

Coaching Outline for Session #5 Embrace Challenges

Coach Prep

Simply asking the questions in the method can be life-changing for your player.

And while going with the flow of the questions, look for opportunities to co-create a life changing conversation using these “Proficiencies”:

#1) Engage in Provocative Conversations

Ask them questions that no one has ever asked them before.

#2) Reveal the Player to Themselves

Show them things – about themselves – that they have never seen before.

#12) Enter New Territories

Walk with them to “places” that they have never gone before or would not dare to go alone.

To use the proficiencies while you are coaching you must trust your intuition and share it in courageous and profound ways.

Note to the Coach: The Numbered Bold Lines are there to give you a reference point, you don’t say them to your player.

1) Quick Life Check in

SAY: Welcome back! It’s great to be with you again.

In our last session we really got into the actions of your game. In this session we want to explore the challenges you faced while in pursuit of your desired results.

ASK: Does that sound good to you?

{Wait for the “yes”. (Agreement)}

ASK: Before we do that...How are you? Can you give me a 1-minute update on what is happening in your life?

If there is something BIG going on...

ASK: is this something we need to address during our session?

{If yes, make a note of it}

2) Get into the experience of the game

Let’s get into your game from the past week. We will talk about actions where you got results; actions where you didn’t get the results you wanted and actions that you didn’t take at all.

We will look at all of it with Judgment-Free Awareness which means we keep a curious, open mind.

ASK: OK?

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{wait for the "Yes"}

ASK: Let's start with **ACTIONS** where you got your desired **RESULTS**! Did anything like that happen?

{skip this part if they didn't get any desired results}

SAY: WOW. That is great playing.

ASK: What can you learn from this experience of getting your desired **RESULTS**?

ASK: Next let's explore the **ACTIONS** you took where you did NOT get your desired **RESULTS** because there was a **CHALLENGE**. How would you describe the **CHALLENGE**?

ASK: What can you learn from this **CHALLENGE**?

ASK: How will this challenge make you a better player?

{if it is a BIG challenge}

ASK: What is the personal transformation this challenge is asking you to make?

{This is your opportunity for a BIG Reveal or a New Territory}

ASK: How can we bring the Spirit of Play to this **CHALLENGE** the next time?

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ASK: Next let's explore the **ACTIONS** that you were intending to do but you did not. What happened? What got in your way?

ASK: What structure can we set up so that you get into this action this week?

{This is another opportunity for a BIG Reveal or a New Territory}

ASK: Let's take a step back for a moment. Looking at your experience of playing for **RESULTS** and embracing **CHALLENGES** what is your takeaway?

Ask: Based on what you just experienced, what **RESULTS** do you want to play for this week?

3) Wrap Up your game experience conversation

Complete the session

Say: OK. We have a game plan for the week.

ASK: "Can you do that?"

{Wait for them to say: "YES!"}

ASK: This was a great session. Can you give me a 30 second wrap up of what you learned today?

(Optional) Ask: can you send me an email later today stating exactly what you are going to do and what results you are playing for?