



Coach Intensive “Gathering Guide”

Session 01 Dream Sharing

By Coach Dave Buck, MCC

This is the Coach Intensive Session 1 “Gathering Guide”

WELCOME!

In this “Gathering Guide” you will find the outlines and guides for each practice that you will do with your partner.

For a ZOOM event, it is usually best to print the Guide before each session.

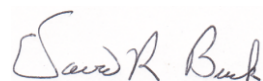
Enjoy your experience.

Enjoy your partner.

Enjoy your emerging Advanced Human Connection SKILLS



Coach Dave Buck and the CoachVille Team!



Focus for Session #1: The Social Scene Dream Sharing

The BIG IDEA

The BIG Idea for Advanced Human Connection SKILLS is to engage with people and grow relationships based on shared dreams; rather than tasks or transactions.

This is a BIG shift since we are all indoctrinated into completing tasks and relational transactions in the toxic Industrial Culture.

As a person with Advanced Human Connection SKILLS you will have a unique approach that will make you a MAGNET for connections and opportunities... and the ripple effect of good that you can bring to the people around you.

So the idea is that when you meet someone new, the FIRST thing you want to share with them is your dream; and the first thing you want to know about them is their DREAM.

We call this DREAM Sharing and we will practice this together in the first session.

BE THE PERSON WHO ASKS PEOPLE ABOUT THEIR DREAMS!

Your Dream is a “game” in the Play Life Station

PLAY YOUR DREAM is a totally new idea. The best way to explain it is with a metaphor.

You are most likely familiar with the various game consoles where you plug a game into the console and the screen comes alive with a new world that you explore, face fun challenges and develop new abilities.

Imagine that this amazing world that we live in is a fully alive “Play Life Station”!

Your Dream is like a game that you plug into the game console.

After you activate your Dream by sharing it with the people around you, the world around you comes alive in a new way. Everything that happens is connected to your Dream. You PLAY your Dream every day.

And yes, you can pop the game out of the Play Life Station any time if you need a rest. 😊

THIS IS SUPER IMPORTANT...

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

Outline for the Session

The Social Scene we are practicing together in this session is: Dream Sharing!

In session one we will practice several Advanced Human Connection Skills oriented toward the social situation of Dream Sharing.

.1. Welcome and Warm Up

.2. Dream Sharing Practice

- Share a Celebration
- Social Situation = Share Your Dreams
- Human Connection Practice

.3. Proficiency #16 Practice First

Using the Peak Experience Technique we will practice a desired future scene from your Dream

Practice together with your partner designing your scenes.

BIG GROUP = Imagine and FEEL your future moment

Practice together with your partner debriefing and growing from practice.

.4. Proficiency #1 Engages in Provocative Conversations

Using Role Play we will practice roles of being a provocative coach and being the BIG Dream version of YOU

.5. Proficiency #2 Reveal the Person to Themselves

We will practice using the “Menu Exercise” technique.

The Roles are Player and Coach

The player chooses an item from the “Reveals Menu” and the coach Reveals it to the player.

.6. Proficiency #3 Elicits Greatness

We will practice using the “Quirky Role Play” technique.

The Roles are Elicits and Greatness

Talk together “in role” and see what happens.

.7. Completion and Celebrations!

Prep Exercises BEFORE the session

Dream Prep...	Notes from during the practice...
.1. Describe your Dream... <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	 <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
.2. Describe the “spark” of your Dream... <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	 <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
.3. Describe the “Ripple Effect” of good you hope to have on the world around you <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	 <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

DESCRIBE YOUR PEAK EXPERIENCE PREP SHEET

.1. Write a list of possible scenes where you could share your Dream with another person and ask them about their Dream. Have fun thinking of these scenes!

.2. Choose one that you want to practice with your partner during the experience.

.3. Describe the scene like a movie scene. Where are you? What is around you?

GATHERING GUIDE

.1. Group Warm Up

A coaching session ALWAYS starts with a warmup. Warming up gets you ready to practice.

We will use our special warm up routine that we use in all of our programs.

The warm up which includes:

- 3 “connecting breaths”,
- an independent visualization and
- a brief “guided visualization” to co-create a safe space to practice

Then, the event leader will organize zoom breakout rooms with 2 in each room.

.2. Celebrate Life and Dream Share (6 minutes each)

You will meet your partner for the experience in a zoom breakout room.

CHOOSE which Partner will ASK first.

.1. Celebrate (about 1 minute)

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

{listen and encourage them ... }

SAY: I can see you doing that!

.2. Dream (about 1 minute)

ASK: If you looked at your life or business or career as “Playing Your Dream”... what would you say your Dream is right now? The 1-minute version.

{Partner: just listen!}

.3. Spark (about 1 minute)

ASK: What was the spark when this Dream came to you (the one minute version)?

{Partner: champion their story!}

.4. Ripple Effect? (about 1 minute)

ASK: As you play your Dream, what is the ripple effect of good you hope to have on the world around you (again, the one minute version)?

{Partner: listen and...

SAY: I can see that happening!

{SWITCH PLACES – the other partner asks the questions}

Then after both share their Celebration and Dream...

.5. Human Connection Practice:

LAST 3 minutes... TAKE TURN SHARING

Both Share... This is something I see we have in common...{fill in the blank}

Both share... This is something I see that is unique about you...{fill in the blank}

NOTES SHEET for Exercise #3

Players Perspective...	Other Perspective...
<p>Briefly describe the Dream Sharing Scene...what you are doing in the scene. Describe your Talents and SKILLS...</p> <hr/> <hr/>	<p><i>Describe how you want the other person to feel while hearing your Dream and/or sharing their dream...</i></p> <hr/> <hr/>
<p>Describe how you want to feel in the scene. Describe the “vibe” you want to project.</p> <hr/> <hr/>	<p><i>Describe what you want them to do...</i></p> <hr/> <hr/>
<p><i>Free flow write your thoughts and feelings</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p><i>Free flow write your thoughts and feelings</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

.3. Practices First

Both will play the role of coach and player

The coach guides the player to describe a Dream Sharing Scene

Coach SAY: A Peak Experience is a moment where you are doing something with another person and your Dream is coming true.

Coach ASK: Describe for me the Peak Experience Moment of you Dream Sharing with another person. Aim to describe a scene that could happen in the next week.

{Coach, Listen}

ASK: Describe for me how you want to feel during the scene?

{Coach, Listen}

SAY: Next we will push the energy to the other person in the scene (or one person of many if you are sharing with a group)

ASK: What do you want the other person to feel during this experience?

{Partner, Listen}

ASK: What do you want the other person to do in the experience?

{Partner, Listen}

{SWITCH PLACES – Coach and Player}

BIG GROUP

The Event Leader will guide the next part of the Practice:

Visualize and embody the scene from both perspectives WITH non-conscious writing!

{Continue on Next Page}

BACK WITH YOUR PARTNER

Follow the gathering guide to ask the questions. As you listen, **tune into the energy and emotion MORE than the words**. After you listen share an observation about the energy that is popping up for you.... trust yourself and share it.

- An observation is an outside perspective:
For example... This is what I am hearing...
- An observation... is SEEING at a deeper level.
- An observation is not ADVICE... NOT you should do X

Choose again who will ask first...

Coach ASK: Briefly describe what you experienced...

{Partner. Listen. Then share your energy observation}

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

{Partner. Listen. Then share your energy observation and/or question}

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

{Partner. Listen. Then share your energy observation and/or question}

Coach ASK: One last thing, when you were in the visualization, did you notice any desires coming up? Often these reveal action items or growth opportunities.

{Partner. Listen. Then share your energy observation and/or question}

{SWITCH ROLES}

.4. Engages in Provocative Conversations (Role Play)

Choose Roles for the first practice (you will both play both roles)

Two Roles

Coach: who is AIMING to be provocative.

Player with a Dream who is OPEN to growth opportunities.

Ways to be Provocative:

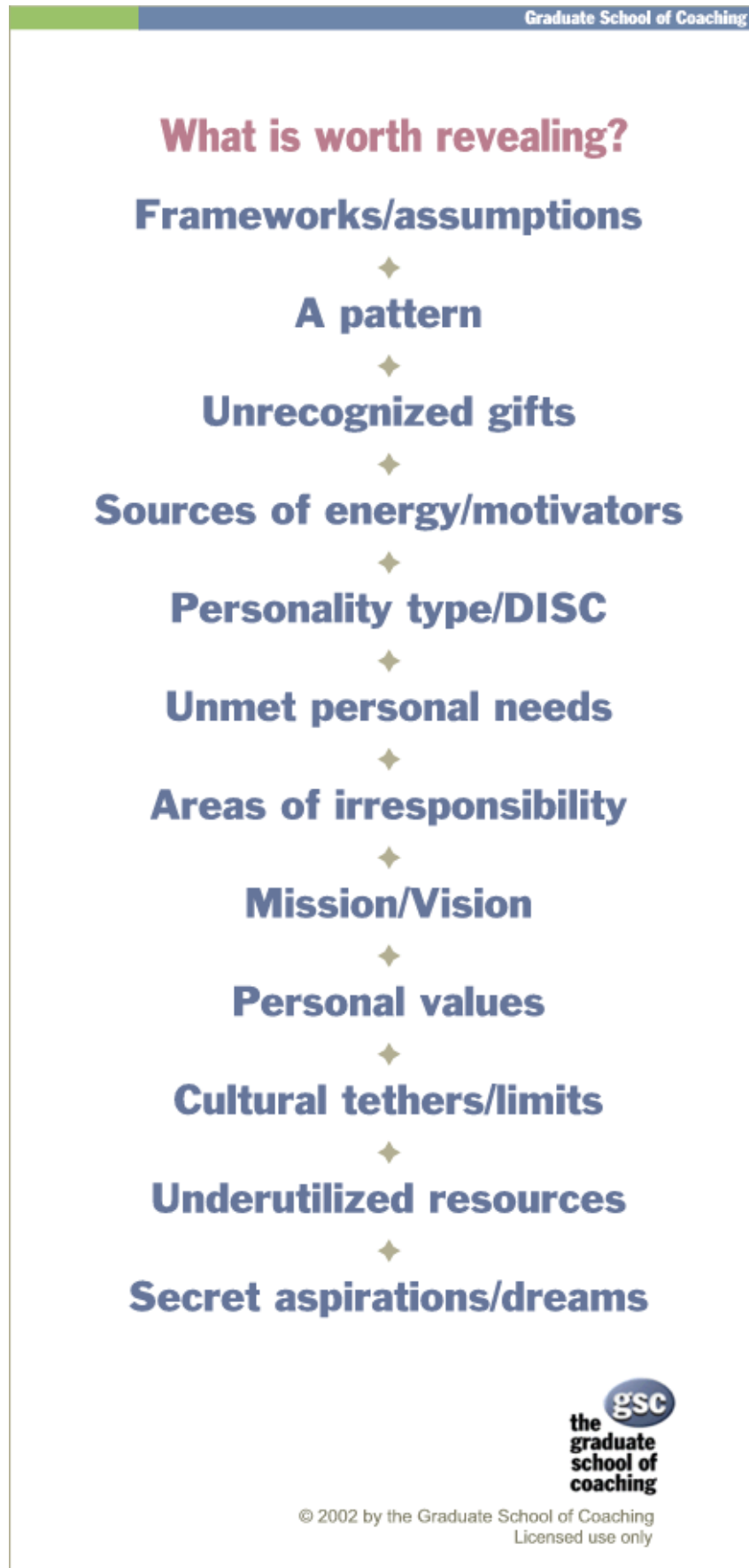
- Suggest something more (more possibilities or a bigger game)
- Suggest something different (notice a distinction or tease out the framework)
- Suggest something less (absence of something, eliminate the source of a problem)
- Go deep fast (go below the surface, is there a deeper truth?)

Coach: Trust yourself to practice BEING provocative... even more than you might typically be!

Player: Think of this as a treasure hunt for growth opportunities.

Keep going until the facilitator guides you to switch roles OR wrap up the practice.

.5. Reveal the Person Menu for Exercise #5



.5. Reveal the Person to Themselves

This is called the Menu Technique.

Choose Roles for the first practice (you will both play both roles)

Coach: present the menu to the player. Ask them to choose something for YOU to reveal to them. After they choose: speak from the heart / intuition / imagination.

Coach: ask the player to reflect on what you shared.

After they share, they pick another item. Keep going until time runs out.

.6. Elicits Greatness

This practice is called “Quirky Role Play”

Choose Roles for the first practice (you will both play both roles)

Two Roles

Coach: who is VERY focused on Eliciting Greatness. See their greatness. Point to what you SEE.

Player: who is GREATNESS. (play yourself being the highest level of Greatness you can imagine for yourself)

How do you know when you have elicited greatness from your player?

1. The player becomes entirely self-motivated.
2. The player rises above the current situation.
3. The player feels empowered, and feels in charge of their own destiny.
4. The player is in action on things that are big to them.
5. The player sees possibilities where previously they did not.

Keep going until the facilitator guides you to switch roles OR wrap up the practice.

.7. Celebrate Human Connection

BOTH ASK: What do you want to celebrate about this experience of practicing together?

TAKE TURNS SHARING

Both Share... Uplevel (go deeper) something you see you have in common...

Both share... Uplevel (go deeper) something you see that is unique about them...

We are transforming Human Nature
into Advanced Human Connection SKILLS.

FEEL YOUR POWER!

Thanks for being AWESOME!

Coach Dave