

## Basic Coaching Mission #3

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### Coaching Outline for Session #3 Coach the Game – “BIG Awareness”

#### Coach Prep

Within each question use your intuition and curiosity to create a deeper exploration.

While going with the flow of the questions, look for opportunities to co-create a life changing conversation using these 4 “Super Powers” of the Power Cycle.



#### #7) Curiosity – Exercise Wonder

Ask the questions in the coaching flow.

Then if you have a question pop into your awareness, ask it.

As much as possible, frame your questions in an open ended way rather than implying an answer in the question.

“Have you ever tried posting on Facebook”? (has the answer in the question)

vs.

“Have you tried social media?”

vs.

“How do you create visibility for what you are sharing?”

#### #8) Triplex Listening – Saying -> Not saying -> Belief/Energy

Listen fully with attention AND ease. Don't TRY hard to listen.

Hear what they are saying.

Hear what they are NOT saying.

Listen for what they are avoiding or resisting.

Hear the energy underneath their words.

Listen for dissonance between what they are saying and how it feels.

#### #9) Self-Trust – Feel it -> Say it

As you dive into the questions and listing 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.

The key is to listen to your “gut” / “heart”.

Be open and let thoughts “pop” for you.

When you share something from your “gut” you are moving from influence to vulnerability as a coach-approach leader. After you share, let go of the need “to be right” about what you shared; your player may or may not resonate with what it.

#### #10) Go Deep – Look beneath the surface

When looking at bigger possibilities or exploring challenges, there is always something happening beneath the surface of the conversation.

What is REALLY going on here?

**THE BIG IDEA:** The coaching outline gives “just enough” structure to guide the conversation while you practice the 4 Super Powers of the “Power Cycle”. For example, while you are exploring the challenges your player experienced, if you feel something, SAY something! (#9) (remember to ask permission first #2)

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## The Dialogue Outline

### 1) WELCOME

**Say:** "Thanks so much for being my player. I can't wait to see what we discover together today."

**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) Coach the Game (aka RACE)

#### E) Evaluation.

**Ask:** How did the game go last week?

**Ask:** What were your results?

#### C) Challenges

**Ask:** What challenges did you encounter?

**Ask:** What did you learn from those challenges?

**Ask:** How can you bring the Spirit of Play into these challenges?

#### A) Actions

**Ask:** Do we need to refine the actions of your game?

If so, how?

**Ask:** What is a new experiment we can try?

#### R) Results / Play Better

**Ask:** What can you do to play better this week?

**Ask:** What can you do to get better results?

## 3) Wrap Up

**Say:** "OK, we have a great game plan for the week."

**Ask:** "What are your highlights from the conversation?"