

Coaching Outline for Session #10

Expand World Power

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 World Power Method.

1) Quick Life / Situation Check in

Ask: How are you? What is happening in your life?

If there is something going on...

Ask: can you give me the fast version of what happened (is happening?)

Ask them to tell you about it. BUT!!! Keep it to 3 minutes or less. Just get the picture so that you know how to connect with them appropriately in this conversation.

Do not use it as an excuse to NOT talk about results unless it really is a dire emergency.

2) Evaluate Results of the game

Ask: So, how did the game go? What happened? What didn't happen?

That's it. Then just listen and maintain judgment-free awareness

How to talk about success

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

Listen.

Ask: OK, what do you want improve on next?

How to talk about failure

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

There are many things to ask. Here are a few examples.

Ask: What do you think we should work on now so that we can get better results next time

3) Respond to challenges together.

Here are some questions you can ask:

Ask: How can this challenge make you a better player?

4) Figure out what to do next to play better

Note to coach: Use the World Power Method Techniques – Zap Tolerations and 7 Most Influential People - to upgrade their Winning Environment.

Play-Two-Win Method™ Playbook

Say: One of the most important factors of sustainable success is a winning environment! We call this World Power because it's about seeing your world as a personal success academy rather than an obstacle to overcome. So I think today we should focus on starting to design a winning environment for you.

Say: There are 2 high-impact exercises that we will do this week:

- 1) Zapping Tolerations
- 2) Your 7 MOST Influential people

ZAPPING Tolerations

Say: Toleration Zapping is one of the most energizing things you can do. The concept is that EVERYTHING has an energetic impact on you. It is either adding energy to you OR depleting or draining your energy. EVERYTHING.

Say: When an environment is too full of tolerations you start to go numb, which then limits your ability to be powerful and alive. For example: Incompletions like broken promises and broken things are pretty much universally draining.

To zap a toleration.

4.1) Choose a toleration to zap

Ask: What are a few things that are obviously draining your energy. Every time you see it or think of it you think: oh, I have to take care of that?

Listen and make a short list

Ask: Which one do you think would be most energizing to zap this week?

4.2) Make a mental picture of it cleared

Say: Make a mental picture of how you want it to be.

4.3) Understand how it got that way?

Say: Give a little thought to how it got that way.

Ask: Is there a reason? Is there a missing habit or system?

Listen. You will learn something about your player here.

4.4) Make a plan

Ask: When can you set aside the time to DO IT? –

Say: Knowing that the energy you put into it will be immediately returned to you by eliminating the drain. Let NOTHING stop you. Make it a quest!

4.5) Celebrate

Ask: What is a small thing you can do to celebrate when it is done?

4.6) Your 7 MOST Influential People

Say: Next we will do a scan of the most influential people in your environment. We will start this process now to get you started and we will continue as we keep playing together.

Say: think of 3-7 people that you spend the most time with as in family and colleagues; and think 2-3 people that you know who are strategically connected in some way that could help you in your game.

Ask: Do you have them?

Say: Make a chart naming the 3-7 people in down the left side of a page.

Play-Two-Win Method™ Playbook

Make 5 columns to jot down notes for each question.

Talk – Energy – Assets – Request – Support

Think of one person now for us to talk about together.

Just tell me their initials.

I am going to ask you 5 questions...

- 1) **Talk** - What do you talk about most of the time?
- 2) **Energy** - What is the overall energy / mood of this person and relationship?
- 3) **Assets** - What assets do they have that you could leverage better for your success?
- 4) **Request** - What could you ask them for that you have not asked?
- 5) **Support** - Rate the level of support for your game (1 distraction / detractor -> 10 maximum supporter)

Coach: Repeat the questions for as many of the people as you have time for.

Then...

Ask: Is there anything you can see to do to get more support from your people environment from doing this exercise?

Say: Let's design an experiment - try something new - to expand your connection with someone, positively increase the influence they have on your ability to play your big game.

{Dialogue together and make a plan}

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 1 minute recap on the game for the week...

** Coaching Outline Additional comments and questions **

There are many additional questions and explorations you can have with your players about their environments. Many of these will be explored in great detail when you take the World Power Method class.

Here are a few that you can use with great effect as you go forward with your players after your initial 12-week agreement.

When talking about the people environments you can also ask:

- Do the people in your world know about your BIG game?
- Are they happy about you playing this game?
- Are they a part of the game in some way?
- Are there any key roles missing in your life now?

- Who are the most influential people in your community that you know on a first name basis?
- How do you know them?

Play-Two-Win Method™ Playbook

- Do they know about what you are doing?
- What resources do they have?
- Have you asked them for support?
- Who are the influential people you know of that you would like to create a relationship with?

You can also explore the most valuable groups and social networks

Note: we don't get into this in the practice dialogue, but it is a very good thing to explore with your players.

Here you want to find out what social networks your player is actively involved in. Social networks have a huge influence on the success of any endeavor.

Mostly we are looking for geographical- based networks like church, social clubs, school, university and business groups.

However new this can also include virtual networks like Face book, LinkedIn or Google+.

Ask:

- What social groups are you a part of?
- Are you actively engaged?
- Have you ever played a leadership role in the group?
- How can your participation in this group play a role in your success?
- Do your closest associations in the group know about what you are doing? Are they supportive?
- Are there any groups that you would like to find and / or join and participate with?

What the Coach Needs to Know

World Power and Personal Environments are a BIG part of coaching. This is not taught in any other Coach Training program. It is something that you can explore with your players gradually over time. It will pay HUGE dividends if you do.