

# Coach-Two-Win – Play Better Coaching Method Playbook

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## The 15 Play BIG Proficiencies

A fundamental truth about humans is that they LOVE to play AND they yearn to play a BIG and MEANINGFUL game in life. As a coach, first you will help your player expand their capacity to play. Then you will inspire and challenge them to play bigger and bigger in life. Along the way you will teach them to PLAY BIG by developing these 15 core abilities (we call them Proficiencies in honor of CV Founder Thomas Leonard).

### **#1 Play-Ability**

The ability to have a strong desire to play a game better AND allow another to guide you

### **#2 Win-Ability**

The ability to understand your current reality and define a game that is challenging AND winnable

### **#3 Master-Ability**

The ability to shift your focus from pursuit of objectives to pursuit of mastery of activities

### **#4 Enjoy-Ability**

The ability to perceive challenges as enjoyable and fun rather than as set backs

### **#5 Feedback-Ability**

The ability to shift your relationship to evaluation from fear of losing to learning

### **#6 Learn-Ability**

The ability to shift your relationship with new skills from the discomfort of doing something poorly to the opportunity to expand via practice

### **#7 Game Plan-Ability**

The ability to leverage your strengths and develop methods for getting consistent results

### **#8 Aware-Ability**

The ability to see yourself and your situation as perfect and growing rather than as something wrong that has to be fixed

### **#9: Worldpower-Ability**

The ability to shift from will power to designing environments that inspire you

### **#10 Response – Ability**

The ability to see the part you are playing in every aspect of your life and respond powerfully and gracefully to anything that is not what you expected.

### **#11 Respect – Ability**

The ability to honor every player in the game and the game itself.

### **#12 Rest – Ability**

The ability to balance time for play and time to recuperate. Regular recuperation is the key to long term sustainable success.

### **#13 Request – Ability**

The ability to ask for what you need to play better AND be willing to receive it.

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### **#14 Inspire- Ability**

The ability to go beyond playing for yourself, and play in such a way that you lift the entire game for everyone who plays it.

### **#15 Coach – Ability**

The ability to allow another person into your life to guide and instruct you. True greatness rarely occurs without the positive influence of an intimate advisor.