

Basic Coaching Mission #1

Coaching Outline for Session #1

Bigger Why – “Belonging”

Coach Prep

This may come as a surprise, but simply asking the questions in the outline 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 3 “Super Powers”:

#1) Bigger Why – Share Your Purpose

The questions will naturally focus the conversation on purpose, so look for opportunities to highlight where their purpose and your purpose are shared.

#2) Permission – Control->Influence->Vulnerable

As you delve into each inquiry you will have insights and observations pop into your awareness that will influence the conversation. The KEY is to ASK Permission before you share them.

eg. “I have an observation about this, can I share it with you?”, “I just had an insight while you were talking, may I share it with you?”. Wait for them to say “Yes”, before you share.

When you share something from your “gut” that is an example of being vulnerable Coach Approach Leader. After you share, let go of the need “to be right”; your player may or may not resonate with what you shared.

#3) Judgment-Free Awareness

If you notice your player going into judgment about their situation, ask permission and then gently share what you observed.

If you notice yourself going into judgment when your player is sharing with thoughts such as: “Oh that’s bad”, or “Oh, that is not a big deal”, call “time out”! Ask permission, and then share what you are thinking. THEN... let it go!



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The Dialogue Outline – The Game + The Bigger Why

1) WELCOME

Say: "Thanks so much for doing this with me. I really appreciate your time and I can't wait to see what we discover together."

ASK: Do I have your permission to be your coach today? Are you ready to get started?
{wait for them to say, YES} "OK. Let's go."

2) The Game

Say: If you looked at your life as a game...

Ask: What would you say YOUR big game is right now?

Possible follow up question...

> **Ask:** How will playing this game create a life of self-expression and purpose for you?

3) Define Winning

Ask: What does winning look like for you in this game?

Possible follow up question...

> **Ask:** What would playing at an elite level look like?

4) The Bigger Why

Ask: What would it mean for your life if you won this game on your own terms?
(AKA FIND the BIGGER WHY)

> *Examples: Financial Freedom; Self-Expression*

A few extra questions you can ask...

Ask: So if you did win this game the way you have described, what would that mean to you personally?

Ask: What is the real opportunity for you here?

Say: "The reason I am asking these deep questions here is that I can only coach you if you have a deep desire to play better. So basically I need to get a feel for how committed to this you really are and WHY you are committed to it. When the going gets tough, we are going to tap into this desire."

5) Start your game design

Say: In our next session we are going to get into the details of your game.

Ask: For the week ahead what is the primary result you want to create?

Ask: What are some actions you will take to create this result?

Ask: How can you bring the spirit of play into the actions?

6) Wrap Up

Say: "OK, this is a good place for us to wrap up this session."

Say: "My challenge for you between now and next week is to play for your result and notice your reactions to challenges as they come up."

Say: "Can you do that?"

Wait for them to say: "YES!"