

Human Connection PRACTICE Intensive



Playbook
by Dave Buck, MCC

Human Connection for the WIN!

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Human Connection Practice Intensive Playbook

By Coach Dave Buck, MCC

WELCOME!

To the Human Connection Practice Intensive Playbook

In this “Playbook” you will find the outlines and guides for each practice that we will do together during the event. In each of the four sessions you will have one partner; but a different partner for each of the four sessions.

In this event we will PRACTICE several human connection SKILLS and exercises using a variety of practice techniques. In each of the four sessions we will focus on one social situation and practice with four of Thomas Leonard’s Coaching Proficiencies: a Proficiency is an advanced skill.

I recommend that you print this playbook!

Having it in front of you will make it easier to practice with your partner.

As an alternative, for a ZOOM event, you can have the PDF on your screen if you are adept at managing multiple windows while you participate.

Another alternative is to use the CV App. The Playbook for each session is available there and you can use it while you practice.

Enjoy your experience.

Enjoy your partners.

Enjoy your emerging Advanced Human Connection SKILLS



coach dave buck and the CoachVille Team!

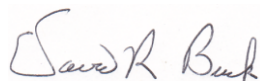


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Session 01

Dream Sharing

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 by the Toxic Industrial Culture into completing tasks and transactional relationships.

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, or reconnect with someone you haven't spoken with in a while, 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 SHARES ABOUT DREAMS

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. 😊

Dream Sharing has a few common elements (and there are many possibilities to elaborate)

- .1. Describe your Dream as a vision you are playing for (describe the future that you see yourself experiencing)
- .2. Describe the SPARK for this Dream
- .3. Describe the Ripple effect you will have on others by playing this Dream (AKA the Purpose)

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!

PRACTICE PLAN for Session 1

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. SKILL: 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. SKILL: Engages in Provocative Conversations

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

.5. SKILL: Reveal the Person to Themselves

We will practice using the “Menu Exercise” technique.

The Roles are Practice and Partner

The Partner chooses an item from the “Reveals Menu” and “Practice” Reveals it to the Partner.

.6. SKILL: 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!

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

.1. Group Warm Up

A practice 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 warmup 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.

In the breakout room, you will meet your partner for all of the Practice Exercises in Session 1.

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

There are two roles: Practice and Partner

“Practice” asks the questions while Partner shares their Dream,

CHOOSE who will Practice first.

SETUP

Practice SAY: Let’s practice Dream sharing. I’ll ask the questions first while you share your Dream. Then we will switch roles.

Practice ASK: Does that sound good to you?

{Wait for your partner to say YES}

EXERCISE

.1. Celebrate (about 1 minute)

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

{listen and encourage them ... }

Practice SAY: I can see you doing that!

.2. Dream (about 1 minute)

Practice 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)

Practice 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)

Practice 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...}

Practice SAY: I can see that happening!

{SWITCH ROLES – and go back to the start of the EXERCISE}

{After both Share their Dream... the Exercise continues on the next page}

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 Practices First Exercise

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 Guide and Partner

“Guide” asks the questions

While their Partner shares their Peak Experience AND fills in the notes sheet,

CHOOSE who will Practice first.

SETUP

Guide SAY: Let’s practice designing a Dream Sharing Peak Experience to practice. I’ll ask the questions first while you design your experience and fill in the notes sheet. Then we will switch roles.

Guide ASK: Does that sound good to you?

{Wait for your partner to say YES}

EXERCISE

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

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

{Practice, Listen}

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

{Practice, Listen}

Guide 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)

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

{Practice, Listen}

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

{Practice, Listen}

{SWITCH ROLES – Go back to the start of the EXERCISE}

BIG GROUP

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

You will Visualize and embody the scene from both perspectives WITH “Flow writing”

{Exercise Continues on Next Page}

BACK WITH YOUR PARTNER

Choose again who will Guide first...

Guide, 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

EXERCISE PART 2

Guide ASK: Briefly describe what you experienced...

{Guide. Listen. Then share your energy observation}

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

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

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

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

Guide 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.

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

{SWITCH ROLES Go back to EXERCISE Part 2}

.4. Engages in Provocative Conversations (Role Play)

Two Roles

Practice: who is AIMING to be provocative.

Partner with a Dream who is OPEN to growth opportunities.

Choose who will Practice first

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?)

SETUP

Practice SAY: Let's practice Engaging in a Provocative Conversation. I'll play the role of being provocative by asking some questions and sharing some provocative observations while you step into your role as a player with your Dream looking for the growth opportunities like a treasure hunt. Then we will switch roles.

Practice ASK: Does that sound good to you?

{Wait for your partner to say YES}

EXERCISE

Practice: Use the list above to get started. Then, trust yourself to practice BEING provocative... even more than you might typically be!

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

What is worth revealing?

Frameworks/assumptions



A pattern



Unrecognized gifts



Sources of energy/motivators



Personality type/DISC



Unmet personal needs



Areas of irresponsibility



Mission/Vision



Personal values



Cultural tethers/limits



Underutilized resources



Secret aspirations/dreams



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.5. Reveal the Person to Themselves

This is called the Menu Technique.

Two Roles

Practice: who is going to REVEAL the Partner to themselves.

Partner: A Player with a Dream who chooses from the menu.

Choose who will Practice first

SETUP

Practice SAY: Let's practice the Skill Reveals the Person to themselves. I'll show you the menu and you choose what you want me to reveal. We'll keep revealing until we run out of time and then we will switch roles.

Practice ASK: Does that sound good to you?

{Wait for them to say "YES"}

EXERCISE

Practice: present the menu to your Partner.

Practice ASK: Which would you like me to reveal?

After they choose: speak from the heart / intuition / imagination to share what you see in your partner.

Partner: After Practice shares, you can share your thoughts.

After you both share, pick another item.

Keep going until time runs out.

{SWITCH ROLES and restart the EXERCISE}

.6. Elicits Greatness

This is called the “Quirky Role Play”.

Two Roles

Practice: who is VERY focused on Eliciting Greatness. See their greatness. Point to what you SEE. ASK them to express it.

Partner: who is stepping into their GREATNESS. Step into the GREATNESS you can imagine for yourself and speak as that version of YOU.

Choose who will Practice first

ELICIT: to draw or bring out

Ways to Elicit Greatness?

1. Invite your partner to see a new possibility where previously they did not.
2. Ask your partner to become entirely self-motivated.
3. Invite your partner to rise above the current situation.
4. Invite your partner to feel empowered and be in charge of their own destiny.
5. Invite your partner to be in action on things that are BIG to them.

SETUP

Practice SAY: Let’s practice the Skill Elicits Greatness. We will talk about your Dream. I will attempt to Elicit your Greatness while you step into your Greatness.

Practice ASK: Does that sound good to you?

{Wait for them to say “YES”}

EXERCISE

Practice: Start with the list above and then... TRUST YOURSELF to ELICIT and TRUST your Partner to step up.

Keep going until time runs out.

{SWITCH ROLES and restart the EXERCISE}

.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.

Human Connection For the WIN!

Thanks for being AWESOME!

coach dave

Session 02

Growth Opportunity Sharing

Focus for Session #2: The Social Scene Growth Opportunity 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 growth opportunities, transformation and adventure.

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 growth opportunity; this will make you trustworthy, real and HUMAN!

We call this Growth Opportunity Sharing and we will practice this together in this session.

BE THE PERSON WHO SHARES ABOUT GROWTH!

A growth opportunity has 3 parts

Part 1: How is your Dream asking you to grow? (can have a short backstory)

Part 2: What are the new SKILLSETS and MINDSETS / Beliefs you are developing?

Part 3: What will become possible with these new SKILLS and MINDSET?

THIS IS SUPER IMPORTANT...

Your Dream will present you with numerous opportunities – or DEMANDS - to Grow. In a way... this is why we Humans have Dreams in the first place.

The most common growth opportunities come in the form of challenges that require you to grow 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. (we will explore this more in Session 4)

PRACTICE PLAN for Session 2

In session three we will practice several Advanced Human Connection Skills oriented toward the social situation of Growth Opportunity Sharing..

.1. Welcome and Warm Up

.2. Growth Opportunity Sharing Practice

- Share your Dream
- Social Situation = Share a Growth Opportunity
- Human Connection Practice

.3. SKILL: Hones In On What Is Most Important

You have observed your partner sharing their Growth Opportunity

“Practice”, aim to Hone in on What is Most Important: a new skill and new mindset/belief.

Then we will use the Peak Experience Technique to practice the desired future scene where you are stepping into the MOST IMPORTANT Action 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. SKILL Communicates Cleanly

The two roles are Practice and Partner

“Practice” will choose a SKILL from the Clean Communication Menu

Then, using Role Play “Practice” will practice engaging the Partner about their growth opportunity using that SKILL.

.5. SKILL: Shares What Is There

The two roles are Practice and Partner

Use The same Growth Opportunity / Challenge

Partner, choose from the “What to Share” Menu.

Practice: Share what you see based on the selected area.

Then... Co-create awareness together.

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

.6. SKILL: Champions the Person

Again, two roles: Practice and Partner
This practice is called an “Exploration Exercise”

Practice: who is CHAMPIONING their partner

Partner: who is being Championed.

Practice will ask their Partner to describe what they want to be Championed for in a series of questions.

Then “Practice” aims to “Champion” their partner. especially “their growth”.

.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

.1. Group Warm Up

A practice 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.

You will meet your partner for Session #2

.2. Share Your Dream and Growth Opportunity (6 minutes each)

There are two roles: Practice and Partner

“Practice” asks the questions while Partner shares their Dream and Growth Opportunity.

CHOOSE who will Practice first.

SETUP

Practice SAY: Let’s practice Dream sharing. I’ll ask the questions first while you share your Dream. Then we will switch roles.

Practice ASK: Does that sound good to you?

{Wait for your partner to say YES}

EXERCISE

.1. Dream Share (about 1 minute)

Practice ASK: Can you share with me your Dream right now? ...

{listen and encourage them ... }

Practice SAY: I can see you doing that!

.2. Growth (about 1 minute)

Practice ASK: How is your Dream asking you to grow? (1 minute version)

{Partner: just listen!}

.3. SKILLSET & MINDSET / Beliefs (about 2 minute)

Practice ASK: Describe the new SKILLSET and MINDSET you are developing? (1 minute)

{Partner: listen}

.4. What will be possible? (about 1 minute)

Practice ASK: What is your vision of what will be possible with these new SKILLS and MINDSET? (1 minute)

{Partner: listen}

{SWITCH PLACES – the other partner asks the questions}

Then after both share their Celebration and Transformation...

.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}

**How to hone in
on what's most important**

Listen for dissonance



Look for the glow



Notice resistance



Define success measures



Respond to synchronicity



Ask the client



Identify consequences



Prioritize benefits



Respect serendipity



What strengthens integrity



What positions better



Strategic vs tactical value



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NOTES SHEET for Exercise #3 Honed In on Most Important

Players Perspective...	Other Perspective...
<p>Briefly describe the “Honed In” Scene for your Growth Opportunity.</p> <hr/> <hr/> <hr/>	<p><i>Describe how you want the other person to feel in this scene...</i></p> <hr/> <hr/> <hr/>
<p>Describe your new SKILLS and MINDSET in this Growth Scene?</p> <hr/> <hr/> <hr/>	<p><i>Describe what you want them to do...</i></p> <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/>	<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. #08 Hones in on What is Most Important (Peak Experience)

Both will play the role of Guide and Partner

“Guide” asks the questions

Two Roles

Guide: Who is guiding their Partner to HONE IN ON the Most Important Peak Experience to practice

Partner: With growth opportunity who is honing in on the most important SKILL and Mindset to practice. While honing in, fill in the notes sheet to prepare for the Peak Experience Exercise.

CHOOSE who will Guide first.

SETUP

Guide SAY: Let’s practice Honing in on a Peak Experience to practice. We’ll use a menu to choose a focus and then I’ll ask the questions while you design your experience and fill in the notes sheet. Then we will switch roles.

Guide ASK: Does that sound good to you?

{Wait for your partner to say YES}

EXERCISE

Guide SAY: Let’s look at the “Hones In” Menu and choose a focus for your Growth Opportunity.

{Guide, look at the Menu together and co-create with your partner}

Guide ASK: What is an action you can take in the next few days based on this focus?

{Guide, co-create with your partner }

Guide ASK: Let’s co-create a Growth Oriented Peak Experience Scene of you engaging in this action?

{Guide, co-create with your partner }

Guide ASK: Describe the SKILL you will be expressing?

{Guide, Listen and then share your ideas?}

Guide ASK: What mindset or belief shift you will need for this SKILL?

{Guide, Listen and then share your ideas?}

Guide SAY: Next we will push the energy to another person in the scene (either in the moment of AFTER if it is a creation)

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

{Guide, Listen}

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

{Guide, Listen}

{SWITCH ROLES and restart the EXERCISE}

BIG GROUP

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

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

{Continue on NEXT PAGE}

BACK WITH YOUR PARTNER

Guide, 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

EXERCISE PART 2

Confirm who will Guide first...

Guide ASK: Briefly describe what you experienced...

{Guide. Listen. Then share your energy observation}

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

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

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

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

Guide 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.

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

{SWITCH ROLES AND RESTART EXERCISE PART 2}

Communicates Cleanly Menu for Exercise #4

Graduate School of Coaching

How to communicate cleanly

Throw away your coaching hat



Communicate any biases



Share concerns as they appear



Believe in the client



Step in the client's shoes



Share inklings/intuition frequently



Share with vs talk to/at the client



Be unconditionally constructive



Be responsible for how you're heard



Replace puffery with respect



Lighten the significance in your voice



Resolve the need you have to speak



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.4. #09 Communicates Cleanly (Quirky Role Play)

This is a Menu and Quirky Role Play exercise.

Two Roles

Practice: who is practicing Clean Communication

Partner: with a Dream and a growth opportunity.

Choose who will Practice first

SETUP

Practice SAY: Let's practice the Communicate Cleanly SKILL. I'll choose a communication skill from the menu and then I will engage with you about your Dream and Growth Opportunity while using the SKILL. We'll keep going until we run out of time and then we will talk about how I did.

Practice ASK: Does that sound good to you?

{Wait for them to say "YES"}

EXERCISE

Practice: Choose a SKILL on the Communicate Cleanly Menu that you want to practice.

Practice SAY: Let's explore your Dream and Growth opportunity while I practice X {**name the SKILL**}

Practice: Trust yourself to explore with your player while you practice your Clean Communication SKILL

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

With 2 minutes left, the facilitator will invite you to stop the role play and share observations about the experience.

{SWITCH ROLES and Restart the EXERCISE}

Share What is There Menu for Exercise #5

Graduate School of Coaching

What to share with a client

What you see



What you sense



What you can barely sense



What concerns you



What you like



What you know



What you don't know



What you want them to know



What you believe to be true



What you have seen that works



What you want from them



What you need from them



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.5. #10 Shares What is There (Menu)

This is called the Menu Technique.

Two Roles

Practice: who is going to SHARE WHAT IS THERE with their Partner.

Partner: A Player with a Dream who chooses from the menu.

Choose who will Practice first

SETUP

Practice SAY: Let's practice the Skill SHARES WHAT IS THERE. I'll show you the menu and you choose what you want me to SHARE. We'll keep choosing from the menu and sharing until we run out of time and then we will switch roles.

Practice ASK: Does that sound good to you?

{Wait for them to say "YES"}

EXERCISE

Present the menu to the Partner

Practice SAY: Choose an area that you want me to "SHARE" about.

After they choose: speak from the heart / intuition / imagination about their Dream and Growth Opportunity and anything else.

After "Practice" shares, the Partner can add their perspective too.

After you both share, the Partner picks another item from the menu. Keep going until it's time to switch roles or time runs out.

{SWITCH ROLES and ReStart the EXERCISE}

.6. #11 Champions the Person (Exploration Exercise)

This practice is called an “Exploration Exercise”

Two Roles

Practice: who is CHAMPIONING their partner

Partner: who is being Championed.

Choose who will Practice first

SETUP

Practice SAY: Let’s practice the CHAMPIONS THE PERSON SKILL. I’ll ask you a series of questions about a recent accomplishment and then share it back with you.

Practice ASK: Does that sound good to you?

{Wait for them to say “YES”}

{EXERCISE ON NEXT PAGE}

EXERCISE

.1. *Practice ASK*: What is something you accomplished or overcame recently that you would like to be championed for

{Just Listen}

.2. *Practice ASK*: What was special about what you did?

.3. *Practice Share*: I want to congratulate you for... {Share back what you heard}

.4. *Practice ASK*: What did it take for you to do that?

.5. *Practice Share*: I want to compliment you for... {Share back what you heard}

.6. *Practice ASK*: Who did you become from this experience?

.7. *Practice Share*: I want to cheer for you for... {Amplify what you heard}

.8. *Practice ASK*: What does this accomplishment mean and why does it matter?

.9. *Practice Share*: I want to champion you for... {Amplify what you heard}

.10. *Practice & Partner*: Keep co-creating what it means and why until time runs out.

{SWITCH ROLES and Restart the EXERCISE}

.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.

Human Connection For the WIN!

Thanks for being AWESOME!

coach dave

Session 03

Transformation 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 growth opportunities, transformation and adventure.

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. When you share a transformation story you reveal your authenticity and vulnerability. This 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, another 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.

Transformation is not just metaphysical, it is also specific and practical. Specifically a transformation occurs when a natural ability within us is “transformed” into a SKILL that we can use in the world for our dream; often from a LOT of practice. In the process we become the next version of ourselves, more capable than before. Most SKILL transformations also include Mindset Transformations where there is a “before and after” belief, value, philosophy or strategy.

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

BE THE PERSON WHO SHARES ABOUT TRANSFORMATION

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 3 of the Intensive.

A basic transformation story has 3 parts

IMPORTANT = Playing our Dreams will ALWAYS lead to Transformation Experiences.

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.

Practice Plan for Session 3

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

.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

There are two roles: Practice and Partner

You have observed your partner sharing a Transformation Story.

Practice, aim to “Expand Their Effort” with ways to share the story for bigger impact.

Practice and Partner 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 Story Sharing SKILLS and new Story Sharing 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

Role Play with two roles:

Practice Curiosity “Practice will engage with their Transforming Partner and Transforming Partner will embody their recent transformation.

Transforming Partner shares their biggest challenge / growth opportunity right now.

Practice Curiosity will engage “navigating via curiosity”. (NOT trying to solve the challenge!)

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

Two Roles: Practice and Partner

Use The same Challenge / Growth Opportunity as Exercise #4

Partner, choose from the Menu to Recognize the Perfection.

Practice: 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

Two Roles (Practice and Partner) using the “Quirky Role Play” technique

Practice will ask the Partner a series of questions about what they enjoy and don't enjoy about themselves. Practice will EMBODY enjoying the Partner and share with their Partner what they enjoy about them.

.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

.1. Group Warm Up

A practice 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.

You will meet your partner for the Session 3 exercises.

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

There are two roles: Practice and Partner

“Practice” asks the questions while Partner shares their Dream and Transformation Story.

CHOOSE who will Practice first.

SETUP

Practice SAY: Let’s practice sharing our Transformation Story. I’ll ask the questions first while you share. Then we will switch roles.

Practice ASK: Does that sound good to you?

{Wait for your partner to say YES}

EXERCISE

.1. Celebration and Dream (about 1 minute)

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

{listen}

Practice ASK: Can you share with me the quick version of your Dream right now? ...

{listen and encourage them ... }

Practice SAY: I can see you doing that!

.2. Transformation Story (about 1 minute)

Practice 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)

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

{Partner: listen}

.B. The Awakening? (about 1 minute)

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

{Partner: listen

.C. Now Possible? (about 1 minute)

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

{Partner: listen

{SWITCH ROLES and ReStart the EXERCISE}

Then after both share their Transformation Story...

.3. Human Connection Practice:

LAST 3 minutes... TAKE TURNS 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 Persons Best Efforts (Peak Experience)

Both will play the role of Guide and Partner

“Guide” asks the questions

Two Roles

Guide: Who is guiding their Partner to EXPAND Their PARTNERS BEST EFFORTS in how they shared their Transformation Story. Then define a Peak Experience of sharing at a higher level.

Partner: With a Dream and a Transformation Story that they want to share in a BIGGER Way; either more compelling or more often. Fill in the notes sheet to prepare for the Peak Experience Exercise.

CHOOSE who will Guide first.

SETUP

Guide SAY: Let’s practice Expanding each others BEST EFFORTS in how we share our Transformation stories with a new skill or mindset/belief or a to a bigger audience. And then design a Peak Experience to practice. I’ll ask the questions while you design your experience and fill in the notes sheet. Then we will switch roles.

Guide ASK: Does that sound good to you?

{Wait for your partner to say YES}

EXERCISE CONTINUES ON NEXT PAGE

EXERCISE

Guide SAY: Let's explore how you can expand your transformation story sharing.

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

Maybe more drama or more emotion, vulnerability or a stronger ending?

{Guide, Listen and then share your ideas?}

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

{Guide, Listen and then share your ideas?}

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

{Guide, Listen and then share your ideas?}

Guide 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.

{Guide, Listen}

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

{Guide, Listen}

Guide 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)

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

{Guide, Listen}

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

{Guide, Listen}

{SWITCH Roles – and restart the EXERCISE}

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!

{EXERCISE CONTINUES ON NEXT PAGE}

BACK WITH YOUR PARTNER

Follow the playbook 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

EXERCISE PART 2

Choose again who will ask first...

Guide ASK: Briefly describe what you experienced...

{Partner. Listen. Then share your energy observation}

Guide 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}

Guide 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}

Guide 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 and ReStart EXERCISE Part 2}

.4. #06 Navigates Via Curiosity (Role Play)

Two Roles

Practice: who is AIMING to be CURIOUS.

Partner with a Dream who is OPEN to new awareness about their Transformation.

Choose who will Practice first

Ways to be Curious:

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

SETUP

Practice SAY: Let's practice Navigating via Curiosity. I'll play the role of being curious by while you step into your role as a player with your Dream looking for new awareness like a treasure hunt. Then we will switch roles.

Practice ASK: Does that sound good to you?

{Wait for your partner to say YES}

EXERCISE

Practice: *Be curious about their recent Transformation;* Ask a question that is coming up within you.

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

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

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

**Things that don't seem perfect,
yet can be seen as perfect.**

Failure



Resistance



Missed opportunity



Frustration



Confusion



Dislocation



Sliding backward



Mistakes



Financial loss



Stress



Difficult relationships



Competitive threats



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.5. #07 Recognizes Perfection in Every Situation

This is a Menu Exercise.

Two Roles

Practice: who is going to RECOGNIZE PERFECTION with their Partner.

Partner: with a Dream who has recently experienced Transformation (probably from a challenge or desire) who chooses from the Menu.

You will continue to explore the transformation from the last segment and go deeper into the underlying challenge or desire that sparked the transformation.

Choose who will Practice first

SETUP

Practice SAY: Let's practice the Skill RECOGNIZE PERFECTION IN EVERY SITUATION. I'll show you the menu and you choose how we are going to RECOGNIZE PERFECTION. We'll both share after you choose from the menu. We can explore menu options and sharing until we run out of time and then we will switch roles.

Practice ASK: Does that sound good to you?

{Wait for them to say "YES"}

EXERCISE

Present the menu to the Partner

Practice SAY: Choose the PERFECTION that you want me to explore first.

After they choose: speak from the heart / intuition / imagination about their situation and the area of perfection they want to explore.

After "Practice" shares, the Partner can add their perspective too.

After you both share, the Partner picks another item from the menu. Keep going until it's time to switch roles or time runs out.

{SWITCH ROLES and ReStart the EXERCISE}

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

This practice is called an “Exploration Exercise”

Two Roles

Practice: who is ENJOYING their partner

Partner: who is being ENJOYING themselves and their recent transformation.

Choose who will Practice first

SETUP

Practice SAY: Let’s practice the ENJOY THE PERSON IMMENSELY SKILL. I’ll ask you a series of questions share what I enjoy about you.

Practice ASK: Does that sound good to you?

{Wait for them to say “YES”}

EXERCISE

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

{SWITCH ROLES and Restart EXERCISE}

.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.

Human Connection For the WIN!

Thanks for being AWESOME!

coach dave

Session 04

Adventure Sharing

The BIG IDEA

The BIG Idea for Advanced Human Connection SKILLS is to engage with people and grow relationships based on sharing our Dreams and inviting companions to join us on Life Adventures.

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 and instead embrace the mystery, challenge and joy of ADVENTURE into new territory. This is much better for Human Relating because... IT'S TRUE!! WE DON'T KNOW WHAT IS GOING TO HAPPEN.

Every human endeavor, from a road trip to a new city to running a business, is an ADVENTURE with companions. In a business... our colleagues are companions. And so are our advocates, partners and even our customers... we are all companions on a Life Adventure.

As a person with the Advanced Human Connection SKILL of Adventure Sharing, you will have a unique approach that will make you a MAGNET for connections and opportunities... and you will cause a ripple effect of good for the people around you.

So the idea is that as you grow your relationship with someone... the next thing you want to share with them is your adventure and possibly enroll them as a companion; this will make you magnetic, real and HUMAN!

We call this Adventure Sharing and we will practice this together in the fourth session.

BE THE PERSON WHO SHARES ABOUT ADVENTURE!

A basic Adventure Invitation story has 4 parts

Part 1: Describe your Dream like a growth-oriented adventure story that includes Human Connection. (can have a short backstory)

Part 2: Describe the Adventure Highlights that you can envision?

Part 3: Describe the potential rewards of this adventure?

Part 4: Describe the new SKILLS and MINDSET that you will develop

Note: You can weave in potential challenges. But often when you are enrolling someone for an adventure, you don't talk about that part. 😊

Practice Plan for Session 4

In session four we will practice several Advanced Human Connection Skills oriented toward the social situation of Adventure Invitation Sharing..

.1. Welcome and Warm Up

.2. Adventure Sharing Practice

- Share your Dream
- Social Situation = Share your Adventure
- Human Connection Practice

.3. Proficiency #12 Enters New Territories

You have observed your partner sharing their Adventure.

Together use the Enter New Territory Model and Framework to set a context for your Adventure.

And then co-create a “Future Scene” with the New Territory.

Then we will use the Peak Experience Technique to practice the desired future scene where you are stepping into the New Territory 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 #14 Designs Supportive Environments

Two Roles: Environmental Designer and Adventuring Partner

Using “Speed Drill” Role Play the Environmental Designer will co-create with the Adventuring Partner a plan to upgrade their environments to embody the NEXT version of themselves needed for this adventure; (with new SKILLSET and MINDSET).

.5. Proficiency #13 Relishes Truth

Two Roles: Practice and Partner

Use The same Adventure

Partner, choose from the Relish Truth Menu.

Practice: Shares the Truth that they see.

Partner: Shares the Truth that they see.

Then... Practice and Partner practice “Relishing Truth” together.

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

.6. Proficiency #15 Respect the Persons Humanity

Two Roles: Practice and Partner

We will practice using the “Exploration” technique.

Practice presents the Respects Humanity Model for the Partner to choose an area to Respect Together..

Then Practice aims to Respect their Partners Humanity AND encourage the Partner to respect their own Humanity as well. Practice and Partner co-create mutual respect for Humanity in the chosen area.

.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

.1. Group Warm Up

A practice 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.

You will meet your partner for the Session 4 Exercises.

.2. Share Your Dream and Growth Adventure (6 minutes each)

There are two roles: Practice and Partner

“Practice” asks the questions while Partner shares their Dream and Transformation Story.

CHOOSE who will Practice first.

SETUP

Practice SAY: Let’s practice sharing our Transformation Story. I’ll ask the questions first while you share. Then we will switch roles.

Practice ASK: Does that sound good to you?

{Wait for your partner to say YES}

EXERCISE

.1. Dream Share (about 1-2 minutes)

Practice ASK: Can you share with me your Dream right now? ...

{listen and encourage them ... }

Practice SAY: I can see you doing that!

.2. Adventure (about 2 minute)

Practice ASK: Describe your Dream like a growth-oriented adventure story that includes Human Connection? (2 minute version)

{Partner: just listen!}

.3. Envision Highlights (about 1 minute)

Practice ASK: Describe the Adventure Highlights that you can envision? (1 minute)

{Partner: listen}

.4. The Rewards (about 1 minute)

Practice ASK: What are the potential rewards of this adventure? (1 minute)

{Partner: listen}

.5. New Skills and Mindset (about 1 minute)

Practice ASK: What are the new SKILLS and MINDSET that you will develop? (1 minute)

{Partner: listen}

{SWITCH ROLES Restart the Exercise}

Then after both share their Celebration and Dream Adventure...

.6. 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}

#12. Enters New Territories



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NOTES SHEET for Exercise #3 Enters New Territory

Players Perspective...	Other Perspective...
<p>Briefly describe the “New Territory” Scene as a Peak Experience.</p> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/>	<p><i>Describe how you want the other person to feel in this scene...</i></p> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/>
<p>Describe your new SKILLS and MINDSET in this Growth Scene?</p> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/>	<p><i>Describe what you want them to do...</i></p> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/>
<p><i>Free flow write your thoughts and feelings</i></p> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/>	<p><i>Free flow write your thoughts and feelings</i></p> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 10px 0;"/>

.3. #12 Enters New Territory (Peak Experience)

Both will play the role of Guide and Partner

“Guide” asks the questions

Two Roles

Guide: Who is guiding their Partner to ENTER NEW TERRITORY from the Model and then describe a Peak Experience to practice.

Partner: With an Adventure into a new territory with new SKILLS and Mindset to practice. Describe a Peak Experience in the NEW Territory.

CHOOSE who will Guide first.

SETUP

Guide SAY: Let’s practice Entering a NEW TERRITORY and define a Peak Experience to practice. We’ll use a model to choose a New Territory and then I’ll ask the questions while you design your peak experience and fill in the notes sheet. Then we will switch roles.

Guide ASK: Does that sound good to you?

{Wait for your partner to say YES}

EXERCISE CONTINUES ON THE NEXT PAGE

EXERCISE

Guide SAY: Let's look at the "NEW TERRITORY" Model and choose a focus for your adventure.

{Guide, look at the Model together and co-create with your partner}

Guide ASK: What is an action you can take in the next week based on this focus?

{Guide, co-create with your partner}

Guide ASK: Let's co-create a Growth Oriented Peak Experience Scene of you engaging in this action?

{Guide, co-create with your partner}

Guide ASK: Describe the SKILL you will be expressing?

{Guide, Listen and then share your ideas?}

Guide ASK: What mindset or belief shift you will need for this SKILL?

{Guide, Listen and then share your ideas?}

Guide SAY: Next we will push the energy to another person in the scene (either in the moment of AFTER if it is a creation)

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

{Guide, Listen}

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

{Guide, Listen}

{SWITCH ROLES and Restart the Exercise}

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!

EXERCISE CONTINUES ON THE NEXT PAGE

BACK WITH YOUR PARTNER

The Guide will 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 Guide first...

EXERCISE PART 2

Guide ASK: Briefly describe what you experienced...

{Partner. Listen. Then share your energy observation}

Guide 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}

Guide 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}

Guide 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 and restart EXERCISE Part 2}

Environments for Speed Drill Exercise #4

Environment	Upgrade Ideas
	Memetic (Ideas)
	Relationships (Inner circle)
	Network (Everyone you know + Community)
	Financial (Wealth, Revenue Streams, Expenses)
	Physical (Home, Office, Car and Things)
	Technology (Tech Devices and Social Spaces)
	Body (Physique, Energy, Strength, Wardrobe)
	Spiritual (Including Nature)

.4. #14 Designs Supportive Environments (Quirky Role Play)

This practice is called an “Exploration Exercise”

Two Roles

Guide: who is practicing Environmental Design Speed Drill.

Partner: with a Dream and a growth adventure who needs to upgrade their Environments.

Choose who will Practice first

SETUP

Guide SAY: Let’s practice the DESIGN SUPPORTIVE ENVIRONMENTS SKILL. We’ll walk through the 9 Environments Model as a speed drill; for each environment you name one way you can upgrade it for your Adventure. As you share, write your ideas on the notes sheet. We will do as many as we can with the time we have. Then we will switch roles.

Guide ASK: Does that sound good to you?

{Wait for them to say “YES”}

{EXERCISE CONTINUES ON THE NEXT PAGE}

EXERCISE

***Guide Say:** We upgrade our environments by adding something missing or cleaning up something “messy”.*

Guide Say: Remember... It’s a “speed drill”. We will aim for 1 minute per environment. The purpose is to spark awareness.

Say name each environment and co-create upgrade ideas with your partner.

Memetic (Ideas)

Relationships (Inner circle)

Network (Everyone you know + Community)

Financial (Wealth, Revenue Streams, Expenses)

Physical (Home, Office, Car and Things)

Technology (Tech Devices and Social Spaces)

Body (Physique, Energy, Vibe, Wardrobe)

Spiritual (Including Nature)

{SWITCH ROLES and ReStart the EXERCISE}

Types of truth to relish

Truth about oneself



Truth about people



Truth about business



Truth about families



Truth about learning



Truth about evolution



Truth about problems



Truth about opportunities



Truth about emotions



Truth about success



Truth about life



Truth about coaching



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.5. #13 Relishes Truth (Menu)

This is a Menu Exercise.

Two Roles

Practice: who is going to RELISH TRUTH with their Partner.

Partner: with a Dream Adventure who chooses from the TRHTH Menu.

Choose who will Practice first

SETUP

Practice SAY: Let's practice the Skill RELISH TRUTH. I'll show you the menu and you choose a TRUTH. I will share with you my perspective on this TRUTH related to you and your Adventure. Then you can share your perspective. We can explore menu options and sharing until we run out of time and then we will switch roles.

Practice ASK: Does that sound good to you?

{Wait for them to say "YES"}

EXERCISE

Present the menu to your Partner

Practice SAY: Choose the TRUTH that we are going to RELISH first.

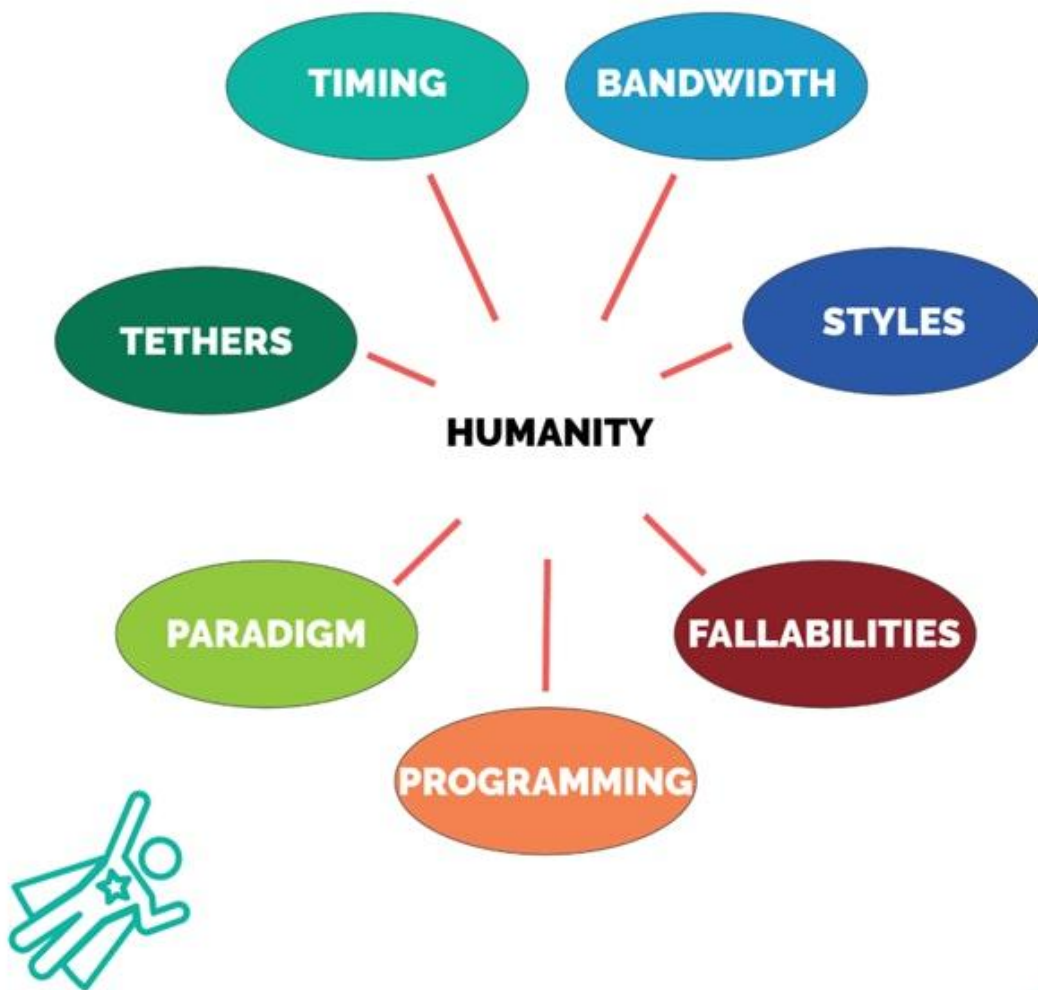
Practice: Say the name of the TRUTH... Then speak from the heart / intuition / imagination to share your perspective.

Then co-create together co-create RELISH for the Truth.

If you have time, the player picks another item from the Relish Truth menu. Keep going until it's time to switch roles or time runs out.

{SWITCH ROLES and restart the EXERCISE}

#15. Respects the Player's Humanity



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.6. #15 Respects the Persons Humanity (Exploration Exercise)

This practice is called an “Exploration Exercise” with a model

Two Roles

Guide: who is guiding the practice of RESPECTING THE HUMANITY of their partner

Partner: who is RESPECTING THEIR OWN HUMANITY.

Choose who will Guide first

SETUP

Guide SAY: Let’s practice the RESPECT THE PERSONS HUMANITY SKILL. I’ll show you a model with options about your Humanity that we can RESPECT together. After you choose, I’ll ask you a series of questions and also share my thoughts.

Guide ASK: Does that sound good to you?

{Wait for them to say “YES”}

{EXERCISE ON NEXT PAGE}

Guide: Present the RESPECTS Model to your Partner.

.1. **Guide ASK:** Choose an area from the Respects Model that you would love expanded...

{Guide, Just Listen}

.2. **Guide ASK:** What would Respect in this area mean to you?

Guide: after your partner shares, add your insights and co-create together.

.3. **Guide ASK:** How will this level of Respect enhance your Dream Adventure?

Practice: after your partner shares, add your insights and co-create together.

.4. **Guide ASK:** Is there another aspect of your situation or YOU, that needs more RESPECT for you to thrive?

Guide: after your partner shares, add your insights and co-create RESPECT for HUMANITY together.

{SWITCH ROLES and restart the EXERCISE}

.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.

Human Connection For the WIN!

Thanks for being AWESOME!

coach dave

Together, we are transforming Human Nature
into Advanced Human Connection SKILLS.

FEEL YOUR POWER!

Thanks for being AWESOME!

coach dave