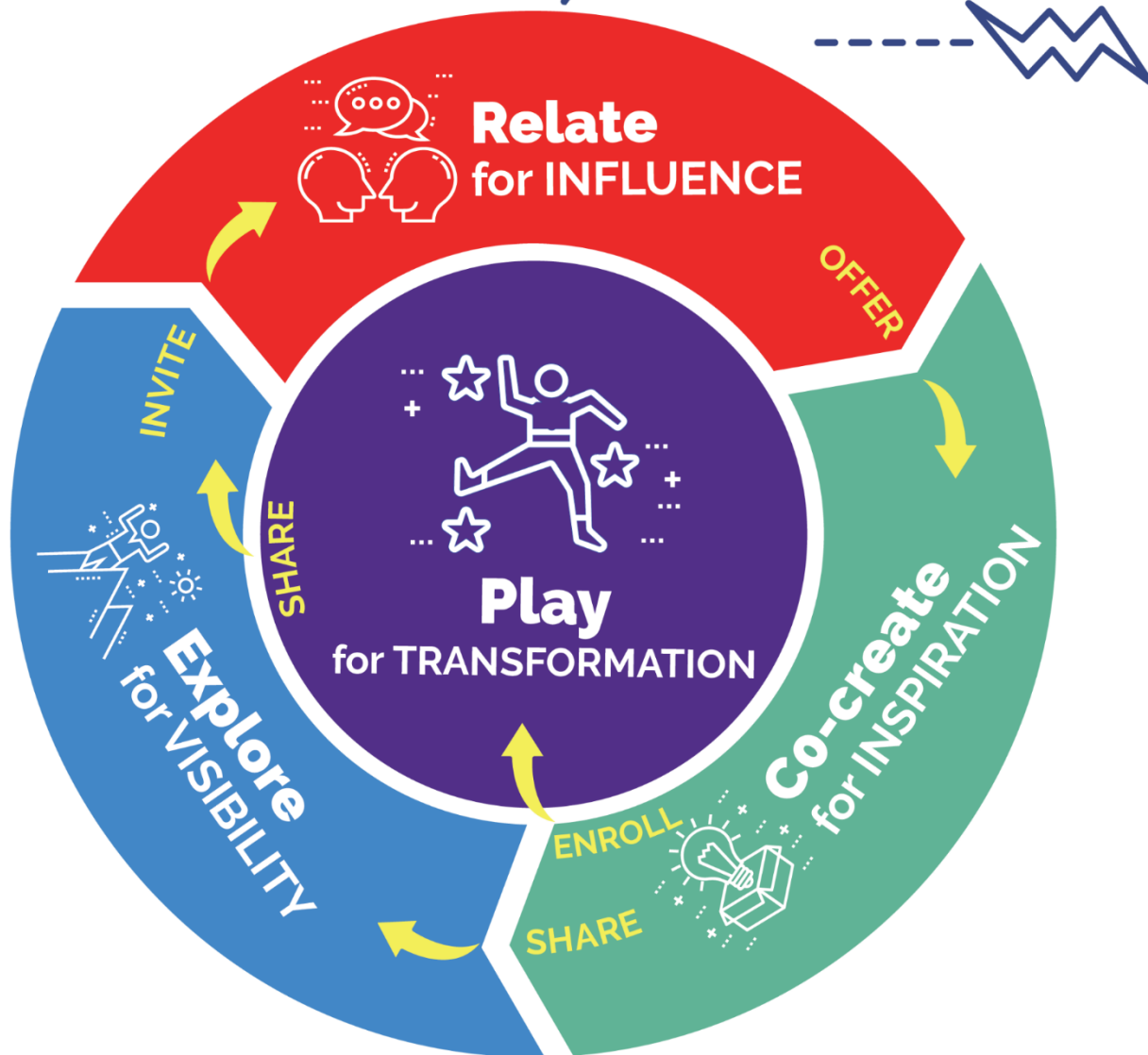


Grow



Core Action Human Connection Skills

Social Play Model



//CoachVille.com

© CoachVille 2025

Social Play with 7 Social Fears



©2023 by CoachVille, LLC. License required for use.



Now that you have your POWER Back,
REMEMBER...

Free People, FREE PEOPLE

Thanks for being AWESOME!

Coach Dave