

Inner Freedom Coaching Method

Coach Mission 1: Play Big vs. Play Safe



Game Number 1

Quick Summary:

BIG Idea: Coaching is the act of helping another person or team to play better and win on their own terms. As we move beyond the Industrial Age of Work into the Connected Age of Play more and more people are yearning to Play a BIG Game in Life. They need an Inner Freedom coach to do that. They need YOU!

This month you will practice the Inner Freedom Method where you explore with your players the Dynamic Inner Conflict between the human imperative to play small and stay safe and the Human desire to play BIG and contribute to others. You will practice exploring and playing with fear NOT as a problem to be overcome but rather as a companion to be understood... even embraced.

Capture Coach Power: Study the brief overview of the Inner Freedom Method and make a bold plan to conduct 21 Inner Freedom Coaching conversations this month. These conversations can be with your players, colleagues, team mates, friends, family ... ANYONE with a BIG GAME worth playing.

Game Action: The game action is to have 21 coaching conversations where you define the BIG Game with the player and then use the Inner Freedom Method to explore the fears that the game stirs up to the surface. Practice exploring the 3 signs of inner conflict: avoiding action, powering through resistance and taking action with undesirable results. You will also practice exploring fear and inner conflict with curiosity and zest rather than trying to fix something that is wrong. This is an important mindset shift to practice every time

BIG WIN: The BIG WIN in Coach Power is when your player sends you a letter (or voicemail, email, FB or text) of thanks regarding the benefit or breakthrough of the coaching session.

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Quick Game Plan to Capture COACH POWER

- 1) Find the Fun!
- 2) Study the Inner Freedom Method. Then make a bold plan.
- 3) Your game action for Coach POWER – The 21 Coaching Sessions.
- 4) The BIG WIN for Coach Power

1) Find the Fun!

Helping others create success is FUN!- When you can share what you know and/or ask just the right questions to spark a discovery experience for another person, it is SUPER FUN!

The Pursuit of Greatness is fun – at its core, coaching is about the Pursuit of Human Greatness. When you guide another person to FIND the game in their life and pursue winning on their own terms you are providing REAL coaching. REAL Coaching is fun.

Transformation Is Fun! – People love to be seen and known for who they really are – a BIG Player in Life. This is what happens when you reveal the truth about the fundamental human conflict between survival and contribution.

Transformations from worker to player

Industrial Work Mindset (the old way)...	Spirit of Play Mindset (the new way)...
Do your own work! If you help others that is cheating. (we all learned this lesson in Industrial Age School)	Humans are collaborative creatures. We are at our best when we are helping others.
If you need the help of others you are weak. You are not “pulling your own weight”.	True Greatness is never achieved alone. By allowing yourself to be coached you accelerate your growth AND create a fulfilling opportunity for the person coaching you! Being coached is an act of generosity!
Play safe and just do what you are told and don’t make any mistakes	Take the risk to play BIG and make a significant contribution to the lives of others by expressing your talents.

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2) Study the Inner Freedom Method and make a BOLD plan

In class during Game 1 we will practice steps 0-6 of the method. Here is a quick overview:

PLAY with fear

Deep within each and every one of us are two strong forces:

- 1) The fundamental imperative to **Survive**
- 2) The strong desire to **Contribute** to others

Most of the time these two forces are in conflict! With number two we sense a strong urge to go out in the world and share our gifts and maximize our contribution; to play BIG in the world. However the imperative to survive will guide us toward staying safe and playing small.

The key is to EMBRACE this conflict rather than seeing it as a problem or flaw.

You need to know that your desire to play big in the world will put you into experiences where you experience fear. Then your BEST approach is to PLAY with the fear. Which means:

- a) You can play EVEN when you experience fear; and
- b) You can approach your fear with curiosity, full engagement and resourcefulness; learn from it; grow with it.

When you learn to embrace the conflict of your two imperatives and play with fear you are free to play as big as you choose to play in this world.

The 9 Step Inner Freedom Method TM

The Inner Freedom Method TM is a sequence of transformational techniques that guide the player from feeling stuck (inner resistance) to feeling free (super conductive).

Each of these steps creates a rich exploration

0) While you are coaching your player, you reveal areas of inner resistance aka FEAR.

The first step of any coaching relationship is to have your player focused on their BIG game to make a contribution to the lives of others.

From that point you there are 3 indicators that your player is experiencing inner conflict – and The Inner Freedom Method should be used:

- a) Your player is resisting or avoiding an important action of the game.
- b) Your player is taking action by forcing themselves to do it; they do not have ease.
- c) Your player is taking action but they are not getting the results that they desire.

1) Replay the critical moment

A tool to find the critical moments where inner resistance is restricting positive action. You do this by looking straight at what is NOT happening.

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2) Use Judgment-free awareness

A tool to scan the mind for thoughts that reveal patterns of reaction or charged energy. It creates a safe space to acknowledge fear.

3) Feel the energy in the body

Your body is your subconscious mind. All resistance begins as a subtle (or not so subtle) physical sensation. e.g. I feel something in my chest. Feeling the energy in the body will shift you from resisting to allowing

4) Scan for emotions

Emotions are a powerful source of energy that can lead to deep awareness. Mostly we have been trained to suppress them. Exploring them will reveal source of the inner resistance.

5) Find the perfection in the Survival Intention that is causing the resistance

At the heart of inner resistance is the intention to SURVIVE, stay safe or stay small. (Attempting to play big brings these thoughts and feelings of resistance to the surface) Finding the perfection of this intention in your life is a key step toward freedom.

6) Make your mind your ally

With this step you will explore the thoughts that arise from the SURVIVAL intention to stay safe and then create a new pattern of thought that will support your CONTRIBUTION Intention to play BIG. Here you will shift from thinking reactive thoughts to responding powerfully in the moment.

7) Find the perfection in your current situation

Here you will explore how the challenges you are facing in your current situation are serving you to make your visions a reality. When you recognize the perfection you can shift from attempting to control the situation to co-creating with reality.

8) Experience the flow of gratitude

This step solidifies your capacity to expand your comfort zone and play big in the world.

9) Replay the moment with new pattern language

Creating new patterns of feeling, thought and action takes practice. Using visualization accelerates the process and reveals additional patterns of resistance to explore.

In the program you will learn and practice each of the steps independently and then learn how to use them all together.

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Make a BOLD PLAN

The game is to have 21 Coaching Conversations using the Inner Freedom Method. These can be with your players or your clients, friends or colleagues; anyone who is playing BIG and would benefit from a transformation in their relationship with FEAR.

You can also think of people you know are up to big things but seem “stuck”, frustrated or isolated. While we don’t like to think of coaching as an intervention for people with problems, in this case the “problems” are caused by their big game. This is different than people who just seem to have a lot of problems.

Remember! It is your choice as to whether you coach pro-bono or for a low fee while you are in the program. The coaching practice is more valuable than money at this point.

A person you know	How will a coach benefit them in playing with FEAR?
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Update your game card by...

- 1) Click on the My Game button on the Game Bar.
- 2) On the left click on the link for the game you are playing NOW.
- 3) Click on the Power Up Button on your Game Card.
- 4) Find the Coach Power! Badge; Click on the Share icon.



*I just captured **COACH POWER** by making a BOLD PLAN to have 21 Inner Freedom Coaching Conversations this month. Whoa! Here is what I am most excited about...*

DONE!! You are now ready for the Coaching Challenge: 21 Inner Freedom Coaching Conversations this month!

3) Your Game Action for COACH Power

21 Coaching Conversations!

OK, so the goal is to have 21 Inner Freedom Method coaching conversations. Every time you have one and then share about what happened on your game card you earn points in the game.

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In the class sessions during Game 1 (the first 4 sessions) you will learn steps 0-6 of the method.

So to earn the maximum points you will start by having as many “Step 0” conversations as you can! This is where you identify people who are playing big AND experiencing FEAR (aka resistance, conflict).

Then as some of those potential players say “YES” to being your Inner Freedom Practice player, you can do the next steps with them as time permits.

Your goal should be to do a weekly Inner Freedom Session with 3-5 people AND do spontaneous Inner Freedom Method sessions with others to reach your total of a minimum of 21 every month.

Update your game card by

- 1) Click on the Game Action Button on your Game Card.
- 2) Find the Coaching Badge; Click on the Share icon.



*I just made progress in my **COACH CHALLENGE** by engaging in an Inner Freedom Coaching Conversation. Whoa! Here is what happened...*



POSSIBILITY!! Whenever possible, take a photo of YOU in action while you play your game and share it with the team on your game card!

4) The BIG WIN for Coach Power

The BIG WIN Happens when your player sends you a note of acknowledgement about the value of the Coaching Conversation! The note can come in any form such as a voicemail, email, text, or facebook post; as long as it is a distinct acknowledgement.

So if they thank you during the coaching conversation, ASK THEM to send you a note of some kind to acknowledge what happened. It's good for you and it is actually better for the player to document the value they received.

In the game you can record up to 10 of these for points. When you share a Big Win on your game card include some or all of what they said to you. (Make sure to maintain confidentiality for the individuals involved)

Update your game card by

Tell everyone what happened. Consider making it a highlight.

- 1) Click on the Big Wins Button on your Game Card.
- 2) Find the Coaching Badge; Click on the Share icon. Share the details about what happened!



*I just received a "WOW" (aka acknowledgement) from one of my Inner Freedom players and scored a BIG WIN in my **COACH CHALLENGE**. Yeah! Here are the highlights...*