

Coaching Outline for Session #9

Expand Inner Freedom

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

In this session we want you to stream line the typical coaching flow so that you can dedicate time to using the Inner Freedom Method.

Sample Practice Skills Conversation

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

Say: So, let's do a quick evaluation of your game and talk about what happened and what didn't happen?

ASK: Tell me about the **RESULTS** you got and the **RESULTS** you didn't get.

3) Respond to challenges together.

Ask: What was the biggest **CHALLENGE** you faced and what did you learn from it?

4) Figure out what to do next to play better

Use the Inner Freedom Method Steps to Identify and Replay a Critical Moment

Hint: it is probably related to the challenge!

4.1) Identify the activity where the player is stuck.

ASK: Of all of the activities in your game where you are a bit stuck - not taking the action - or not getting the results you want, which one do you think is most important for us to improve right now?

Say: This is a great opportunity for us to use a powerful coaching visualization technique called "Replay the moment". You know how in sports they have instant replay to slow down the action to see what really happened? Well we can do the same thing to get insights about what is happening for you in your game.

Ask: Let's use this technique to explore this situation. Is that ok with you?

4.2) Emphasize "judgment-free awareness"

Play-Two-Win Method™ Playbook

SAY: It is important when we are using this method that we maintain judgment-free awareness. Any thought or feeling that you share is useful. OK?

4.3) Clarify the Action and Desired Result

SAY: OK let's make sure we are clear on the intended action and the desired result.
Can you recap it for me?

4.4) Select a moment

ASK: Recall a specific moment from the past week or two where you faced this challenge?

{Note: if they can't recall a moment, you can PRE-Play a moment for the near future.}

4.5) Re-Create the scene

SAY: tell me a little bit about the scene. Where were you?

4.6) Ensure a Safe Space

ASK: Are you in a place where you can safely close your eyes?

{Wait until they say yes...}

4.7) Start the Replay Technique

SAY: close your eyes, breath naturally, and take a few moments to recreate the scene in your mind using visualization.

4.8) Scan for Thoughts and Inklings

SAY: Now we are going to look at the moment from several different perspectives.
Just keep breathing naturally; keep your eyes closed and we'll talk together.

ASK: Using Judgment-Free Awareness what do you notice going through your mind?

4.9) Scan the body for physical sensations

SAY: Take a moment to scan your body for physical sensations from the top of your head to your waist.

ASK: Do you notice any physical sensations? Perhaps in your gut or in your chest?

SAY: I acknowledge your courage for noticing and feeling these sensations!

4.10) Feel the energy in the body

ASK: Which sensation is most intense?

Let them answer.

SAY: OK, now all you need to do is just allow yourself to feel that energy for 30 seconds. Don't try to do anything with it. Just allow it to be there and feel it.

ASK: Do you think you can do that?

Wait for the "yes"

SAY: OK, I will time you. I will be here if you want to say anything.

For 30 seconds. Here we go.

at 15 seconds quietly say: keep going

at 30 seconds quietly say: excellent. You did it.

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- {If your player has a "Memory Pop"}

Often while noticing physical sensations your player will have a memory of an earlier moment in life that will pop up. This is because those physical sensations ARE memories! Here is what you do...

a) Just listen! Don't judge the memory or try to make it mean anything.

b) **SAY: this memory will give us some clues about why this particular activity is presenting a challenge for you. We will explore it in more detail in a future conversation. Thanks for sharing it with me now.**

4.11) Debrief the Experience

Now together you and your player will explore what you saw together.

SAY: You can open your eyes now if you haven't already.

ASK: What was the experience like?

{Just listen}

SAY: (something encouraging & acknowledging) "That was amazing. You did well in that exercise!"

Say: So you can see that you have some buzzing energy with this activity. That just means there is a little bit of subconscious fear coming up from something that happened in your past that is related in some way to this activity. The most important thing is to be aware of it. Often it will take care of itself.

4.12) Replay the moment with a NEW Picture

SAY: OK. Now we are going to create a new picture for you to live into for the next game.

SAY: Close your eyes again for a few moments.

SAY: Now replay the scene the way you want it to be; imagine you have power, freedom and the capability to make the right moves.

{wait a few moments}

SAY: Now, see yourself getting the results you desire. See it turning out just right.

{wait a few moments}

SAY: Open your eyes again and share with me a little bit of what you saw

SAY: Our purpose was to create deeper awareness about your situation and I think we accomplished that! Way to go!

ASK: What are your insights from this exploration?

5) Create a new game for the upcoming time period

Complete the session

Ask: OK. Are there any changes you want to make to your game plan for the week?

Ask: Please give me your 30-second recap on our session this week...