



Coach Intensive “Gathering Guide”

Session 03
Transformation Sharing

By Coach Dave Buck, MCC

This is the Coach Intensive Session 3 “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.

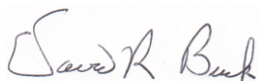
Enjoy your experience.

Enjoy your partner.

Enjoy your emerging Advanced Human Connection SKILLS



Coach Dave Buck and the CoachVille Team!



Focus for Session #3: Transformation Story Sharing

The BIG IDEA

The BIG Idea for Advanced Human Connection SKILLS is to engage with people and grow relationships based on sharing Dreams and then stories of transformation and growth opportunities.

This is a BIG shift since in the toxic Industrial Culture, we are all indoctrinated into presenting to the world that we are perfect and have everything figured out.

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 AFTER you meet someone new and share your Dream, the NEXT thing you want to share with them is your transformation story; and the next thing you want to know about them is their transformation story and/or their growth opportunities.

We call this Transformation Sharing and we will practice this together in the second session.

BE THE PERSON WHO SHARES ABOUT TRANSFORMATION!

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.

THIS IS SUPER IMPORTANT...

Your Dream will present you with numerous opportunities for Transformation. The most common is the transformation of your natural abilities or perceived weaknesses into SKILLSETS and MINDSETS. On your adventure you will become the next version of you! The key is to SHARE about it so that others want to join you on the adventure.

Outline for the Session

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

In session one we will practice several Advanced Human Connection Skills oriented toward the social situation of Transformation Sharing; this includes challenges and growth opportunities.

.1. Welcome and Warm Up

.2. Transformation Sharing Practice

- Share a Celebration
- Social Situation = Share a Transformation Story
- Human Connection Practice

.3. Proficiency #05 Expands the Person's Best Efforts

You have observed your partner sharing a Transformation Story.

Coach, aim to expand their effort with new a new skill or mindset/belief or BOTH.

Coach and Player will co-create Next Level Transformation Story Sharing Scenes.

Then we will use the Peak Experience Technique to practice the desired future scene where you are stepping into the EXPANDED version of you with new SKILLS and new MINDSET.

BIG GROUP = Peak Experience... Imagine and FEEL your future moment

Practice together with your partner debriefing and growing from practice.

.4. Proficiency #06 Navigates Via Curiosity

Using Role Play we will practice roles of being a Curious Coach and the Transforming Player who is "being / embodying" the NEXT version of themselves; with new SKILLSET and MINDSET.

Player shares their biggest challenge / growth opportunity right now.

Coach practices navigating via curiosity. (NOT trying to solve the challenge!)

.5. Proficiency #07 Recognizes the Perfection in Every Situation

Use The same Challenge / Growth Opportunity

Player, choose from the Menu to Recognize the Perfection.

Coach: Share your outside perspective to recognize what is perfect.

Then... Co-create awareness of perfection together.

If you have time, the player can choose another item on the menu.

.6. Proficiency #04 Enjoys the Person Immensely

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

The Coach will ask the player to describe growth opportunities, struggles, including situations where they experience impatience and frustration.

Then the coach aims to “embody” enjoyment of the player and share what they enjoy about them in each situation; especially “the struggles”.

.7. Completion and Celebrations!

Both partners share a celebration of the shared experience.

Both partners aim to go deeper...

What do you have in common with your partner

What do you see is unique and special about your partner

Prepare your Transformation Story for the Session

Consider a somewhat recent situation of awakening and transformation from your life that you would be willing to share with someone as you get to know each other better.

You probably have a few of these, so choose one that you want to:

.A. Practice with your partner.

.B. Can see yourself sharing with one or more people AFTER Session 2 of the Intensive.

A basic transformation story has 3 parts

Part 1: The situation you were in that sparked the transformation (can have a short backstory)

Part 2: What was the Awakening or Transformation; including new SKILLSET and MINDSET

Part 3: What you are doing as a result of this transformation.

You can use the Prep Sheet on the next page to write a few notes.

Prep Exercise BEFORE the session

Dream Prep...	Notes from during the practice...
.1. Describe your BEFORE Transformation situation... _____ _____ _____ _____ _____ _____	 _____ _____ _____ _____ _____ _____
.2. Describe how you Transformed (weave in new SKILLS and MINDSET)... _____ _____ _____ _____ _____ _____	 _____ _____ _____ _____ _____ _____
.3. Describe the AFTER Transformation situation... _____ _____ _____ _____ _____ _____	 _____ _____ _____ _____ _____ _____

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 Transformation 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. Transformation Story (about 1 minute)

ASK: Do you want to share the whole story with me, or would you prefer I ask you the 3 questions?

{Partner: just listen!}

IF they prefer 3 question prompts...

.A. The Transformation Catalyst? (about 1 minute)

ASK: What was the situation that sparked the transformation? (the one minute version)?

{Partner: listen}

.B. The Awakening? (about 1 minute)

ASK: What was the awakening and how did it lead to new SKILLS or new MINDSET?

{Partner: listen}

.C. Now Possible? (about 1 minute)

ASK: What is now possible for you because of this transformation?

{Partner: listen}

{SWITCH PLACES – the other partner asks the questions}

Then after both share their Celebration and Transformation...

.3. 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 “Expanded” Scene of sharing your transformation story.</p> <hr/> <hr/>	<p><i>Describe how you want the other person to feel while hearing your Transformation Story...</i></p> <hr/> <hr/>
<p>Describe your new SKILLS and MINDSET in the scene.</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. #05 Expand the Players Best Efforts (Peak Experience)

Two Roles

Coach: who is Expanding the Best Efforts with the Peak Experience Technique

Player: with a Transformation Story to share better / more often.

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

You have observed your partner sharing a Transformation Story.

Coach, aim to expand their Best Effort with a new skill or mindset/belief or BOTH.

Coach SAY: Let's explore how you can expand your transformation story telling.

Coach ASK: *How can you share it with more skill?*

Maybe more drama or more emotion or a stronger ending?

{Coach, Listen and then share your ideas?}

Coach ASK: *What mindset shift do you need to share the story this way?*

{Coach, Listen and then share your ideas?}

Coach ASK: *How can you share it with more people?*

{Coach, Listen and then share your ideas?}

Coach ASK: Let's co-create a Peak Experience Moment of you Sharing your Transformation Story with another person. Aim to describe a scene that could happen in the next week.

{Coach, Listen}

ASK: Describe for me the new SKILL and MINDSET in 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?

{Coach, Listen}

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

{Coach, 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!

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. #06 Navigates Via Curiosity (Role Play)

Two Roles

Coach: who is AIMING to be curious.

Player: with a Dream who is OPEN to growth opportunities.

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

Coach ASK: Share with me an interesting challenge or growth opportunity in your life (or business) right now?

Coach: Trust yourself to practice BEING CURIOUS; especially “Agenda Free”... even more than you might typically be!

Player: Think of this as a treasure hunt for new awareness.

Ways to be Curious:

- Be curious about the situation
- Be curious about the dynamic
- Be curious about the person
- Be curious about the facts

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

Recognize Perfection Menu for Exercise #5



.5. #07 Recognizes Perfection in Every Situation

This is called the Menu Technique.

Two Roles

Coach: who is Recognizing Perfection in the Players situation.

Player: with a Dream who is OPEN to growth opportunities.

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

You will continue to explore the challenge / growth opportunity from the last segment.

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

After the coach shares, the player can add their perspective too.

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

{SWITCH ROLES}

.6. #04 Enjoy the Person Immensely (Exploration Exercise)

This practice is called “Exploration Exercise”

Two Roles

Coach: who is ENJOYING their partner

Player: who is ENJOYING themselves and their growth opportunities.

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

Questions to explore enjoyment with your player?

1. ***Coach Ask:*** What is something you enjoy about yourself?
2. ***Coach Share:*** This is something I enjoy about you...{fill in the blank}.
3. ***Coach Ask:*** What is something that you tolerate about yourself but don't ENJOY?
4. ***Coach Ask:*** What could you ENJOY about that?
5. ***Coach Share:*** How you would enjoy that situation / quality
6. ***Coach Ask:*** Share about a person or a “situation” with a person that you really enjoy... AND describe what you enjoy ...
7. ***Coach Share:*** How you would enjoy that situation / quality

Keep repeating 6 and 7 until the facilitator guides you to switch roles OR wrap up the practice.

{SWITCH ROLES}

.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