

Coaching Outline for Session #6

Evaluate What Matters

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 / Situation Check in

Ask: How are you? Can you give me a 2-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) Evaluate the game (i.e. what matters about the game)

Say: So, let's evaluate your game and talk about what happened and what didn't happen?

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

{If they got some positive results do this part. If not skip to the next part}

How to talk about success

Say: Wow! Congratulations. That is a great accomplishment. How did it feel?

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

How to talk about failure – or absence of positive results

Say: OK, the most important thing we can do is maintain judgment-free awareness and learn as much as possible from the experience.

ASK: Let's explore the **ACTIONS** you took where you did NOT get your desired **RESULTS**.
How would you describe the **CHALLENGE**?

SAY: We will explore how to face these challenges in a moment...

SAY: Anything that happens during a game can be explored as feedback

ASK: What other feedback did you receive while playing your game?
Is there anything else we should evaluate together?

Play-Two-Win Method™ Playbook

ASK: Next let's explore the **ACTIONS** that you were intending to do but you did not. Using judgment-free awareness, what happened? What got in your way?

3) Respond to challenges together.

SAY: Let's take a step back for a moment. Looking at your experience of playing for **RESULTS** and embracing **CHALLENGES**.

ASK: What can you learn from this **CHALLENGE**?
How will this challenge make you a better player?

Ask: How can you respond to this challenge with the Spirit of Play?

4) Figure out what to do next to play better

SAY: OK, let's co-create a way to play your game better this week!

ASK: Based on what we have discussed to far, what can we do to get better results?

If you have useful knowledge for your player, this is what you do:

ASK I have an idea for how you can do this better. May I share it with you?

{Share what you know in the most concise way possible}

ASK: What do you think about this idea? Do you want to try it? Or do you have a way to use it as a springboard for something different? You tell me.

ASK: Is there an experiment you can try this week to get better results?

If you don't have useful knowledge for your player, this is what you do:

Say: Let's tap into some outside resources to find a better way.

Ask: Do you have any ideas about who or where you could find some ideas?

Play-Two-Win Method™ Playbook

5) Confirm the new game plan for the upcoming time period

Ask: Based on everything we have discussed, what **RESULTS** do you want to play for this week?

ASK: How would you summarize your game plan for the week?

Complete the session

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

Ask: Please give me your 1-minute recap on our session today...

Listen – make sure they have a good idea of what to do.

(Optional) Document the game

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

** Follow up if you don't get the email!