

# Proficiency Coaching Game Card - Start Here



## Quick Summary:

### Together in the pursuit of mastery!

**From:** Coaching is an intervention for people with problems; Learning is about finding the right answers.

**To:** Coaching Super Powers ARE the new essential tools of leadership in the 21<sup>st</sup> Century: The Connected Age of Purpose and Play; Learning is about the ongoing pursuit of mastery.

**Coaching:** The art of helping another person get better at playing something that matters to them; in pursuit of winning on their own terms. **A great coach is a game changer!**

**Proficiency:** An advanced skill; an ability, coming from one's knowledge, practice, aptitude, etc., to do something well:

## Quick Outline

1. The Primary Focus of the Game: Learn and PRACTICE coaching
2. The Second Focus of the Game: Play a game of ASK!
3. DO THIS FIRST
4. Game Badge Overview
5. How to ROCK the Game Card Lifestyle

## The Primary Focus of Game:

### Become a game changing coach by studying coaching and practicing coaching

In the game you will earn points in three ways:

- 1) Study the Coaching Proficiencies and share about what you are learning. You will find these elements in the "Power Up" section of the game card
- 2) **The MOST important points of this game element are earned by coaching!** Here you will earn points by conducting coaching sessions and then sharing about the Coaching Proficiencies that you used.
- 3) You earn BIG WIN points when you receive a "Thanks, Coach" note from one of your players.

## The Second Focus of Game:

### Become a game changing player by making the transformation from TASK to ASK!

In this part of the game you will earn points in three ways.

# Proficiency Coaching

## Game Card - Start Here

1) Transform your BIG GAME in life **from a task list to a game of “ASK”**. Playing the game of “ASK” is a simple and provocative way to experience the power of playing for a result rather than working on tasks. This serves a dual purpose because by playing the game of “Ask” you can be coached toward a creating a winning result with your coaching partner, rather than “problem du jour intervention” coaching that typically occurs.

You will find the Play Power element where you define your game of “ASK” in the “Power Up” section of the game card

2) **The MOST important points of the game element are earned by ASKing for what you want and going for a result of “YES”!** Here you will earn points by simply making the “ask” and then sharing what you learned about yourself in the experience.

3) You earn BIG WIN points when you receive a “YES” from someone and they ACT on what you asked for.

### Do This First



#### Power Up for this Play Sheet

Find the **START HERE** element in the Power Up section:

This is why I am curious/excited about pursuing coaching mastery as a game...

Share your thoughts and get your first points in the game!

#### A few notes about the CoachVille Game System

A **POWER UP** is something that prepares you to something in the game better. (With more power)

A **GAME ACTION** is when you do something in the world and share about what happened.

A **BIG WIN** is when you get a desired result in the world by taking action and share about what happened.

{Keep Reading}

# Proficiency Coaching Game Card - Start Here

## Game Badge Overview

Game Badge	 <b>Power Up</b>	 <b>Game Action</b>	 <b>Big Win</b>
	Read this playbook to get an overview of the game.	Share about your experiences in playing your life as a game.	* None *
	Read the Coaching Proficiency Playbook, Listen to coaching demonstration audios and then share what you learned.	* None *	* None *
	Prepare to conduct life-changing coaching sessions with your players during the 5 weeks of the course.	Conduct a Coaching Session and share about the Coaching Proficiencies that you used.	Receive a “Thanks, Coach” note from one of your players.
	Prepare to play the game of “ASK” as a catalyst to your transformation from worker to player.	Make your “ASK” and share about what you learned from the experience.	Get the “YES” AND the Action and share about what happened.
	Attend class and share your highlights and insights	* None *	* None *
	Prepare to connect with your partner outside of class each week for 5 weeks.	Connect with your coaching partner outside of class and share about what you learned.	* None *
	Share insights about specific concepts discussed in class.	* None *	* None *

# Proficiency Coaching Game Card - Start Here



## Game Overview – the Game Action and BIG WIN elements

**This is the MOST important part of the game card!**

Every day, go to the Game Action page on your game card and share something.

**If you had any noteworthy results, go to BIG WINS page to share those as well!**

Start at the top of the page.

Ask yourself if you have something to share about each one as you scroll down.

### 1) **Coach Challenge**

Every time you have a Coaching Session, share which Coaching Proficiencies you used and what you learned.

Doing this will GREATLY accelerate your path to mastery.

It will also help ALL of your team mates learn faster as well.

If you get a “Thanks, Coach”, go to the BIG WIN page and share about it there!

### 2) **Play Challenge**

Every time you take an action in your game as a player, share what happened, share what you learned.

If you got the BIG WIN result that you were playing for, go to the BIG WIN page and share about it there!

Then do the “Happy Dance of JOY” ;-)

### 3) **Partner:**

When you connect with your class partner between class sessions to practice coaching or catch up on each other’s games, share on your game card.

### 4) **Game Changer**

It is important to share something every day. This keeps your brain in “participate, share and learn mode”.

If you have nothing to share in any of the previous game elements, then **SHARE a RACE update**.

Typically this will happen if you have a distracted day or a day when a lot of unexpected things happen.

**Simply share your feelings about the day and what you learned from what DID happen.**

**This is a very important process that will clear your mind so that you are FREE to jump in and play the next day with a clean slate!**

# Proficiency Coaching

## Game Card - Start Here

### How to ROCK the Game Card Lifestyle

#### Important Information for first time players

The Game Card is what makes participating in programs at CV unique from any other learning place in the world!!! It is what makes our environment a “Community of Mastery”. YES!

**Playing the game card will accelerate your path to mastery by 100 Times!**

This what you must do:

1) At the start of the game, go to the Power Up section of the game card to find the play sheet for each element of the game – Like the one you are reading right now. This will tell you what you need to do to earn points in the game. It will also focus your real life actions in a really powerful way.

**FOCUS IS VERY IMPORTANT!**

2) Go out in the world and play your game; do awesome things, take actions and create results; or NOT.

#### **3) At some point every day, visit your game card:**

**A) Go to the Game Action and Big Win Sections of your game card**

**B) Scroll through** the game elements until you find one that you can share something about.

The elements are in strategic order of importance on the game card.

**C) Share something** that you did. What was the result? What did you learn?

Always share with the intention to inspire others; even when you feel like you failed or had a crappy day. (Failure can be just as inspiring as success)

**D) Participate:** Visit the game cards of your team mates and read a few shares and make a comment.

**Important: It may seem like it takes time, but in reality the Game Card GIVES you LOADS of time.**

### **10 Big Reasons To Rock The Game Card Lifestyle**

1) You are insanely busy. When you give of your time – time that you don’t even have - to contribute to your community, you are a hero. Your community needs heroes. It is as simple and powerful as that.

2) Sharing consistently activates a part of your brain that accelerates learning from successes so you get better results much faster. You also avoid repeating mistakes; which is a good thing.

3) Sharing about your experiences in writing reveals powerful insights that would otherwise remain hidden. In other words, **you CREATE and LEARN while you are writing**. For example if you are facing a challenge and you type into your game card: “The perfection of this situation is...” FLASH! Insight.

4) Learning from others – by reading their game cards - accelerates your path to mastery because you amplify your own learning experiences.

# Proficiency Coaching

## Game Card - Start Here

5) Sharing your insights in a way that contributes value to others in the community boosts your experience of your own value; receiving external feedback from others creates a MEGA boost of self-worth.

6) KNOWING that you are part of a learning community – rather than operating in isolation- boosts your overall feeling of goodwill. Feeling goodwill keeps you operating in the BIG part of your brain where you are creative, while feeling alone keeps you in the smaller/ animal part of your brain where you are reactive. “Isolation is the dream killer” – Barbara Sher

7) Having a place to go – your game card - to remember what you have accomplished in the recent past is a significant self-worth boost; When your self-worth is high you take more positive risks which leads to faster learning and better results.

8) Having a place to go to be reminded of your own objectives and see a written recap of what you have learned and accomplished recently helps you bounce back from disappointment and course correct very quickly. This minimizes or eliminates time lost due to feeling lost or down about what you are doing; which over time greatly accelerates your path to success.

9) Sharing in writing about your game activities at some point every day has the tremendous effect of clearing your mind. This then releases bandwidth being used to “remember” to be used for creativity. AWESOME! It frees up your mind to start the new day with a new game.

10) Long term awesomeness! You can come back and review these game cards at any time in the future when you need a boost and to see how far you have traveled on the path to mastery.