

## Coaching Outline for Session #11 Pursuit of Mastery

**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 you follow the basic structure and decide with your player which of steps 6,7,8 or 9 (or a combination) will serve them best in this conversation.

### **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:** It may be obvious what to do next based on what you have discussed. If it isn't, then ask!

# Play-Two-Win Method™ Playbook

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**Ask:** What do you think we should do next to help you play your best game this week?  
Game plan, Practice skills, Inner Freedom or World Power?

*{Dive into which ever step you choose}*

## **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 with additional comments and questions \*\***

There is an alternative way to approach Part 5 – Create a new game for the upcoming time period.

## **5) Create a new game for the upcoming time period**

### **Update the desired results from the activities**

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

*Use your best judgment but mostly trust your player. YOU are the sanity check. Say something, if you think the results they expect are too high or too low. But most of the time, let your player define the game. The intended results for the week should be in the sweet spot between too easy and too hard.*

### **Complete the session**

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

**Ask:** Please give me your 1 minute recap on the game for the week...

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

### **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?

Wait for the “yes” or the counter offer of what they will do when.

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