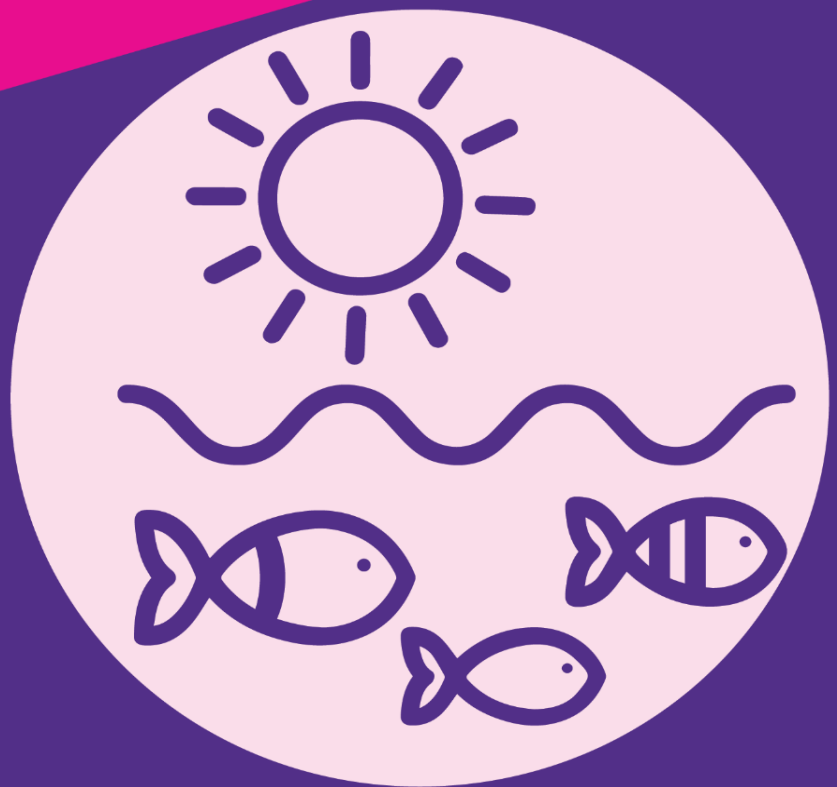


WORLD POWER



Playbook for Coaches
by Dave Buck, MCC

CoachVille Center for Coaching Mastery
We are the champions of dreams!

World Power Method Coaching

Playbook for Coaches 2023 Edition

By Coach Dave Buck, MCC

Last Update: 2023-05-16

Note to reader...

This is a playbook. If you can imagine the playbook of a sports team, it is always evolving with new ideas... and letting go of ideas / plays that don't work so well anymore.

This playbook is like that.

The PDF link for this ebook will always get you the most up-to-date version.

We introduced this method in 2008 and it had a few versions with different names even before that. So, it has been updated many times.

ENJOY!

Welcome. On behalf of the entire CV Team, I want to welcome you to the World Power Method™ Coaching Program.

The themes of the program:

The Co-Creation of a Dream Academy that fosters Personal Evolution and Play.

AND

Master the craft of coaching with World Power and Pattern Language.



The BIG IDEA that is the focus of this program is this: **The Need to Belong is a Human Nature Superpower that we can use proactively to live our dreams.** We will explore the profound truth that MOST of who we become in life occurs as we adapt to our environments. When you align with this truth you can become a powerhouse for possibility by designing your environments for personal evolution; and living the dreams of your life by becoming a great designer. A Dream Academy is the secret to sustainable success without struggle. Sounds good, right?

And we will play with our fundamental coaching theory: **ANY Dream in life can be enhanced by designing an environment that supports living the dream!**

The emphasis will be on LIVING THE DREAM NOW and adopting a “DESIGN framework” in your personal, business and career life. Specifically, you will design experiments and actions that require you to upgrade your environments in order to play better. This is a potentially transformational shift and we invite you to DESIGN along with us.

Of course, there will be LOTS of coaching as well! As a part of our DTMOPP “Active learning” method you will practice with a coaching partner throughout the program. You will coach and be coached by the same person in all of the coaching exercises. We believe this will allow you to go deeply into the coaching and experience a real coaching relationship. Essentially, your coaching partner is your coach AND your player during the program.

Finally, with our Level 2 accreditation with the International Coaching Federation (ICF) the 24 hours of the program qualify for Continuing Coach Education Units! (CCEU's)

Enjoy the program and... Play BIG!

Handwritten signature of Dave Buck.

Coach Dave Buck and the CV Team!

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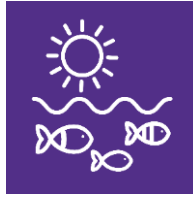
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Introduction

The BIG Picture of World Power Coaching

IN-01) The Fish Discovers Water Moment



The fish discovers water is a metaphor for awakening, specifically to the enormous influence that our environments have on us.

The Proverb

There is a saying that is often attributed as “An Ethiopian Proverb” that says: “The fish discovers water last”.

The idea – remember it’s a metaphor – is that the fish swimming around will discover many things. But the last thing it will discover is the water that it is swimming in. Because it is immersed in the water, it is the most difficult thing to see.

What this means for us humans, is that we discover many things as we move through life, but we don’t see the influence that our environments have on us... because we are immersed in them, we don’t easily discover it.

The environments (AKA cultures) that we have been immersed in, have influenced so much about us. Using another water metaphor... here is a “tip of the iceberg” list:

What we think; What we think is right and wrong.

What we value; what we think is NOT valuable

What we desire; What we SHOULDN’T desire; what we DON’T want

What is possible; What is NOT possible

What is our value to others; Aspects of us that are NOT valued by others

The meaning of money

The meaning of time

The meaning of family

Again... just the tip of the iceberg.

Then one day someone (a coach!) asks us:

Why do you think X?

Why do you do X that way?

And then we wonder... wait... why DO I think X?... why do I do X that way?

Where did the X thought come from?

BAM!

The fish sees the water.

The transformation begins...

From: I am an individual with my own thoughts and ways.

TO: I am in an environment that is influencing my thoughts and ways. (That is putting it mildly)

The Human Nature Superpower: The Need to Belong

As Humans we are born with a collection of Superpowers that we call the Superpowers of Human Nature. We call them: Dream, Be Free, Befriend, Become, Believe and Belong.

The superpower at play here is the Need to Belong!

The need to belong is deeply “wired” into our nature which is why we so naturally absorb the world around us... so that we can feel belonging with it. Belonging FEELS really good.

The Need to Belong deeply influences what we believe, who we become, what we dream, who we befriend and how much Freedom we experience (or not).

The power of CHOICE

Transformation:

From: Absorbing your “default” environments

TO: Purposeful Environmental Designer

The Need to Belong is cause you to absorb your environments... this is a fact of Human Nature. However, you can USE this power for your personal purposes by CHOOSING what environments you are in!

You can choose who to swim with and where to swim! (mixing in the fish metaphor there)

By choosing your environments, you are choosing what is going to influence you; what you are going to adapt to. By doing this YOU can influence who you will become and befriend and what you will dream and believe.

This is what we call “World Power”.

First you influence the world around you, then this version of the world will influence the next version of YOU!

AWESOME!

Change the water!

There is one more element to this awakening that I want to share with you.

When I was growing up, we had a fish tank in our house with lots of colorful tropical fish; it was something my mom was interested in for several years.

Sometimes one of the fish would die and float on the top of the water. This was always a sad day, but we would acknowledge that the fish had naturally come to the end of its life.

But sometimes, several fish would die and float on the water. This was a very different scenario. It can't be a coincidence. Something is wrong and the fish are getting sick.

You can't heal the other fish. The only thing you can do is...

CHANGE THE WATER!

This example has a powerful awakening for us Humans.

If one person in a group has something wrong, like anxiety for example, then the problem has something to do with the individual. But, if many (or MILLIONS) of people have a similar problem, then it's not the individual, IT'S THE WATER! (AKA The environment or the culture)

Yet in our Industrial Control Culture with our hyper obsession with "individual responsibility" we try to "fix" the person rather than stepping back to ask: Why is our culture making so many people sick?

With wisdom we can all find the right balance between individual responsibility and collective care.

But, the Industrial Control culture wants us to hyper focus on the notion of "individual responsibility" to keep us feeling small, isolated, powerless and obedient.

Our BIG Dream at CoachVille

Our BIG Dream at CoachVille is that with enough Transformation Coaches in the world, raising the awareness of a tipping point of players who are empowered and connected, we can collectively upgrade our Human Culture.

Big Distinction: World Power vs. Will Power

History is full of stories of individuals who achieved greatness by overcoming the environment. Through these stories we get the idea that the environment is something to be overcome through willpower. While this is possible, it is NOT efficient - MOST of the time, the environment wins and the individual does not.

In this program you will learn a transformational framework - World Power. World Power means that you design an environment that is like an academy with the just the right balance of support and challenge for your player to grow and live their Dream NOW. It means that you see yourself as part of the environment and play with it and within it.

Big Breakthrough: The Environment Always Wins

Environmental design is essential to masterful coaching because the environment always wins! If you want your players to achieve the dreams of their lives then you MUST help

them to design winning environments - environments that support them, inspire them and bring the dream to life.

An environment that is full of obstacles or missing essential support will make it impossible to sustain a winning effort. In fact, a poorly designed environment is what makes most dreams unachievable in the first place.

You will learn and practice several powerful methods for environmental design that will significantly expand your coaching mastery AND your player's results.

Success becomes sustainable when the environments support success AND make you feel fully alive. Being fully alive allows you to pursue a much bigger dream in life. And through these BIG DREAMS you evolve to your optimal potential and new levels of beauty, grace and greatness. This class will support you in taking the first crucial steps in the direction of living an inspired life each and every day where you play.

IN-02) What Next Generation Coaching is...

Transformation Coaching is the next generation of coaching!

AWWWW Yeah!



Transformation Coaching Is...

1. A personal, egalitarian relationship
2. of guided practice and playful co-creation
for the player...
3. to become the next version of themselves
4. in pursuit of playing better for their **dreams**

Version 1 Life Coaching

Version 1 of the Life Coaching Movement was essentially a mashup of three concepts from 1990's Industrial Culture. It was good. I coached this way for 10 years!!!

Help the client achieve their goals with:

1. Questions and Empathetic Listening
2. Creative Problem Solving
3. Enthusiastic Task Management (AKA accountability)

Some coaches would talk with clients to help them solve their own problems and come up with their own tasks.

Other “expert” coaches tell their clients how to solve their problems and what tasks to do because they had “cracked the secret code”.

Most coaches were a hybrid of these two styles.

Either way, the focus was solving problems and completing tasks leading to goal achievement.

Next Gen Coaching is coaching for the emerging Connected Culture. The Connected Culture is a Coaching Culture where we uplift our powers of human connection rather than putting each other under control!

It is about dreams, transformation and the heart of what EVERYONE knows coaching is all about: guided practice. And specifically... practicing Human Connection Skills!

Let's go a little deeper into each of the elements.

1. A personal egalitarian relationship

Coaching is a personal relationship. The Coach and player care about each other as individuals. It is a significant upgrade from the ideas we got about the “Industrial Age Professional” that was robotic, impersonal and transactional.

This also rules out of the coaching field several Industrial Concepts of coaching such as:

- a “coaching” program of watching expert videos, or
- a “coaching” watch that tells you how fast you are running;

neither of these situations would qualify as coaching.

Coaching is NOT hierarchical..

- The coach is not a servant who is below the client
- The coach is not an authority who is above the client

Coaching is NOT a service, it is a co-created experience. Coaching is a vibrant and growing part of the “Experience Economy”.

Coaching is egalitarian because the coach and player are equals in the relationship even though they have different roles.

Guiding another person on an adventure is a real artform. It is not the same as directing or controlling; but it is more than a passive companion.

Coaching is profound because it goes beneath the surface of life into feelings, emotions, beliefs, desires, possibilities, fears, visions, ideas... the important stuff.

Think about the guide on a hero's journey like Star Wars Obi Wan Kenobi to Luke Skywalker. They are on the adventure together, they are both actively involved. Obi Wan is sharing observations with Luke BUT... Luke makes his own choices about what to do.

Another way to think of this is the Olympic Coach. They are in the Training Center with the athlete every day sharing the dream together. Olympic athletes deeply thank their coach when they win a medal; they could not have done it alone.

This is vitally important for the Human Family because we must co-create and demonstrate relationships that are NOT controlling. Coaches can lead the way!

2a. Guided practice

Guided practice is the true essence of coaching.

A key in Coaching is to co-create a safe space for practice.

Together we can practice situations, conversations, pivotal moments and peak experiences. We can practice skills, using our Superpowers and expressing ourselves in new ways.

Practicing together is how we grow in capability and awareness.

Guided practice means the coach is providing techniques, experience and knowledge to benefit the player.

Through practice the player can experience the new version of themselves or a new ability before they bring it out to the world.

Practice is powerful!

Awareness – we see that new ways of being and responding are possible.

Imagination – we can envision an experience or situation which creates clarity and courage.

Embodiment - we can FEEL ourselves in a new experience.

EMBODIMENT is the key because when an activity FEELS natural in our bodies, we are capable, confident and creative in similar situations.

In athletics and arts this is known as “muscle memory”.

WHAT to practice

In Transformation Coaching we can practice ANY life situation! But they all have the core of Human Connection Skills:

- Relating for Influence
- Exploring for Visibility
- Creating for Inspiration
- Experimenting for Discovery

And in business and leadership there is an addition skill:

- Enrolling for Transformation

Observation and Conversation

A BIG part of practicing together is **observation** and the experience of being SEEN.

We are ALL yearning to be seen by someone who knows what they are looking at!

At the same time we develop abilities so much faster when we observe someone else doing it.

In guided practice, the coach observes the player AND the player observes the coach!

As a coach you are going to share what you see in a judgment-free way that provides outside perspective. As a player you weave the coach's observations with your own insights and choose your own path.

We all have blind spots in our thoughts and actions because we can't see ourselves very clearly...with a trusted outside observer a player can really accelerate growth.

At the same time, the player is observing the coach and absorbing their wisdom. This does NOT mean the coach needs to be perfect or have all the answers! Far from it. What it means is that the coach guides by being playful, curious and a touch vulnerable sometimes.

This is the way life is meant to be played; we are meant to co-create life with others; we are meant to be SEEN and valued by others. We are meant to generously lift up each other.

2b. Playful Co-creation

Talking together is a big part of how coaching happens.

A key in Transformation Coaching is to co-create a safe space for deep and provocative conversations.

This brings me to one of my favorite things to share with new Coaches and Players!

The ancient power of co-creation!

Through the millennia the wise Humans created a power phrase: **“I create as I speak”**.

It illuminates the power of the spoken word to shift the energy between two or more people. When people are talking together in deep conversation with purpose, permission and presence – as happens in a Coaching relationship – it can take on a life all its own.

With our words we can speak our dreams into existence and create the next version of OURSELVES needed to fulfill our dreams.

This is the “magic” of co-creating that makes coaching such a powerful force in the world!

A coach and player will playfully co-create many “things” together:

- ideas,
- plans,
- approaches,
- awareness,
- insights
- and more.

3. To Become the next version of themselves

Becoming is the transformation part of transformation coaching.

Coaching is always riding on parallel tracks.

One track is focused on the outer experience of what the player is co-creating and accomplishing in the world around them.

The other track is focused on the inner experience of growing and becoming; especially becoming the version who can live the dream the player is imagining.

Becoming includes

- New or expanded skills
- Deeper expression of Human Nature
- Deeper abilities for Human Connection
- Deeper expression of the players YOUNique superpowers
- Feeling more capable,
- Feeling more confident
- Feeling more free to fully express oneself.

We become the next version of ourselves through:

- guided practice in coaching sessionis
- and then by having new experiences in the world;
- and then by co-creating meaning from those experiences in coaching conversations!

4a. In pursuit of playing better

Pursuit means moving outward, exploring, adventure and quest. It is more than just “doing the work”.

Playing better is the focus of coaching. We practice to play better and then to have the peak experience of doing something better than we have ever done it before. AWESOME!

Playing better means having our desired outcomes happen more often than they did before.

Playfulness is an awesome Human Nature Superpower. Restoring and maximizing playfulness is a big part of Transformation Coaching.

Qualities of playfulness include:

- Curious and Creative
- Resourceful and Resilient
- Exploring and Experimenting
- Fun! (usually, but not always)

4b. For their dreams

All coaching begins when a player has a dream.

A Dream is a desire for new experiences, it is much more than a goal and certainly more than surviving in the status quo.

A Dream includes

Desire – there is a new peak experience that you are yearning for.

Vision & Imagination – you can “See” it and now you want to LIVE it.

Adventure – The path is not laid out in advance. There will be unknowns. There will be challenges, puzzles and mystery.

Accomplishment – There is something tangible that is claimed, created or experienced. Often it is a positive impact on the lives of others that will live on and ripple out.

Becoming – There is a confident new version of YOU who DID THAT!

In the World Power Method program the focus is on playful co-creation in the environments AND becoming by adapting to the newly designed environment. As the coach you will coach as if you are observing the player and their environment by seeing it through their eyes (very common in Transformation Coaching). You will guide the process

of scanning, exploring, practicing and upleveling their environments into a Dream Academy while they also make progress playing their Dream in the world around them.

IN-03) The Greater Purpose of Transformation Coaching in the world

The Practical... The Problems ... The Purposeful

As your guide on your Inner Freedom adventure, my role is to prepare you for each leg of the journey so that you can really LOVE it and thrive as both a player and a coach.

So the first thing I want to do is share with you a few of the “real world” benefits of Life Coaching in general - and Inner Freedom Coaching in particular - in the form of practical benefits, problems solved and bigger purpose and aspirations.

I have phrased these from the perspective of the player. From the coach’s perspective, they explain what you will guide people to accomplish and experience.

The Practical

- If your dream or purpose feels fuzzy or lost, it will come into focus and gain energy.
- Positive actions that used to seem hard, will start to feel easy.
- Your life will start to feel like a fun, growth-oriented adventure... **MOST DAYS**
- You will have more fulfilling experiences with people you enjoy; in **ALL** aspects of your life!
- You will gain awareness of where your doubts and fears are coming from... and you will feel more and more **FREE!**
- You will greatly expand your “body awareness” and “emotional awareness” which will increase your intuition, inner knowing and self-trust. << ***THIS IS A BIG ONE!***
- You will feel more **ALIVE...** and feel like your life is more vibrant than it used to be!

The Problems

Coaching is **NOT** an intervention for problems! It is about playing better for your dream.

However... as you play better with your Inner Freedom coach, many of life’s common problems will lessen or disappear completely.

- You will experience **LESS** anxiety.
- You will experience **LESS** self-doubt.
- You will experience **LESS** procrastination on important actions.
- You will experience **LESS** negative self-talk;
- You will experience **LESS** limiting beliefs; and the idea of self-sabotage will disappear.
- You will experience **LESS** frustration, isolation and overwhelm! (***A LOT LESS***)
- **OFTEN...** You will experience **LESS** of unwanted addictions.

You have to admit... this will be awesome!

The Purposeful... and Aspirational

- You will gain influence. You will begin to see yourself as powerful and capable of having a profound positive impact in the lives of others and in the world!
- You will gain creativity. You will gain clarity on the YOUnique qualities that you have within you that you can use to co-create the results and experiences you desire.
- You will make changes. You will feel more confident in taking risks that can bring about positive rewards for your dream.
- You will gain visibility. You will feel more courage in being seen and owning your value.
- You will develop the ability to tap into your body wisdom to make bold choices.
- You will develop the ability to tap into the Supermind for needed insights and possibilities... and then ACT on them.
- You will feel like your energy is flowing and aligned with your dream and greater purpose.
- ***Last but not least...*** you will stop the futile exercise of trying to conquer fear and you will learn how to EXPLORE fear – specifically social fear – which will lead to an extraordinary boost in your FREEDOM. INNER FREEDOM!
- As you practice exploring the FEAR you experience in social situations, you will rediscover your lost playfulness and YOUnique capabilities. AKA Your Superpowers!

AWWWW Yeah!

The Global Life Coaching Movement... to FREE THE PEOPLE!

I want to take this co-creation idea one step further here and share with you that as a Life Coach you are part of a global movement of vital importance to the Human family.

By signing on to become an Inner Freedom Life Coach you are participating in one of the most important movements happening in the world today!

Together we can uplift the Human Family one person at a time:

Out of: Dehumanizing Authoritarian Control

Into : RE-Humanizing Egalitarian Freedom

The movement is to free the people from the dehumanizing, traumatizing and demoralizing hierarchical control structures that are dominating life today like a bad virus.

The movement is to “RE-Humanize” the human family to be the connected, playful, feircly egalitarian, FREE co-creators we were born to be.

While hierarchical controls aim to suppress Human Nature, Life Coaches play to unleash Human Nature. We are awesome!

I like to refer to us as “Rebels with a Cause”; even though I know that is a quirky cliché.

All around the world Professional Life Coaches as well as Coach-Approach leaders, managers and entrepreneurs are uplifting the Human Family – one person at a time - out

of the dehumanizing Industrial Age of Control and into the Connected Age of Play by unleashing the Superpowers of Human Nature: Become – Believe – Belong! (whew... that is a doozy of a sentence!)

Dehumanizing Hierarchical Control

The idea that the best way – or the only way - to organize human endeavor is through top-down control hierarchies is like a bad virus that has infected the Human Family; it started a few thousand years ago but it has really spread over the past 150 years.

The way I see it:

- Schools are all about controlling the human nature of children.
- Most religions are about controlling human nature
- Corporations are based on command – control - compliance.
- And because of all this control everywhere... even families are often focused on controlling each other.
- Most governments – even those with elections – are based on authoritarian rule; or oligarchical rule: rule by the few with wealth over the many.

It's REALLY BAD... IT's traumatizing and dehumanizing.

Why do I say dehumanizing?

Because ... we HUMANS HATE being controlled. We do. We hate it. Human Nature is egalitarian. Yet somehow human systems based on control are everywhere.

What happens is, when a human is subjected to control everywhere they go, eventually they succumb to it... most do anyway – except for us rebels... they absorb it and pass it on.

In hierarchical control structures:

- Our dreams are squashed
- Our playfulness is shamed
- Our voices are silenced

Just look around at the anxiety, depression, addictions, all the supremacies (white, male, wealth, religious), the discord, the growing power of authoritarian political leaders and the pervasive mean spiritedness we see; It's EVERYWHERE. It's all caused by dehumanizing control hierarchies suppressing the goodness – the awesomeness – of Human Nature.

Controlled people, control people.

Hurt people, hurt people.

Life coaching is our way out of this mess.

Rather than trying to intervene or fix people, we can transcend the situation by uplifting people through Life Coaching!

Coaching is NOT an “intervention”.

Please never use that word again when referring to coaching.

Coaching is always a choice.

Transformation Coaching is about freedom!

- Freedom to be your playful self and continue to grow and become a new version of you easily and naturally.
- Freedom to express ALL of who you are and contribute your YOUUnique value to others and enjoy the rewards.
- Freedom to pursue your own dream with a team of people who share your dream.
- Freedom to co-create belonging with people who enjoy ALL of YOU and who you are becoming and what you are contributing.

Important note: I believe that in the heart of every coach is a Life Coach.

Said another way: All coaching is life coaching.

Every person who “gets free” in this way then passes freedom on to everyone around them; co-creating a ripple effect of good.

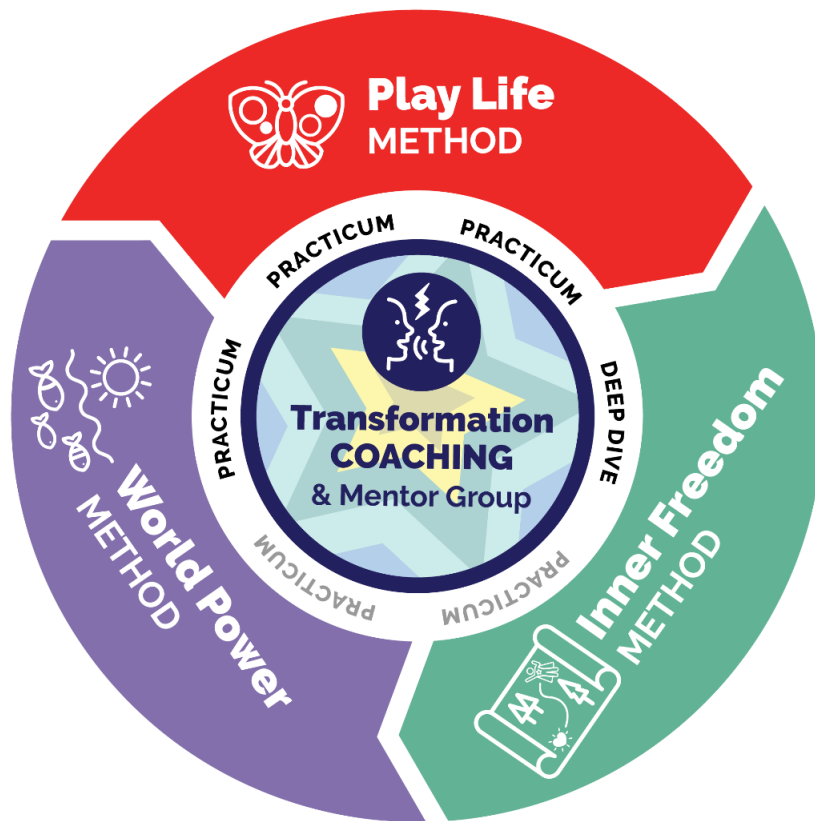
A key point here is that we don’t get free by struggling alone! Freedom is social. We only get free together... we must free each other by stopping the status quo habits of Industrial Control and sharing the rebellious joy of Connected Play and Co-Creation.

Free people, FREE PEOPLE!

I am super excited to have you on our team as an World Power Coach!!!

IN-04) Your CoachVille Coaching Journey Continues (or begins)

CoachVille Transformation Coaching Curriculum



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Where World Power fits in the CoachVille Curriculum.

In the center you see the talking faces with the Lightning Bolt. This is the symbol for the Transformation Coaching program that is generally the first program for CoachVille Students. This program focuses on Transformation Coaching Techniques and Skills. It also introduces a few essential concepts like Human Nature Superpowers and Social Play.

You also see in the center the Mentor Coaching Group which focuses specifically on mastering the Coaching Superpowers from the perspective of the ICF Competencies and Certification Markers.

Next we look at the outer circle where we see the three CoachVille Coaching Methods. The coaching methods are how the coach can provide a guided coaching experience over 12 sessions. The Methods classes make use of the skills and the techniques and weave them into a broader narrative for the player.

Each Method program focusses on one of the three Human Nature Superpowers; while each includes all of them because they are always playing together.

Play Life = The Urge to Become

Inner Freedom = The Ability to Believe

World Power = The Need to Belong (**You are here**)

Then in the little white ring in the middle you see the Coaching Practicum. This is where you demonstrate your ability to coach using the techniques and skills that we practice in class and with your players. The Coaching Practicum is one of the most unique and awesome things that happens at CoachVille. We play, coach, and learn together as a community.

The Deep Dive programs take place all throughout the year and you need to complete 2 of them to meet the graduation requirements.

IN-05) World Power Method Overview

World Power Method Coaching

A 9-Step Method to Co-Create Your Dream Academy

The World Power Method is a powerful 9-step process where you transform the “9 Environments of YOU™” into a Dream Academy.

Transform your story as a player...

From: the world around you is an obstacle to be overcome or tolerated

To: You can play with your world and design a personal Dream academy that ENSURES your sustainable success



The Environment Always Wins – this is the provocative mantra of this life-changing program. You will learn how to get the environment on your players’ team to inspire Personal Evolution. If you are coaching the player but NOT redesigning their environment, you are only doing half the job!

Transform your story as a Coach...

From: Command your workers to overcome obstacles and control the environment

To: Teach your players how to co-create and be influenced by their 9 environments.

Without significant environmental design, no process of change is sustainable. You may have noticed that most of the time when you do a change oriented program your player ends up back to the way they have always been. The answer to this perplexing riddle lies in their environment NOT within THEM!

You will learn how to co- create power patterns with your player and then replicate the pattern in each of the 9 Environments. This is a fun and highly creative process. You will also learn how to identify and shift pattern language dissonance in each environment.

With this method you will guide your player to **amplify the 9 Environments of YOU** with a picture of who they want to become in life and transform their world into a Dream Success

Academy. By surrounding them with people, places, things and ideas that support and challenge them, their success becomes inevitable and sustainable. You will learn how to co- create power patterns with your player and then replicate the pattern in each of the 9 Environments. This highly creative process is remarkably simple, energizing and FUN.

The 9 Steps of the World Power Method

Imagine that there was a Success Academy perfectly designed for your player's BIG Dream in life. It had everything they would need to build toward sustainable success: Coaches (including YOU), knowledgeable and caring teachers, interesting colleagues, lots of challenges that test their skills and resourcefulness, the right places to explore, and all of the subtle elements that "program" your player's nonconscious mind for deep confidence in themselves.

Well, if you can imagine it, then you can coach your player to design and create it! That is what the World Power Method is all about!

Step #1: Design Your Sustainable Dream Academy

Step #2: Create Power Patterns for who you will become

Step #3: Scan the 9 environments - look in the mirror for patterns

Step #4: Name the present patterns

Step #5: Identify Tolerations: Consider the source, purpose & meaning of each one

Step #6: Zap Tolerations = Fixing - Cleaning - Missing

Step #7: Conduct Experiments

Step #8: Enter New Territories

Step #9: Allow Adaptation to take place by responding to what happens around you

The Nine Environments of YOU

The 9 Environments of YOU™ - originally created by Thomas Leonard - is a powerful way to see and design the world around you. We know that humans are always adapting to the world around them while at the same time non-consciously creating the world as a reflection of themselves. Now you will design the world around you so that you become who you desire to be AND evolve in unexpected often delightful ways!

In this program you will have a real hands-on experience of the 9 Environments. You will work with a partner throughout the program as their coach - designing every aspect of their environment for sustainable success (and yes, they will be designing yours too)

You will explore the nuances of each of the 9 environments.

Memetic Environment - Ideas

Financial Environment - Money, Wealth and Budget

Relationship Environment - Close friends, family and close colleagues

Network Environment - Professional Connections, Greater Community

Physical Environment - Places and Things

Body Environment - Your Energy, Appearance and Clothing

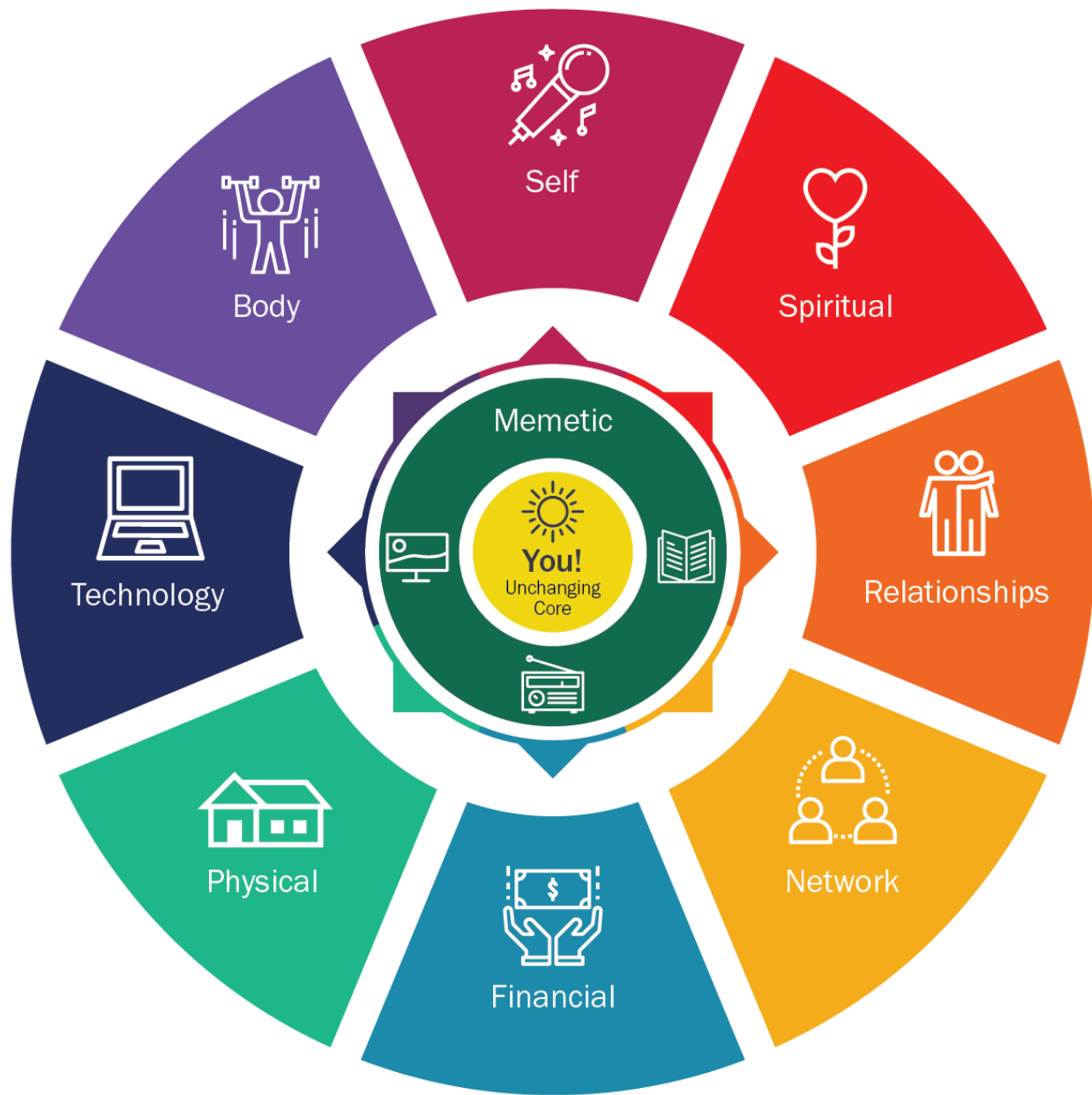
Self Environment - Strengths, Talents and Character

Spiritual Environment - Deep Connections, Sacred Spaces & Natural Places

Technology Environment – Electronic devices and Virtual Spaces

{Model on Next Page}

The Nine Environments of You



Memetic
Books, TV, radio, magazines,
newspapers and internet

Body
Radiance, appearance and
clothing

Self
Strengths, talents and
character

Spiritual
Deep connections, sacred
space and nature

Relationships
Close friends, family and
colleagues

Network
Professional connections
and greater community

Financial
Money, wealth and budget

Physical
Places, things and tools

Technology
Electronics, apps and virtual
spaces

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1) The Memetic Environment

The world is full of ideas. The issue is, which ones are you getting into your mind? And an even bigger issue is how do these ideas impact your ability to pursue your dreams at your best.

2) The Financial Environment: Assessing Your Financial Environment

Nearly any dream your player has will be affected by their financial situation. How healthy is your player's wealth? Do not know? Hmmm... maybe it is time for you to take a close look at their money situation. It is important that YOU and your player have a realistic picture of their current financial health. If necessary you must help them develop the basic money skills required to finance the dream they are pursuing and possibly move in a direction of financial freedom.

3) The Relationship Environment: The mirror to your self

If you want to know someone really well, simply get to know their five closest relationships. Everyone in a person's life acts as a mirror to some part of themselves. AND we become like the people we spend time with; this is a simple and powerful truth of the Relationship environment. The majority of human beings are aware of the importance of their intimate relationships but rarely use this awareness as an Environmental Design tool.

4) The Network Environment: Designing a Resourceful Personal and Professional Network

As your dream changes your network environment must evolve and grow. Through network design, your player will discover ways to team up with others and create a supportive and thriving network. Your player's network can play a powerful role in helping them achieve great success in pursuing the dreams of their life. We will provide you with ways to coach your player in designing a network to create supportive partnerships.

5) The Physical Environment: Does Your Physical Space Inspire You?

Creating physical spaces with great style, beauty and efficiency is no simple task. What we know is that the yearning for the design of our physical spaces is much deeper than the eye can see. In your players heart what they truly want is to be able to walk into places and spaces that nurture them on every level. They want spaces that provide warmth and relaxation, safety, and security, and most of all, a place that expresses their true personalities and one that makes them come alive! The goal of this class is to provide you with an introduction to create with your player, physical spaces that stimulate spiritual energy and a feeling of: Ahhhh, this is me! I have truly come home.

6) The Body Environment: A source of strength and energy

It may seem strange to think of the body as an environment but it is. You are NOT your body, your body is something you have and so, it can be designed. The Body environment also includes clothing, hair and energy. Is your players body a source of inspiration to them? Is it strong, flexible and graceful? A positive body image is one of the most important aspects of happiness and well-being, yet it is an area which often seems to be a

challenge for many. A holistic approach to strength, energy and well-being through daily practices is essential for the player who wants to achieve their dream.

7) The Self Environment: Using Your Strengths, Talents, Character and the Authentic You

The Self is another element of the environment that not often thought of as such. But it is. You can help your player design new strengths, abilities and character. You can help them tap into the deep resources on the inside that can be reflected in the world around them. Are there old patterns that are restricting your players' full self-expression?

8) The Spiritual Environment: The Power of Pure Potential and Sacred Spaces

Are your players getting their energy from low vibrations or negative points of power; such as control, overwhelm, clutter, addictions, force, manipulation, and anger OR from high vibrations or positive points of power such as love, truth, oneness, beauty, a giving spirit, and gratitude. As with all design choices, your players can choose to get energy from the highest of sources, which ultimately come from living in way that honors the soul. We will explore how to assist your player in designing sacred spaces in their home or office for creating high vibrations of love, truth, thankfulness, and positive points of power. We will also explore the potential for designing spiritual practices. Finally, you will guide your player to tap into the restorative power of the nature.

9) The Technology Environment: Electronics and Virtual Spaces

The technology environment is about electronics and virtual spaces. Electronics, in particular tools like computers in all shapes and sizes, phones, mp3 players, GPS systems are integral to our lives today. If they are not working well it can cause a major disruption. Electronics are also a major gateway to entertainment and play which is essential to a balanced and fruitful life. Then there are virtual spaces. Social Networking web sites like Facebook, LinkedIn have become "places" where we invest considerable time and energy because it is how we connect to the global community. Do you feel confident with these tools? Are your profiles representative of who you are and how you want to be known in the world? If not, with a little focus you can be.

Coaching Super Powers: Zap Tolerations, Design Experiments, Use Power Pattern Language

This is a life-changing collection of coaching techniques that you will use with your players!

ZAP Tolerations

A "toleration" is ANYTHING in an environment that is draining the energy of the people in the environment. This can be anything that distracts your attention from your dream with a thought like..."I need to fix that", "I need to do something about that". It could be a missing button on a coat or a broken promise to a friend.

Another example is messes that need to be cleaned up... like a pile on the desk or a stuffed closet.

Also, hiding the mess “under the bed” does not work here because even if you can’t see it, you know it is there... Out of sight is NOT out of mind!

The key is to look at the toleration as an opportunity to REGAIN your energy; like patching a leak in a bucket. Whenever possible find the “source” of the mess rather than just clean up the symptom. This way you can find more permanent upgrades to your environment.

Design Experiments for Personal Evolution

Evolution is fostered by designing experiments and entering new territories. This is how you facilitate rapid growth for your player for their Dream and as a person. In this program you will learn how and when to design experiments that foster Personal Evolution.

Did you know that your players’ way of thinking, behavior, capacities, skill sets and paradigms are not just limited to developing (linearly) over time but can evolve in unexpected ways? This means that they can become more complex and take on a different life far beyond what they may have been planned for.

There is a wild adventure beyond personal development; Development means more/better of the same while evolution means something new added to the mix that fundamentally changes its nature.

This class will delve into how to **design experiments** which stimulate your player in surprising ways. Personal evolution is a very different approach; it is about using everything in your midst to move to higher and higher levels of truth about life, people, nature, mystery and energy.

Use Power Pattern Language

Pattern Language – originally described by 20th Century Visionary Christopher Alexander - is a phrase that brings an experience to life. When you see the pattern you can quickly experience a deep inner knowing about what is happening and what needs to be done to make it better.

What Dreams are your players pursuing? Are they Dreams of business, career, romance, family, health, athletics or a spiritual quest? Through the use of intentionally designed patterns, it is very possible to design a world which is perfect for the dreams your player is pursuing; a world that brings the Dream to life! With this tool you can develop dramatic new solutions to old and tired problems, create exciting new possibilities, and have success come in the dreams your player is pursuing with much less effort and willpower.

Have you ever noticed that the environment is creating a source of conflict and frustration? This is a common experience when your player is pursuing a new Dream because your player’s world is a reflection of the Dreams they played in the past. And many of those Dreams were outgrown years ago! Through the use of pattern language you will identify elements of your player’s world that are not designed for the new Dream. Here we get into the depths of your player’s world and create new patterns.

For example, your player says that they want interdependent relationships yet they continue to attract people who are needy. Or, they say they want to live a clean and organized life, and they continue to collect clutter. Each and every thing in the

environment is filled with energy. Every aspect of life is riddled with patterns...patterns of inspiration and patterns of drag or stuck-ness.

Our players can want to thrive, yet they may never get there due to patterns of self-doubt. This is where Inner Freedom and World Power come together. This class will explore how conflicting intentions are reflected in the 9 Environments of YOU™ and how to articulate the pattern language to create freedom and possibility.

How this program will make you a better coach

- 1) Your confidence as a coach will increase dramatically because you KNOW you have the tools to create sustainable success
- 2) The Zap Toleration technique is one of the BEST coaching techniques ever - players LOVE it
- 3) Understanding the power of the 9 Environments will give you endless new territory with a wide range of players
- 4) The distinction between will-power and world-power can bring powerful awareness and transformation especially for high-achieving (or burned out) players
- 5) The designing experiments coaching technique can often bring a light and creative approach to situations that may seem dire or overly difficult
- 6) Becoming more masterful with pattern language will enable to you to coach in high-end situations
- 7) The Environmental scan will give you a powerfully robust view of your player's situation in a very short period of time. This will dramatically reduce the times you are coaching in a dead-end situation (where the environment is so overpowering that nothing else matters) and give you an immediate path to change by redesigning that environment with your player.

IN-06) World Power Scan

The World Power Scan is a powerful tool that we will use to assess, design and then upgrade our 9 Environments.

Have you ever wondered why your players do not get the results they desire even though they are putting in tremendous effort? Are you sometimes wondering if a new strategy will even make a difference? You need more information to guide your efforts, and you know the secret to beginning this process rests in the world surrounding your player. This class will introduce the Personal Environments Scan, a comprehensive method which gathers information on the energetic assets, tolerations and conditions in your players 9 environments.

The World Power Method™ Nine Environments Scan

Name:
Your BIG Dream:

3 Power Patterns:

1

2

3



Memetic

Books, TV, radio, magazines, newspapers and internet



Spiritual

Deep connections, sacred space and nature



Financial

Money, wealth and budget



Body

Radiance, appearance and clothing



Relationships

Close friends, family and colleagues



Physical

Places, things and tools



Self

Strengths, talents and character



Network

Professional connections and greater community



Technology

Electronics, apps and virtual spaces



Relationships

The People In Your Life Every Day

CLOSE FRIENDS, FAMILY, AND COLLEAGUES

Recurring Activities	The Energy		Drains	Power Patterns
Person & Primary Conversation	Mood	Assets Deep Connection	Tolerations Not Asking, Not Sharing Unmet Expectations	Rate (1-5)
				1 2 3
				1 2 3
				1 2 3
				1 2 3
				1 2 3
				1 2 3
				1 2 3

Present patterns:

What is missing?



Physical

Every THING Matters
PLACES, THINGS, AND TOOLS

Recurring Activities	The Energy		Drains	Power Patterns
Place & Activity	Mood	Assets <small>Do I LOVE this thing? Every THING has energy</small>	Tolerations <small>Am I worthy of the best? Do I know what I want?</small>	Rate (1-5)
Kitchen				1 2 3
Bedroom				1 2 3
Living Room				1 2 3
Office				1 2 3
Car & Equipment				1 2 3
Present patterns:		What is missing?		



Network

Poeple You Know On A First Name Basis
PROFESSIONAL CONNECTIONS AND GREATER COMMUNITY

Recurring Activities	The Energy		Drains	Power Patterns
Influential Person & Conversation	Mood	Assets <small>Being Seen and Known</small>	Tolerations <small>Resist Standing Out Resist Participation</small>	Rate (1-5)
				1 2 3
				1 2 3
Communities & Conversation				1 2 3
				1 2 3
				1 2 3
Present patterns:		What is missing?		



Memetic

Cultural Norms

BOOKS, TV, RADIO, MAGAZINES, NEWSPAPERS, AND INTERNET

Recurring Activities	The Energy		Drains	Power Patterns
Information Source	Mood	Assets	Tolerations Information Overload Conflicting Values	Rate (1-5)
				1 2 3
				1 2 3
				1 2 3
				1 2 3
				1 2 3

Present patterns:

What is missing?



Financial

Freedom & Security

MONEY, WEALTH, AND BUDGET

Recurring Activities	The Energy		Drains	Power Patterns
Activity	Mood	Assets	Tolerations Not Up To Date Effective Use	Rate (1-5)
Banking & Paying Bills				1 2 3
Managing Cash Flow				1 2 3
Buying Things				1 2 3
Going to Work				1 2 3
Tracking Assets				1 2 3

Present patterns:

What is missing?



Self

Express The Real You STRENGTHS, TALENTS, AND CHARACTER

Recurring Activities	The Energy		Drains	Power Patterns
Talents, Values & Expression	Mood	Assets	Tolerations Fear of Arrogance Fear of Ridicule	Rate (1-5)
				1 2 3
				1 2 3
				1 2 3
				1 2 3
				1 2 3

Present patterns:

What is missing?



Spiritual

The Divine Connection DEEP CONNECTIONS, SACRED SPACE, AND NATURE

Recurring Activities	The Energy		Drains	Power Patterns
Practices	Mood	Assets	Tolerations Scarcity Consciousness Not Worthy of Divine Flow	Rate (1-5)
				1 2 3
				1 2 3
Sacred & Natural Spaces				1 2 3
				1 2 3
				1 2 3

Present patterns:

What is missing?



Body

The Moving Environment RADIANCE, APPEARANCE, AND CLOTHING

Recurring Activities	The Energy		Drains	Power Patterns
Area & Activity	Mood	Assets	Tolerations <small>Negligence Early Body Image</small>	Rate (1-5)
Strength (upper, core, lower)				<div>1</div> <div>2</div> <div>3</div>
Health				<div>1</div> <div>2</div> <div>3</div>
				<div>1</div> <div>2</div> <div>3</div>
Radiance				<div>1</div> <div>2</div> <div>3</div>
Clothes				<div>1</div> <div>2</div> <div>3</div>
Present patterns:		What is missing?		



Technology

The Tech Environment ELECTRONICS, APPS, AND VIRTUAL SPACES

Recurring Activities	The Energy		Drains	Power Patterns
Item or Space & Activity	Mood	Assets	Tolerations <small>Not Up To Date Effective Use</small>	Rate (1-5)
				<div>1</div> <div>2</div> <div>3</div>
				<div>1</div> <div>2</div> <div>3</div>
				<div>1</div> <div>2</div> <div>3</div>
				<div>1</div> <div>2</div> <div>3</div>
				<div>1</div> <div>2</div> <div>3</div>
Present patterns:		What is missing?		

IN-07) Prepare to be a player: Envision Your Dream and Dream Academy

BIG Idea: It's YOUR Dream. To fully immerse yourself in the World Power Method you must experience it as a coach AND as a player. To do this you must create your own Dream Academy so that you can thrive sustainably.

You are on a mission...

To become a great player in any Dream you **MUST** immerse yourself in a winning environment. So here is what we are going to do to get started.

First, get clear about the Dream that you are playing. I have a few ideas about this for you in a moment.

Next, paint a picture of what a **GREAT** player looks like. Look for examples in other folks you know who are already great players in your Dream. If you are already great, set your sights on becoming "World Class".

Then you use your imagination to envision a "Dream Academy" where you can become this **GREAT** player.

What do you need there? What teachers, colleagues, mentors, challenges, resources and opportunities will you need to support and challenge your path to great playing?

Name it. Share it. Let's Play!



IN-08) Recruiting 3 Players

You are on a mission...

To become a great coach, you must embark on a mission to consciously co-create a Dream Academy with each player; this is the **ONLY** way to create sustainable success when playing **BIG**.

Coaches are **ALWAYS** looking for good players. Great leaders are **ALWAYS** looking for good players. And then they aim to make them great!

As we move beyond the Industrial Control Culture into the Connected Egalitarian Culture, more and more people are yearning to play a **BIG** Dream in life. When they do this sustainably they will need a supportive environment: with great support and healthy challenges that naturally **PULL** your player toward greatness.

Coaching using the World Power method requires a combination of openness AND creativity by the player AND the coach.

Thriving in the Egalitarian Connected Culture requires Human Connection Skills, self-expression and the vulnerability to contribute to others in a unique way.

You need players with a strong desire to be great and the willingness to look deeper into



themselves. This actually describes a LOT of people but many of them don't know it yet. Your mission is to recruit 3 good players who are ready to look at the world around them and make the (sometimes hard) choices necessary to create sustainable success. A thriving environment is not always a "COMFORTABLE" one!

Who do you know who is ready for this? And who will help YOU fulfill your purpose to expand your capabilities with the World Power Method?

IN-09) How to do a great coaching practice session in class

- 1) You will be in a breakout group with a practice partner. In most cases you will have the same practice partner each time. You will both get to be Coach and Player. Start by choosing who will be the coach and who will be the player in the first session
- 2) Get RIGHT INTO the coaching – skip the traditional small talk
- 3) **When you are the Player DO NOT READ THE Coaching Guide** - be real, be yourself; tap into your desire to play better for your dream..
- 4) When you are the Coach - **Follow the Coaching Guide**

Ask the questions and then BE CURIOUS to clarify what your player is sharing.

You really want your player to experience the coaching session as it is written out in the coaching guide.

- 5) **HOLD YOUR TONGUE!**; especially if you feel the urge to tip, solve a problem, talk them out of their fear or discomfort!

Avoid "Tipping".

Tipping - is when your player shares something about their situation and you think you have a good, quick solution and share it.

"Did you ever try..."

There are times to share your observations and ideas built into the Coaching Guides. When those moments come... **SHARE!**

Chapter #01 – Design Your Dream Academy

01-01) Coaching Notes for Session #01

There are a few parts to this session:

- 1) A quick walk through the coaching agreement
- 2) Activating their Dream
- 3) Exploring the idea of a Dream Academy

Yeah!

First of all, you have a player for World Power and possibly this is a new player for you.
YEAH!

The Coaching Agreement

Your coaching agreement is your call. We provide a template that you can use as a starting point. If you make significant changes to the ethics part of the agreement, then you may need to tweak the coaching guide to match your changes.

We like to emphasize the Egalitarian Mindset that is a core of our CoachVille Community and is also embraced by the ICF.

It is ALWAYS important to read the Coaching Guides outloud a few times before each session, but it is especially important for Session 01. You want to feel confident and secure as you read over the Ethics part in the Coaching Guide.

You want your player to feel honored by having a coach with strong ethics and the courage to stand for Egalitarianism in an Authoritarian world.

Activating their Dream

Activating a players Dream is so awesome.

EVERYONE has a Dream and most people are so excited that someone is talking with them about it.

Most likely you got a good vibe from them in your exploratory session and they are ready to go.

If your player is fuzzy or hesitant about their dream that is OK! All you need to get started is a simple statement of desire.

As the player starts to engage and upgrade the world around them, the Dream will gain clarity.

Exploring the Dream Academy Idea

Talking with people about their Dream Academy can be really energizing. For most people this is an idea that has real power for a few reasons:

- 1) NO ONE ever talked with them about this before. IT IS PROVOCATIVE!
- 2) Most people understand the idea of an Academy (through sports, arts or “Harry Potter”) and are intrigued by the idea of going to one or creating one for themselves.
- 3) People are yearning to play better, to be better supported, to not have so many unnecessary obstacles... they just don’t know how to do it.
- 4) Many people have given up on their dreams because they were doing “what you are supposed to do” – struggling alone. The Dream Academy can bring them a refreshing booster shot of POSSIBILITY!

The Dream Academy is a co-creation!

So be prepared to share the ideas that are coming to you.

You may need to guide their imagination by being colorful in describing what you see for them.

Most people fully understand the idea that you can play better at something through practice in the right environment. Most folks resonate with either athletics or arts as a way of understanding the power of the environment.

But, again, they haven’t thought that they can play life better or play their Dream better. It may be up to you to spark their imagination.

ALSO, if you have someone who really gets it and starts co-creating with passion, write it down! You will want to be able to call this example back when you explain it to the next person.

Pattern Language

Pattern Language is another novel idea that can energize your new player.

But, some people are good with language and others not so much. It’s OK! Not everyone needs to be a poet! But most people can resonate with the idea from a lyric in a song they like. The lyric sticks with them. Something about it touches them.

You can ask them for a song lyric example if you need help getting them into the Pattern Language idea.

Most important:

- 1) It does not need to be perfect!
- 2) You just need a place to start that feels good to them.

MOSTLY...

Have fun and BE CONFIDENT that you can guide this life-changing adventure with your player. After your first few players, you will be so energized to offer this experience to

people you want to coach. In the field of coaching, this is one of the most unique programs anywhere!

01-02) Play Your Dream

PLAY YOUR DREAM

{Note to coach: this section is copied straight from the Transformation Coaching Program}



PLAY YOUR DREAM – what does it mean?

One of the BIG ideas of Transformation Coaching is to live a Dream-Centered Life.

This is a BIG Transformation

From: Work toward a dream (like it is an objective for some day)

TO: PLAY your Dream (like a game you “plug in” every day)

Working toward your dream is a common notion. Your dream is something that is off into the future; something you accomplish someday by completing tasks every day.

Your Dream is a “game” in the Play Life Station

PLAY YOUR DREAM is a totally new idea. The best way to explain it is with a metaphor.

You are most likely familiar with the various game consoles where you plug a game into the console and the screen comes alive with a new world that you explore, among other things.

Imagine that this amazing world that we live in is a fully alive Play Life Station!

Your Dream is like a game that you plug into the game console.

After you activate your Dream by sharing it with your coach and Dream Team, the world around you comes alive in a new way. Everything that happens is connected to your Dream in some way. You LIVE your Dream every day.

And yes, you can pop the game out of the Play Life Station any time if you need a rest. 😊

You will LOVE playing for a Dream that is engaging, supportive, challenging, purposeful and fulfilling... even if right now in your life you only have 20 minutes per day to play your Dream, it will light up the rest of your life. And hopefully soon more and more of your day can be living your Dream time. AWWWW Yeah!

Possibilities for your Dream

Your Dream can be an elaborate vision. OR it can be a simple statement of desire. Either is an awesome way to start our adventure together.

Elaborate: I want to host a podcast where people share their defining moments in life.”

Simple: I want to feel more energy when I am at work.

Simple: I want to have a closer relationship with my friends and neighbors.

At CoachVille, we use the symbol of the lightning bolt to represent your Dream. And sometimes we put the lightning bolt in a sunshiny heart to symbolize that your Dream comes from your heart and radiates out to the world around you. LOVE THAT!

We also typically capitalize the D to represent that your Dream takes on a life of its own, almost like a character in your adventure.

The first thing your coach is going to talk with you about is your Dream; because playing your Dreams is what coaching is all about. An important point here is that playing life with a Transformation Coach is MUCH different than going it alone. So, I am encouraging you to think bigger than you might normally allow yourself to think.

Why Dream... rather than objectives or goals?

- Your Dream includes your imagination.
- Your Dream includes your vision.
- Your Dream includes your heart’s desires.
- Your Dream includes how you want to contribute to life.
- Your Dream includes who you want to become.
- Your Dream includes the peak experiences you want to co-create.
- Your Dream includes the spirit of play.
- Your Dream includes a sense of wonder and mystery.

Often, we don’t think too much about our dreams, we just focus on what we can control by ourselves. This is how we were trained to think in the Industrial Culture. (We will get to this later) This approach tends to keep us pretty small; which is OK sometimes. But truly life can be MORE.

Our mantra is: The world is a playground... A Play Life Station... Let’s Play Together.

Here is a “starter” list of the endeavors that people dream of playing better. This will spark your imagination for the many possibilities you have with your Transformation Coach!

Aspects of Life you can play better with a Coach

- small business ownership,
- career development & transition into something joyful & meaningful
- business growth through team play

- leading a worthy cause or movement
- growing a vibrant community
- spiritual quest through community participation
- financial freedom through value creation
- corporate management and/or leadership of a great team
- artistic expression and performance
- health and wellness through engagement
- personal growth through self-expression and participation (this includes co-creating relationships and partnerships)

How you will grow as you PLAY YOUR DREAM...

- You will express your superpowers, energy and creativity.
- You will enjoy the company of people by growing your Dream Team.
- You will grow your skills and capabilities; especially your Human Connection Super Skills.
- You will experience personal transformation; to dream, be free, befriend, become, believe and belong.
- You will grow in status within your community.
- You will co-create your world - and THE world - in a positive way.

Peak Experiences (and objectives)

Peak Experiences are essential to playing your Dream every day. A peak experience is when you rise up to a challenge and something awesome happens. Usually you then feel the urge to put your hands in the air for a high five or a fist pump. LOVE THOSE!

When you play your Dream every day, every day there is a possibility for a peak experience; sometimes more than one! It doesn't mean that one will happen... just that there is the opportunity for it to happen.

A peak experience often includes using a new skill or expressing a personal superpower in a new way. It is often the result of lots of practice doing something to develop a new ability or approach.

The feeling is: **WOW! I (We) just did that. And it was awesome.**

Growth-oriented Challenges

If you put a new game into your game console and everything that happened was something you have seen before and knew exactly what to do (like the way we were taught to live in the Industrial Culture!) you would quickly be bored with the game and stop playing.

When you play your Dream, rather than go through the motions of another day of habits and tasks, you WILL experience challenges. You will face the unknown and opportunities to fail.

It is growth-oriented challenges that make playing your Dream fun every day.

The key is to embrace this truth and enjoy the challenges that come your way.

Here is the approach:

When you play your Dream, you look at EVERY situation in your life as if it is somehow part of the adventure. Everything is happening for YOU to grow as a player in this Dream. Even events or situations that happen and seem to have nothing to do with your Dream, you assume that they do and you look at them in this light.

Even recurring issues from BEFORE you were playing this Dream, you can look at them in a new way once you start playing your Dream.

The way to do it is simply to wonder: mmm.

I wonder how this situation is part of my Dream?

I wonder how this event is asking me to grow so that I can play my Dream better.

I wonder how this situation is trying to show me something that I didn't see before?

It's a powerful, fun and dynamic way to live.

You will LOVE playing a Dream that is engaging, supportive, challenging, purposeful and fulfilling... even if right now in your life you only have 20 minutes per day to play your Dream, it will light up the rest of your life. And hopefully soon more and more of your day can be playing your Dream time. AWWWW Yeah!

01-03) Environmental Theory Overview

1) Our relationship with the Environment is 2- way

We are always adapting to the world around us

AND

Overtime the world around you is a reflection of YOU



Typical example is - going to a workshop

You go to the work shop

you get very excited about everything

you think: "I have really changed"

I can't wait to get to home and put this into action

BUT - typically what happens?

2 weeks later... you can't even remember the workshop!!

How would you explain this using these 2 concepts?

a) When you were at the workshop, you ADAPTED to the environment. You thought you changed, but really you were just adapting to what was around you

b) Then you went home. Your home is a reflection of who you have been in the past. YOU quickly ADAPT to that environment and become just what you have always been.

Maybe a few new, interesting ideas, but nothing really changes

UNLESS, you immediately put what you have learned into your environment at home/office

Have you ever had an experience similar to this?

Question: Share an example where you have adapted to the expectations of an environment?

Question: If that example was "away from home" what happened when you went back home?

Our relationship with our environment goes very deep – right to our genes!

"Research in epigenetics has identified many of the biological mechanisms that control gene expression. [...] The methyl molecule sculpts the body, including the brain. Such insights put to rest the century-old debate on nature versus nurture: do our genes or our experiences determine who we become? That debate turns out to be pointless, based on the fallacy that our genes and our environment are independent of each other; it's like arguing over which contributes more to the area of a rectangle, the length or the width." -

Goleman, Daniel. Social Intelligence (p. 150). Random House Publishing Group. Kindle Edition.

2) The Metaphorical meaning of everything is pounding your nonconscious mind

There is meaning behind everything in your environment.

Consider the pile of unfinished things sitting in the corner. You may be able to "ignore it" consciously and NOT think about it. But the metaphorical meaning is there all the time programming your nonconscious mind.

The metaphorical meaning will be different for different people. for example:

- You don't have your act together
- You have not organized your life to take care of things
- You don't deserve a place free of messes
- You are missing an opportunity buried in this pile

Question: Think of a “mess” in your physical environment. Practice “giving voice” to the mess. If the mess could talk, what would it say about you? Or To you?

01-04) Pattern Language Theory Overview

A pattern language is a phrase that captures the pure essence of a place or an experience.

It was originally defined by Architect Christopher Alexander in “A Timeless Way of Building” as a way to teach people how to design homes, neighborhoods and cities that were full of life.



In class we will discuss an example: “comfy chair by a window.”

Patterns can create aliveness or deadness

For example if you walk into a room with a comfy chair by the window you naturally go to the chair.

But if you walk into a room with comfy chair NOT by the window - when you walk in the room you are thrown into chaos!

you want to sit in the chair

you want to look out the window

but the pattern of the room does not allow it - so your "BEING" is not at ease in that room - it makes you feel slightly dead

Patterns have literal meaning and metaphorical meaning

There is an example that came up in a Personal Environments live event where we were talking about a comfy chair by the window as a metaphor. A woman stood up and explained that her boyfriend is a comfy chair that is NOT by the window!

He is my comfy chair - but he is never going to be by the window - this has put my life into deadness.

Where do you have a comfy chair that is NOT by the window in your life??

Another example: coaching proficiency - engages in provocative conversations

You know it when you feel it.

The phrase captures the essence of the coaching experience

Question: Think of the Power Pattern of a Comfy Chair By the Window as a metaphor for a situation in your life. Where do you have a comfy chair by the window? Where do you have a comfy chair that will NEVER be by the window and as a result you experience inner conflict?

01-05) Step #1: Design Your Dream Academy

The first step of the Method is called Design Your “Dream Academy”. You imagine that you are creating a success academy for someone to become great at your Dream; a place where YOU feel alive and the Dream is really alive. And you become a great player naturally just BEING in this environment and responding to everything that is happening around you.



What would be the elements of a great "Academy"?

Remember from our Environmental Theory that you are always adapting to the environments around you.

There are three fundamental questions in this step:

- 1) How would you describe an EXCELLENT player of this Dream?
- 2) What makes you feel alive?
- 3) What and Who do you want in your Dream Academy?

Question: How do you feel about the concept of designing an Academy for your Dream?

01-06) Step #2: Create “Power Patterns”

Think of Power Patterns as a “Style Guide” for your Dream Academy. They help you make good decisions about what should be included and what should be taken out of your environment.



Another way to think of pattern language from Christopher Alexander: "Suppose I want to understand the 'structure' of something. Just what exactly does this mean? It means, of course, that I want to make a simple picture of it, which lets me grasp it as a whole. [...] I want to paint this simple picture out of as few elements as possible."

In our case we're using a few words as possible to help us grasp the pattern before us (or our player).

Based on the Dream that you are playing, who do you need to become to be a GREAT player of this Dream?

You will design 3 or more Power Patterns to place in the 9 Environments.

A pattern language is a phrase that captures the pure essence of an experience.

You know it when you feel it.

Inspiring pattern language is a co-creation between the player and the coach.

Power Patterns

3 BIG QUESTIONS...

- Who do you want to become?
- What makes you come alive? (the feeling of being alive)
- What is needed to play for your Dream with excellence?

Then

- 1) share and listen
- 2) co-create & facilitate
- 3) listen for energy; for the alive feeling
- 4) collect words and phrases

Next...

- 1) Put together 3-word phrases

Each with energy, emotional zest

- 2) Ask: does it feel right??
- 3) Test 3 phrases

examples...

- OOZING VIBRANT ENERGY
- ABUNDANT MARKETING PARTNERSHIPS
- CREATIVELY SHARING WISDOM

01-07) Super YOU Pattern Language Ideas

Who do you want to become?...

What makes you come alive? ...

The Superpowers for Play!

We have a list of 64 “Superpowers for Play” to spark your imagination. As you explore the list you may see one that resonates as how you want to



relate for influence, explore for visibility or create to express ideas or experiences and experiment for change.

Look it over and go with your gut to choose a few that seem to overlap these two criteria:

- Who is my Dream asking me to become?
- Do I feel this Superpower inside me?

The Super YOU page is something I created that is loosely based on the ancient I-Ching (Book of Changes). I have learned a lot from several rebellious translators of the I-Ching in co-creating this list. It uses language that is “playful” and meant to spark your imagination.

Feel free to change words or combine a few of them to create the “superpower phrases” that really FEEL like YOU!

The more you discover and unleash your superpowers the more alive you will feel. AND it might feel pretty scary sometimes.

MOST IMPORTANT: Have fun, use your imagination while you look over the list of energies and abilities and imagine yourself possessing them and using them.

Detailed Superpower Playsheet

There are a few ways to use this chart.

1) Read it over a few times to look for the unique powers you are noticing within you AND your Dream needs you to develop them and express them NOW. Mix and match the phrases to form your Power Patterns.

2) Look at it after each session to see if there is a Superpower that relates to the pivotal moment or memory pop you just explored; feel into the earlier experience. You were expressing SOMETHING. What was it? Look at this page of superpowers to find a phrase that resonates with you.

3) Read it over and while thinking of each of the 4 areas of Social Play:

- You have Relate for Influence Superpowers
- You have Create for Inspiration (to share) Superpowers
- You have Explore for Visibility Superpowers
- You have Experiment for Discovery Superpowers

Look for them on this page!

Again, feel free to mix and match words and phrases to create the phrase that really feels true for you to create your Power Patterns.

{Full Page Diagram on the next page}

What are your Superpowers for Play?



Imagine who your dream needs you to become. Choose one Superpower for each aspect of Play.



Relate for **INFLUENCE**



Explore for **VISIBILITY**



Create for **INSPIRATION**



Experiment for **CHANGE**

01 Creative Self-Expression
 Aligning with universal expansion

02 Receive Higher Guidance
 And all support

03 Implement the New
 Using principles of organizing

04 Pursue Answers
 That create understanding

05 Trust Inner Timing
 Attuned to the natural world

06 Maintain Emotional Balance
 In intimacy and conflict

07 Support Shared Interests
 The guide at their side

08 Trusted Agent for Creatives
 Impresario of style

09 Attentive Focus
 Fascinated by features

10 Empowered Self Love
 And appreciation of life

11 Espouse Ideas
 That promote harmony

12 Romantic Perception
 For a better future

13 Listen with Acceptance
 Appreciate uniqueness

14 Excellence with Prosperity
 Commitment to becoming skillful

15 Adaptable Magnetism
 Friends at all levels

16 Choose then Enthuse
 Develop versatile skills

17 Debate Opinions
 For future well-being

18 Improve Integrity
 Review everything for flaws

19 Approach with Sensitivity
 Inner drive to connect

20 Assured Presence
 Anticipate the right moment to act

21 Take Charge Naturally
 Authority for common good

22 Gracious with Emotions
 With beauty and affection

23 Express Complex Ideas Simply
 Find what is essential

24 Inventive Thinking
 Review and rationalize

25 Innocent Trust
 Accept universal love

26 Accumulate Material Rewards
 Artfully balance needs

27 Nourish Well-Being
 In many forms

28 Play with Tenacity
 Meet life's challenges

29 Commit then Persevere
 Never give up

30 Intense Desire
 With total engagement

31 Natural Influence
 Provide guidance and instruction

32 Endure by Adapting
 Balance continuity and change

33 Mindful Narrator
 After retreat and recharge

34 Great Power
 Fueled by inner balance

35 Seek Experiences
 Learn from everything

36 Resolve Crisis
 Ride the emotions

37 Develop Harmonic Friendships
 Community foundation

38 Inspired Fighter
 For freedom and underdogs

39 Dynamic Activist
 Embrace the world mirror

40 Accomplish Great Feats
 With unshakable resolve

41 Imagine Fulfilling Experiences
 Emptiness leads to fantasies

42 Respond and Complete Things
 Enjoy growth as a benefit

43 Breakthrough Perceptions
 Assimilate new concepts

44 Build Teams and See Patterns
 Alert to instinctive clues

45 Tribal Leader
 Provide wellbeing for your people

46 Love of Your Body
 Delight and determination

47 Figure Out How
 Transcend through transmuting fear

48 Depth of Natural Ability
 Keeping fresh becomes wisdom

49 Wise Rebel for New Principles
 Timing waves of change

50 Elevate Tribal Values
 Traditional or novel with merit

51 Act with Shocking Initiative
 Arousing alternative possibilities

52 Gain Perspectives through Stillness
 Show restraint

53 Initiate Experience
 Pressure and desire to expand

54 Ambition to Advance
 Independent when subordinate

55 Access to Spirit
 Emotional waves trigger creativity

56 Tell Meaningful Stories
 Travel to find stimulation

57 Gentle Intuitive Clarity
 Vibrational sensitivity to truth

58 Joyous Vitality
 The spark to engage with life

59 Penetrate Barriers to Intimacy
 Establish union

60 Resourceful Facing Limitations
 Practical magic

61 Inspired by Wonder
 Search for a bigger "why"

62 Logically Organize Details
 Precision planning

63 Inspired by Doubt
 Critical perception and inquiry

64 Inspired by Possibilities
 Seeking a perfect answer

These 64 Superpowers are loosely based on the I Ching (Book of Changes).



01-08) The Superpowers of Human Nature

The World Power Method is powerful mostly because it accentuates and unleashes our Superpowers of Human Nature!

The World Power Method is focused on the Human Nature Superpower To Dream and the Need to Belong, and specifically, the ability to choose our environments!

Human Nature for the Win!

We also see that a Dream Academy has a big impact on all of the Human Nature Superpowers which we will explore together as our adventure together rolls along.

Here is a quick overview to spark connections to the sustainable transformation you are co-creating with your players.

After “To Dream”, they all have a keyword with BE to make them easy to remember:

To Dream (with a Dream Academy)

- Choose your Desire (your focus for the next period of your life)
- Self-Love = I honor my unique being
- Self-Worth= I am worthy of living my dream; My Dream is worthy of support in my community.

The Drive to BE Free.

- Choose your adventure (every day)
- Self-trust = I trust my inner knowing
- Self-determination = I can choose to do it; I don't need permission.

The Love to BEfriend

- Choose your companions



- Co-create = Two or more people creating together
- Care (give and receive) = We attend to each other's well-being

The Urge to BEcome

- Choose your playful practice; anything you want to “get good at doing”
- Self-expression = I can do it in my unique way
- Spirit of play = Curious, Creative, Resourceful, Resilient

The Need to Belong (Yeah Team!)

- Choose your environments
- Social-Value = your contributions to others are appreciated
- Social Safety Instinct = avoid disrupting your status in the group

The Ability to BELieve:

- Choose your beliefs
- Self-Confidence = I believe that I can do it
- Self-Preservation = I believe that I should stay safe

Conclusion

The first step is to begin to see these profound human instincts and abilities as Superpowers that we can use for good.

Chapter #02 – Practice Environment Scan

02-01) Coaching Notes for Session #02

In this session, and all coaching sessions, you will practice the structure of a strong coaching session. Using this structure, or flow, every time will give you and your player a strong foundation to build trust in each other and the coaching process.

This safety in the structure is essential because the explorations Environmental Design are new territory for most people.

The flow of each session is the same, but the PRACTICE portion will be unique in each of the next 11 sessions.

In Session 02 we will go deeper into Dream Academy Design by practicing an Environmental Scan. The environmental scan is where you look, with your player, at what is currently in their 9 Environments and try to name what is happening there.

More about that in a moment.

Then you will go a little deeper into the Players Dream, whatever it is right now, and look for 3 key activities of Social Play that they want to play better.

The Environmental Scan

Scanning, and then naming what you see with Pattern Language, is a powerful coaching tool. You bring a fresh set of eyes to the world around your player and help them see if it is helping them grow into their Dream, OR pulling them back to who they have been in the past. It is most likely the latter which will be a big awakening for your player.

In this session you will do a “practice scan” by looking with them at the Physical Environment they are in during the coaching session. This can be their office, home, car, cafe, a park or a friend’s house. It doesn’t matter where it is, the practice is the skill of LOOKING for the energy.

For most people, this is a very new skill, but also intriguing.

Always remember, most people struggle to play their Dream in life. But they don’t understand why it is so hard! Usually the reason is that their environment is not set up for them to play their Dream at a high level and so they struggle. BUT they believe that something is wrong with them. They don’t realize it is probably their environment.

If the player can get very curious, they will start to see this, and it will be an exciting revelation.

Social Play

While your main focus with your player will be on their Dream Academy and scanning and making upgrades, you will also put a little attention with your player on the actual playing the dream.

This is for two reasons:

- 1) Most people can’t put their Dream on hold for 3 months to Design their Academy. So you want to guide them at least a little bit as they play.
- 2) The purpose of creating the Dream Academy is to play better. So you need to keep an eye on how they are playing to see if the Academy is slowly taking effect.

We call this the Social Play Benchmark.

Just get a feel for the key social play activities of the Dream, how they are playing now, and how they would love to play better.

02-02) Willpower vs. World Power

Willpower is limited. Eventually you can't do it anymore. Also, will power is limited to the power of your conscious mind.

World Power is unlimited; the world just keeps going. Also remember that the World (environment) around you is what "programs" your non-conscious mind. So World Power and your Non-Conscious mind play together in a powerful way WAY beyond what your Conscious mind can do.

Question: What have you been trying to accomplish using willpower that you can experiment with World Power instead?

02-03) 9 Environments of YOU™ review

Memetic Environment - Ideas

Self Environment - Strengths, Talents and Character

Spiritual Environment - Deep Connections, Sacred Spaces, Natural Spaces

Relationship Environment - Close friends, family and close colleagues

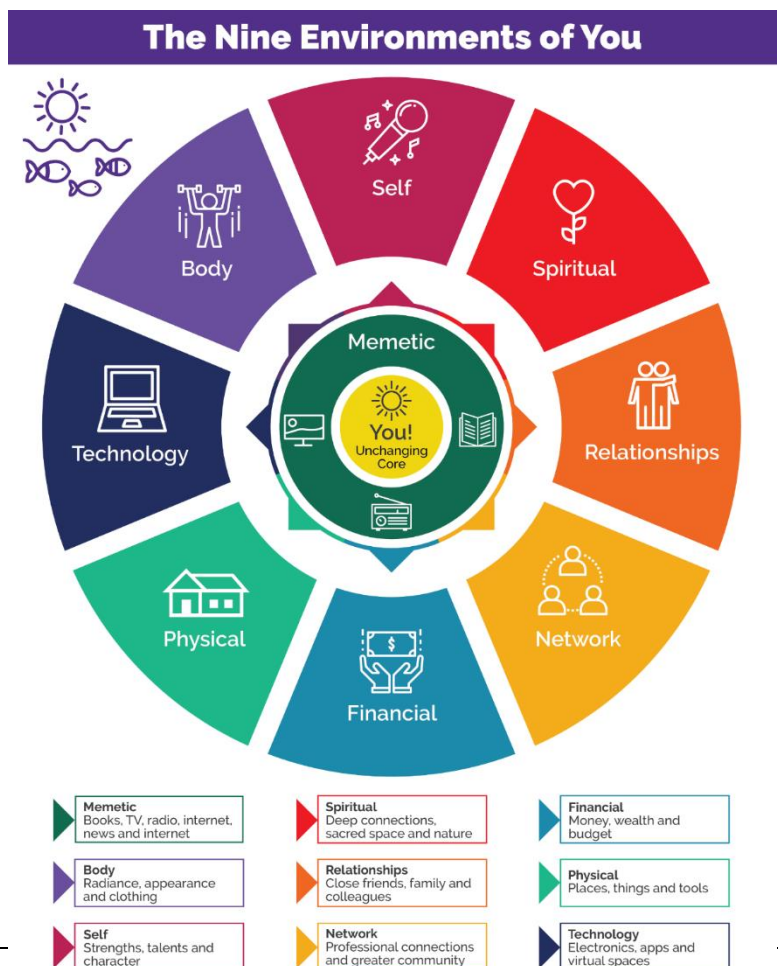
Network Environment - Professional Connections, Greater Community

Financial Environment - Money, Wealth and Budget

Physical Environment - Places and Things

Technology Environment – Electronics and Virtual Spaces

Body Environment - Your Energy, Appearance and Clothing



Question: Which environment offers the richest opportunity for a breakthrough for you and why?

02-04) Pattern Language

Pattern Language is used in the creation of **Power Patterns** to define who we are becoming, and also in **Present Patterns** to define what is around us.

The difference in the words we choose to identify our Present Patterns and our Power Patterns brings to light the **Growth Gap** in that aspect of the environment.

A Present Pattern is fairly easy to identify:

Present Pattern explained in TTWOB P.81-82 “I hope to find a picture [...] which will, in some rather obvious and simple sense, account for the outward properties, for the pattern of events of the thing which I am studying.”

As you go through this method with your players, you will look at the environments around them, and name what is seen as simply as possible.

Then you’ll ask them if what’s there (the Present Pattern) is truly supportive of their Big Dream.

You’ll also compare what is seen to the Power Patterns of their Dream Academy.

That comparison will bring to light the Performance Possibility Gap for your player.

So we’ll be using Pattern Language to create **Power Patterns** that bring to life what we want to see in the world.

The following quote helps us to realize the importance of understanding the **Pattern Language** we and our players use. Patterns already exist (Present Patterns), and they inform what we want to create (Power Patterns).

Share from TTWOB P.247 – “The pattern is, in short, at the same time a thing, which happens in the world, and the rule which tells us how to create that thing, and when we must create it. It is both a process and a thing; both a description of a thing which is alive, and a description of the process which will generate that thing. Patterns can exist at all scales.”

02-05) Step #3: Scan Your Environments

This is a powerful tool for you to use first for yourself and then with your players to take a detailed look at the nine environments.

Key Points of Theory:

1) Everything has Energy

- every little thing will either give you energy or drain your energy; there is no neutral.
- you are an energy sponge
- attraction - you are always attracting like energy
- reflection - everything you see is a reflection of your energy

2) Environments Have Patterns

An environment is mostly defined by the patterns of action that happen in that environment.

In most environments - the same things happen over and over again. This is not good or bad - it just is.

The key is to recognize the pattern and see if it serves your Dream.

Example: you know what kind of activities happen in your kitchen every day; it is the recurring activities that make a place what it is. A kitchen is a kitchen because food activities happen there.

3) The environmental Scan

Let's do an example using the Physical Environment Scan:

Start with the room you are sitting in right now and we will go through the steps.

- 1) What is the primary activity in this space?
- 2) What is the energy / mood in this space?
- 3) What assets does it have for your Dream?
- 4) Is there anything you are tolerating in this space? (tolerating means it is not working properly, is a mess, is missing something needed, it bugs you when you see it or think of it)
- 5) Now pick one of your power patterns. and rate this space on a scale of 1-5 for that pattern.

do you see this pattern in this space?

- 6) What is the present pattern? Try to name it.

Hint: compare the room to the power pattern for ideas.

Who will you become if you adapt to the energy of this space?

What is missing?

How can you represent your Power Patterns in this space?

You get the idea: we will go through this for each environment as we go through the program.

02-06) Step #4: Name the “Present Patterns”

At the end of the scan for each environment there is a space to name the present patterns.
If you continue to spend time in this environment the way it is, who will you become?

Present Patterns

2 BIG QUESTIONS...

- Who will you become?
- Compare it to a related Power Pattern and create a name to accentuate the differences.

Then,

1. Listen and share what you “see” as the Coach (through their eyes)
2. Facilitate the exploration by asking curious questions
3. Listen for energy; for the feeling
4. Collect words and playfully suggest phrases
5. Co-create awareness about the influence of this space on the Dream

Putting together 3-word phrases

- Each with energy that captures the essence of what is there
- Use judgment free awareness – it is what it is. Just name it.
- Test a few phrases to hone in on the best ones
- Humor helps!

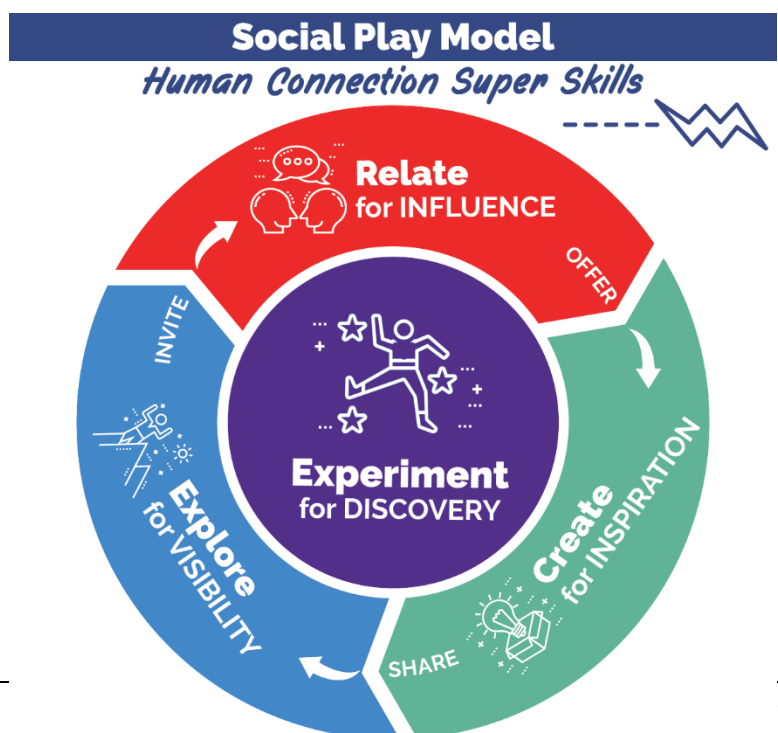
02-07) Social Play and the Human Connection Super Skills

In the World Power Method you will focus with your player on their Dream Academy.

A key element of the Dream Academy is for it to help your player become better at these skills!

And meanwhile, they will play for their Dream at the same time as co-creating their Dream Academy. And the purpose of the Academy is for your player to become a better player... which means social play!

AND... often the moves your player wants to make for their Dream Academy will require a little boost of



Human Connection Skill! In coaching, everything weaves together all the time.

Each session at the end, you will “check in” with them about what playful actions they will do in the world. The Social Play Model provides an easy framework to talk about this.

The BIG idea of transformation from completing tasks under control to social play is this: with social play you don’t know what the outcome is going to be; there is mystery; there is possibility; this brings a much deeper experience of aliveness! YES!!!!

Explore for Visibility (AKA to See and Be Seen; to know and BE Known)

Exploring is when you go into a new territory; you are stepping into the unknown (hopefully with a sense of wonder) It can be a physical place, a social media platform or even a new idea. You explore to see and experience new people and new places; and also to BE SEEN and KNOWN by new people.

When Exploring for visibility goes well, it leads to meeting someone that you want to get to know better. This leads to an invitation to meet again where you can Relate for Influence.

Relate for Influence (AKA Play for “Yes”)

Relate means talking to other people! This is pretty much what we do all the time in life. It becomes playful where there is an opportunity for positive influence like when you are asking someone to do something with you and they might say “yes”, but they might say “no”.

While relating for influence the “yes” that we are typically playing for leads to an offer to do something together. Doing something with one or more persons is a Create for Inspiration experience.

Create for Inspiration (AKA to share with others)

The original form of Create for Inspiration is more accurately co-creating an inspiring experience with one or more people. Then the participants share about their experience with others to inspire them as well. These experiences can be designed or spontaneous and mostly likely a combination of both.

In our current world of written words and recorded media, we can create something for others to experience at a later time with the intention to inspire them. You have the inspiring experience of making it and they have the inspiring experience of engaging with it.

The sharing part is all about participation and contribution. This is very much in line with the idea that “Life is Performance Art”; which is a concept we talk about a lot in coaching.

When someone shares about their experience with you to another person, this creates a new visibility opportunity.

Experiment for Discovery (AKA to Try New Ways)

Experimenting is any time you do something that you have not done before OR you do something that you have done in a new way. Often when we experiment, we have an idea or a hope of what will happen but we don’t actually know. A key to success is to start with an intention, be open to new possibilities AND keep track of what happens; and most important is to not look at any outcome as a failure but as learning.

These social play actions, human connection super skills and results in the world are exactly what your player desires!

02-08) The Urge to Become – Superpower of Human Nature

{Note to coach: this section is taken straight from the Transformation Coaching Program}

The Urge to BECOME

- Choose your playful practice; anything you want to “get good at doing”
- Self-expression = I can do it in my unique way
- Spirit of play = Curious, Creative, Resourceful, Resilient



Urge to BEcome
Self-expression
Spirit of play

As a life coach for 25 years, before I started calling it Transformation Coaching, self-expression comes right after freedom and love for what most people wanted coaching for. Our self-expression is so vital to how we experience life.

The BIG Picture of Becoming

Let's continue our exploration of our Superpowers of Human Nature.

Remember, the important idea is that these abilities are so natural to us that we don't think of them as Superpowers. At the same time, they are so thwarted and distorted by the toxic Industrial Culture that we hardly recognize them within ourselves.

With Transformation Coaching we can reclaim them, practice them and use them for good in the world as we live our dreams NOW!

The Urge to Become relies upon our Drive to BE Free.

The Urge to Become and the Need to BElong move us further out into the community and the way we contribute our YOUNique value to the groups we are in.

Choosing your practice

We love doing activities that we can practice and get good at doing. When an activity gets your



attention you can spend hours, months, years, even a lifetime playing with it to get better and better.

This superpower connects strongly with the Need to Belong because often our desire to practice something includes a vision of how we can do it to increase our value to the people around us.

This is such a big part of what we do every day! My point here is to see it as a superpower and use it for your Dream.

What does your Dream need you to get good at doing?

How can you practice this.

This Superpower is deeply connected to coaching because coaching is Guided Practice.

Think about all of the activities that you can do pretty well! Everyone required a time of practice.

This is why so many of us humans are drawn to athletics and performing arts as both players and observers. We love practicing activities that we can then perform for admiration by others in our group. And we love to observe people who are playing something at a high level. Here is another connection to the Need to Belong Superpower! We REALLY love observing athletics and performance arts with groups of our peers. It is a powerful bonding experience.

Practice... and then performing for others... is such a pure human thing that brings joy to our lives.

Now the BIG idea for Transformation Coaching is to take this same energy and bring it to more activities of life... especially anything that we can engage with as social play!

Let's practice and gain confidence and then co-create all kinds of social experiences together.

This leads nicely into self-expression.

Self-Expression

Have you ever wondered why some people are drawn to certain activities and not to others? I have!! The amazing thing is that sometimes you can see a connection to the Love to Befriend; when you are drawn to activity because someone you care about is doing it.

Meanwhile, there are plenty of times where there is no explanation at all! It is a total mystery and the only explanation is that there was something about it that was waiting inside of you. A personal example for me:

A) I love singing. No surprise there! Both of my parents are accomplished musicians and were singing around the house all the time! All of my sisters are amazing singers as well.

B) I fell madly in love with soccer from the first moment I saw it even though I was not especially close to any of the other kids in the game I was watching. I just wanted to play. It is a total mystery to me why a passion for a game took me all around the world as a player and coach.

Self-Expression is vital to our experience of joy!

Self-expression is what we yearn for in our ability to contribute to others in a meaningful way. We yearn to be valued for the activities that feel like self-expression for us.

Spirit of Play

I believe that the Spirit of Play in our Human Nature is one of the most deeply untapped resources on Earth today!

When we are playful, we are capable of so much awesome social connection!

When we are at play, we are more: curious, creative, caring, co-creative, resourceful, resilient, joyful, engaged and FUN!

One thing you notice about little humans is that as soon as they can move around, they start playing!

Play is how we become the next version of ourselves. And the next version and the version after that. As long as we keep playing, we keep becoming!

Often our play begins by trying to do what you saw someone else do, and then taking into a new direction of self-expression. This is another example of how becoming and belonging play together.

As I have described a few times in encouraging social play, play is when you do something and you don't know how it is going to turn out. You may have an intention, but you don't know how far your current skills and imagination will take you at this moment. But you play to have the experience and to find out what you can do.

The spirit of play is deeply connected to the Love to Befriend because playing together to co-create experiences is a big part of what makes a joyful day.

We can play in the activities of life that are MOST important to us.

This will not be news, but in the toxic Industrial Culture, play is highly controlled and even shamed in many situations; especially school and work, two places where we spend a lot of time.. Play is often seen as frivolous and not of any lasting value.

The Industrial culture asserts that if an activity is important then we work, if it is frivolous then we play.

I encourage you to do exactly the opposite!

If something is trivial, then sure, make it routine and treat it like work.

If something is meaningful, then bring all of your Urge to Become Superpower to it: practice, make it a self-expression and approach it with the spirit of play!

As a quick “commercial break”, this is what our Play Life Coaching program is all about! Please add this to your play plan for the future.

Chapter #03 – The Physical Environment

Plus Identify and ZAP Tolerations

03-01) Coaching Notes for Session #03

In this session we will start the repeating rhythm of World Power Coaching.

Each session will feature:

- 1) The standard flow of a coaching session
- 2) The practice portion of the session will include the scan of one environment followed by an environmental upgrade practice technique.

In Session #03 we will scan the Physical Environment and then use the Toleration Zapping Technique.

This is a vital practice because toleration zapping – especially in the Physical Environment – is a powerful way to reclaim our energy.

A way to think about it is that we have a bucket full of energy to use each day to play our dream. A toleration is like a hole in the bucket that leaks our energy out so we have less for our dream. When we have too many tolerations, we literally have no energy for our dream. This is how most people live which is why this is such an important Coaching Technique.

Another quick point before we dive in. We will move to a new environment in each session for the remainder of the program. But, usually players will want to zap one or more Physical Environment Tolerations every week even as they upgrade the other 8 environments into their Dream Academy.

Physical Environment tolerations are like that. When you zap one, you immediately see another one you want to zap. This is good. Enjoy the ride.

The point about doing Step #5 – Identify and consider the source of the Toleration, is that often there is a deeper present pattern in the environment that allows the tolerations to stay there for so long. If you just “clean up the mess” without considering how the mess got there, you miss the lesson. And often the mess comes back really fast unless the player also upgrades the pattern as well.

In Session #02 we did a practice scan of the Physical Environment that the player was in during the session. In this session you will choose another space to scan. There are three basic options:

- a) They can go into that space for a few minutes to scan while they are talking with you.
- b) They can scan the space using their imagination to pull up a recent picture. This works remarkably well for most people.
- c) If they have the player playbook and know what is coming, they can scan the spaces before the session. This is also a great way for your player to really engage with the material.

Choosing which spaces to scan

Most people have 5-7 spaces that they spend significant time in. Some have even more. You don't need to scan all of them with your player. With your player, hone in on 2 that they feel have the most impact on their dream, OR which 2 have the most room for improvement.

03-02) The Environment Always Wins

The work of architect philosopher has been a powerful influence in the world of environmental design. Consider this section of "A Timeless Way of Building"

"We know now, that every building and every town is made of patterns which repeat themselves throughout its fabric, and that it gets its character from just those patterns of which it is made.

Yet it is obvious, intuitively, that some towns and buildings are more full of life and others less. If they all get their character from the patterns they are made of, then somehow the greater sense of life which fills one place, and which is missing from another, must be created by these patterns too.

How do patterns create this special sense of life?

They create it in the first place, by liberating man. They create life, by allowing people to release their energy, by allowing people, themselves, to become alive. Or, in other places, they prevent it, they destroy the sense of life, they destroy the very possibility of life, by creating conditions under which people cannot possibly be free.

A man is alive when he is wholehearted, true to himself, true to his own inner forces, and able to act freely according to the nature of the situations he is in.

To be happy, and to be alive, in this sense are almost the same. Of course, a man who is alive, is not always happy in the sense of feeling pleasant; experiences of joy are balanced by experiences of sorrow. But the experiences are all deeply felt; and above all, the man is whole; and conscious of being real.

To be alive, in this sense, is not a matter of suppressing some forces or tendencies, at the expense of others; it is a state of being in which all forces which arise in a man can find expression; he lives in balance among the forces which arise in him; he is at peace, since there are no disturbances created by underground forces which have no outlet, at one with himself and his surroundings.

This state cannot be reached merely by inner work!

There is a myth, sometimes widespread, that a person need do only inner work, in order to be alive like this; that a man is entirely responsible for his own problems; and that to cure himself, he need only change himself. This teaching has some value, since it is so easy for a man to imagine that his problems are caused by "others". But it is a one-sided and mistaken view which also maintains the arrogance of the belief that the individual is self-sufficient, and not dependent in any essential way on his surroundings.

The fact is, a person is so far formed by his surroundings, that his state of harmony depends entirely on his harmony with his surroundings."

QUESTION: *What are your thoughts about this idea?*

QUESTION: *Think of a place where you feel fully alive. Describe the feeling of being fully alive. Hint just let words come out, it doesn't have to make logical sense.*

HINT: It is absolutely essential that you KNOW deeply your own “Fully Alive” feeling. This is how you will know when an environment that you create for your Academy is right for you.

03-03) The Physical Environment

The Physical Environment of YOU is about places and things.

Our Dreams need a space in the world around us. Sometimes more than one space.

And even better than a space... is an awesome inspiring space designed from the Power Patterns of who we want to become!

Often our Dreams need things as well, like tools, equipment, or artistic symbols.

Remember that each environment is primarily defined by the recurring activities that happen there AND the energetic quality of the elements and experiences there.

Important places include:

- Home (in general)
- Kitchen
- Living Room (different people have different names for it)
- Bedroom
- Bathroom
- Home Office
- Car
- Office at place of employment
- Café / public meeting space
- Gym / Spa / Studio / public self-care space

Important things include:

- Equipment
- Furnishings
- Tools
- Decorations

Question: *What can a strong positive Physical Environment do for your Dream?*

How to scan the physical environment

1) Recurring Activity

What happens in each place- over and over again? Often the activity defines the space.

Your Dream will probably need a space to happen in.

Also, your Dream may require that you improve your self-care for rejuvenation. Where is that going to happen.

One important thing to consider here is that you can consider spaces that you don't "control" but you choose to be in because they align with your Dream.

Like you may choose a gym because it is great for your self-care energy AND great for meeting potential clients and Dream allies.

2) Mood / Energy

How do you feel there? What is the energy?

3) Assets

How does this place or thing serve your dream?

4) Tolerations

Is there anything in this environment that is draining your energy?

Is there anything messy, broken, incomplete?

We will have a lot more to explore about "tolerations" in a moment.

5) Anything Missing?

What do you need that you don't have?

Specifically, what do you need to play your Dream that you don't have?

Often folks don't know what they need for their dream.

If you have an idea from your experience, share it with them

A BIG idea in this question is looking at places and things for your Dream as investments.

Often a Dream will require some investment in money to buy a thing that is needed or time to make space that is needed.

An example would be clearing out a spare bedroom to make room for a home office for a new business dream. And then furnishing this new office with items that match your Power Patterns.

6) Compare to Power Patterns

Compare each place or thing to your Power Patterns - scale of 1-5

Step #4 Name the Present Patterns

This is a really fun exercise in creative language.

Getting a feel for a space and then putting it into words is valuable.

As the coach, jump into it with ideas. It might be easier for you to put into words the feeling they are describing.

It can be awakening to look at a messy space, name it, and then realize: “oh no, I don’t want to become THAT!”

Question: *What are the typical inner blocks individuals face in designing their Physical Environment?*

Hint: Often places and things have memories of people or experiences in them. Memories of people are part of feelings of belonging (or not) that often require some “letting go” of emotions before you can let go of the things.

03-04) Step #5 - Identify Tolerations: Consider the source and meaning of each one

How to understand the purpose and cost of tolerations in our 9 Environments.

What is a toleration?

- 1) Anything that drains your energy.
- 2) Anything that is broken, messy.
- 3) Something important that is missing.
- 4) When you have tolerations, you are NOT FULLY PRESENT; As Christopher Alexander said, your inner forces are blocked in some way. Zapping them will liberate your inner forces.

Question: *What is an example of something you are tolerating in your Physical Environment?*

Question: *How can tolerations serve us in some strange way?*

- They keep us slowed down. and sometimes going fast is not a good idea - especially if you don't know where you are going! They occupy us when we are not clear about our Dream.
- They can keep us in our self-preservation zone; the frustration of the toleration is more comfortable than being free to play big for your Dream in the world

Question: *Why is it important to consider the source or purpose of a toleration before zapping it?*

- Everything around you is a mirror into your non-conscious mind.
- Tolerations reveal inner conflict between your non-conscious beliefs – who you were “programmed” to be by your past environments - and who you now desire to become for the purpose of playing your Dream. Take a good look and gain awareness.

***Question:** What are some questions we can ask to find the purpose of a toleration?*

***ASK:** How might this toleration be serving you in some strange way?*

***ASK:** How is this toleration keeping you safe or keeping you from playing bigger in the world?*

***ASK:** What is the metaphorical meaning of this toleration?*

***ASK:** What is it saying to you?*

***ASK:** Why do you think you are keeping this message near you?*

Then...

***ASK:** Did someone you love say something like this to you so you keep it near to maintain a feeling of belonging?*

03-05) Step #6 – ZAP Tolerations: Fix, clean, find what is missing

How to ZAP TOLERATIONS

There are several ways to ZAP a toleration

1) Fix something broken

- Put a button on the coat.
- Call someone you said you would call but didn't. (aka broken promise)

2) Clean up a mess (physical or conceptual)

- Clean the closet.
- Talk to your brother about that thing that happened.

3) Put in something that is missing

- I need a new blender - GET ONE.
- I need a friend who is successful in business - GET ONE.

The BIG IDEA:

1) Consider your Dream, and what IT needs

2) Make a list of anything that is zapping your energy.

- 3) Start with the most obvious one.
- 4) An amazing thing about tolerations is that after you zap a few of them, you notice a BUNCH more, that you didn't notice before. It can seem like a Russian Doll for a little while.
- 5) Because this will go on for a while, have fun zapping! Be creative and playful in how and when you do these things.
- 6) Keep in mind that every toleration that you zap is going to restore your energy! And build your energy for zapping the next one.

03-06) Zap Toleration Technique

A KEY idea in transformation coaching is guided practice.

This means that you don't just come up with a task list with your player and then send them out into the world and hope they do it!

By practicing the action first you make it much easier for your player to take the actions in their environment and in the world.

In transformation coaching we practice actions using a powerful combination of visualization and embodiment.

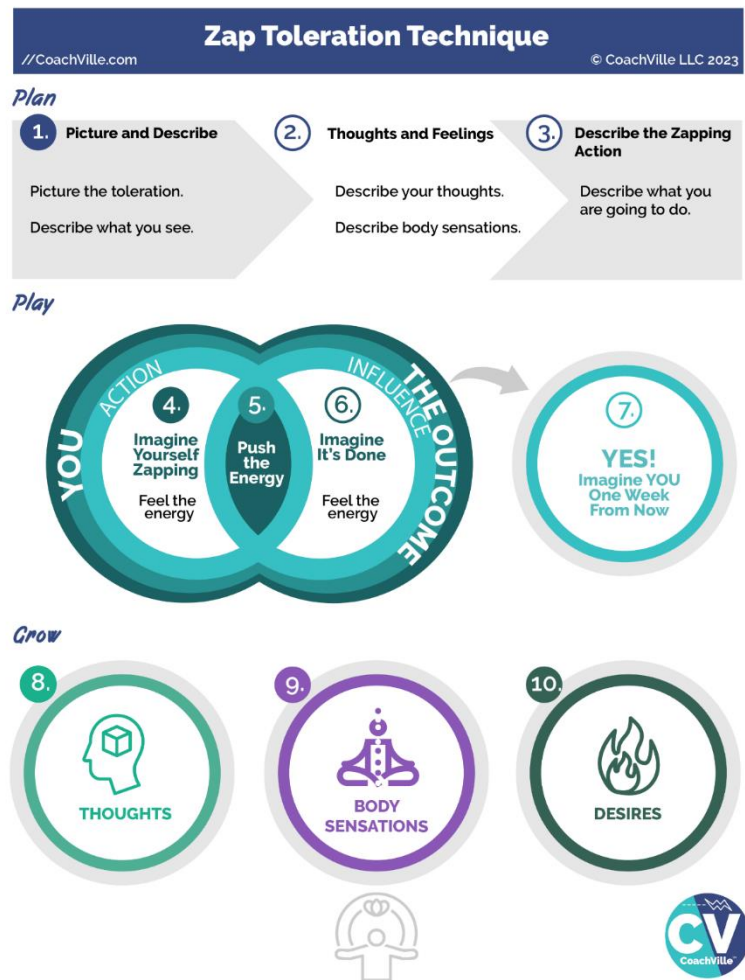
Embodiment is the secret sauce. When an action "Feels natural" in the body it dramatically easier to do it in the world.

Here is a 10 step technique for zapping a toleration.

The language of each step is written out in the coaching guide!

PLAN the practice situation.

- 1) Picture and describe the toleration



Picture the toleration (or look at it if it is a physical thing near where you are)

Describe what you see...

2) Describe the thoughts and feelings

Describe your thoughts about it; especially what about it is draining your energy

Notice and describe any physical sensations that arise then you think about this toleration.

3) Describe the zapping action (or sequence of actions)

What is the action – or sequence of actions – that you can do to zap this toleration?

PLAY together using imagination and embodiment.

4) Imagine yourself at play

The player imagines themselves in action zapping

In a positive flow

and FEELS the energy of the action.

5) Push the energy

The player pushes the energy to the end of the scene; to the completion of the action.

6) Imagine it's done!

The player imagines that the toleration is zapped.

Whatever it was has been fixed or resolved in a satisfying way.

The player feels the energy of the completion.

7) YES! Imagine YOU one week from now.

The player imagines themselves in the scene 1 week into the future with the toleration zapped; feeling energized by the improved environment.

GROW from Practice

8) Explore the thoughts that came up

9) Explore the physical sensations that came up

10) Explore any desires that came up!

Encourage the player to snap a picture of the before and after if that is appropriate for the situation.

FUN!

Chapter #04 – The Relationship Environment

Plus Conduct Experiments

04-01) Coaching Notes for Session #04

Like I said in the last chapter, now we are in the repeating rhythm of World Power Coaching.

This session will feature:

- 1) The standard flow of a coaching session
- 2a) The practice portion will be a scan of the Relationship Environment
- 2b) Followed by the Conduct Experiment Practice technique.

Scanning the Relationship environment is so fascinating. It is important because it is by far the most influential environment of our lives and our ability to play our Dreams.

To scan the people in our lives as an “environment” requires both judgment-free awareness, a light touch of objectivity and a bit of vulnerability on the part of the player.

As you guide your player in scanning their closest relationships listen closely. Often the true energy will come between the words.

My experience is that many people at first are SURE that their inner circle supports their Dream 100%. But as you observe closely you will see that it is not exactly 100%.

You will also find many people who have inner circle people who they are not even sharing their Dream with. This is also a clue.

I think my experience on this is to ask the provocative questions but also tread lightly. Most players will come to awareness about their inner circle over a period of time.

On a related note: for most people sharing more about their Dream with their inner circle is a HUGE growth opportunity.

This leads us to the Design Experiment Technique.

This is a technique where you and your player co-create something new they can do to connect an inner circle relationship to their Dream. It can be as simple as sharing it with one of them. It can be as big as asking for something they really need.

The Design Experiment Technique is a powerful way to practice (AKA preplay) the activity with the player before they do it.

It is important to know that many players will feel strange practicing this way at first. They will assume that they will “just do it”. In my experience, believing that they “will just do it” is the worst coaching technique of all time!

Practice first! Both of you will learn a lot.

The Role Play Technique

The Role Play Technique can be really powerful here as well, especially if the player’s experiment is an ask or a speaking their truth. A role Play is a wonderful way to practice that you can add in to the session.

It is not written into the Coaching Guide, but if you have done any of the other CoachVille Programs and feel good about Role Playing, by all means do it!

Friendship - The missing piece

Another very common situation, especially after the Global pandemic, is a person who does not have more than a few close relationships in their life.

A big part of a Dream Academy is close friends or colleagues who share the Dream. So part of your role as a coach is to encourage your player in this area.

We will get into this more when we explore the Network Environment; EVERYONE you know on a first name basis AND communities and groups that you participate in. Often there are folks who can upgrade from Network to Inner Circle with a little friendship cultivation.

04-02) Revisit Step #2: Create Power Patterns

Quick check in.

Remember, you can keep sharing your power patterns when you talk with your colleagues.

Keep upgrading and refining the language as you apply them to your environment and discern if the language really does bring you to life!

Question to explore: What have you learned about your Power Patterns?

Practice saying them with slightly different words to see which phrase has the most aliveness.

04-03) A quick distinction: challenge vs. obstacle

They have similar meaning but we make a distinction to help with environmental design.

Challenges help you grow as a player

vs.

obstacles cause unnecessary problems

An example from soccer:

If you are playing soccer and you want to score a goal and there is a defender from the other team trying to stop you, that is a challenge. It will help you become a better player.

If you are playing soccer and you want to score a goal and there is a big hole in the field that you have to avoid so that you don't break your ankle, that is an unnecessary obstacle. It can only hurt you.

We are so used to the general mentality that we need to overcome obstacles in order to succeed, that we think that is just the way it is.

What challenges do you need in the Dream Academy for you to become a great player of your dream?

- other people at all levels that you can observe playing; some better, some equal, some lesser
- challenges that cause you to step up your self-expression; especially your YOUnique abilities
- lots of opportunities to practice the skills you need to play your Dream

Conduct experiments that bring these elements into your academy!

04-04) Step #7: Conduct Experiments

Experiments are essential to creating the new experiences that we desire.

In World Power terms, an experiment is when you are in a familiar situation, and you intentionally do something that you haven't done before or do something in a new way.

A) To see what happens and possibly discover a better way to do something

B) With the intention to create a new experience.

Key attitudes needed to conduct experiments:

- Be intentional! Have clarity of what you desire. AND low expectations that it must turn out a certain way.
- Sense of wonder and openness
- Willing to be delighted or surprised
- Curiosity
- Playfulness
- Attentive to what is happening; learn as much as possible
- Some experiments take time, or multiple tries - give it time

The benefits of doing experiments?

- the "wonder" of not knowing exactly what will happen activates your imagination
- you might discover something new and unexpected
- they don't generally require a big commitment
- you evolve in unexpected ways as you adapt to new people, places, things and ideas

The challenges we face in conducting experiments...

- the need to get it right
- hate making mistakes
- "do it right the first time" mantra we learned in Industrial Culture
- hate not knowing how to do something
- "don't make messes" mantra we learned in Industrial Culture
- the unknown - not knowing what the result will be
- the cost in time (and sometimes there is a monetary cost)
- desire to avoid disappointment in the results
- fear of people thinking poorly about you for doing something that isn't perfect

Experiments are one IMPORTANT way we PUT Power Patterns into our environments

- This is a highly creative exercise that is done through experiments
- E.g. Physical environment - get a thing or picture that has the essence of the pattern and bring it into your space
- E.g. Relationship environment - find a person(s) who has this essence of the pattern and develop a frequent connection with them (AKA friendship)

Examples of experiments in the physical environment?

- try taking things out of your space and see if you miss them
- Look at each thing and ask: do I LOVE this thing? (note: this has been a part of this program since before Marie Kondo made it famous ;-)

Examples of experiments in the Relationship Environment

Remember, an experiment is when you are in a situation that is familiar, but then you do something new..

A) To see what happens

B) With the intention to have a new / better experience.

So... with a person that you already know...

- Bring up a topic you don't usually talk about (aim to be provocative in a good way)
- Share something you never shared with them before (like your Dream for example)
- Ask for something you don't usually ask for
- Invite them to do something with you that you have never done together before
- SO MANY POSSIBILITIES!!!!

04-05) The Design Experiment Technique

The Design Experiment Technique is another fun way to provide Guided Practice for an environmental upgrade activity.

It makes powerful use of the same structure as the Zap Tolerations Technique; also the Peak Experience Technique from the Transformation Coaching Program.

This is good because when you become confident in this structure including, Plan, Play, Grow as well as Visualization and Embodiment, you can adapt it to a wide range of coaching situations.

Always remember that embodiment is the secret sauce of coaching. When an action feels natural “in the body” of the player, it is dramatically easier for them to take this action – in this case do the experiment - in the world.

Here is a 10 step Design Experiment Technique.

The language of each step is written out in the coaching guide!

PLAN the practice situation

1) Describe the Experiment

What is the situation where you want to try something new?

What are you going to do in a new way?

2) Describe the feeling

What do you want to express in a new way?

What do you want to feel in this new approach?

3) Describe the Desired Outcome

What do you want to happen, experience or discover.

In other words, what is your intention?



PLAY together using imagination and embodiment

4) The player imagines themselves at play in the experiment. They allow their imagination to play in the scene.

They imagine it going well.

They notice their thoughts and feelings while they are in the scene.

5) Push the energy

The player pushes the energy of the scene into the future to the moment the experiment is complete.

6) Imagine it's done!

The player imagines the completion of this experiment.

They notice their thoughts and body sensations in the moment.

7) YES!

Imagine Future YOU... after the experiment.

Here we allow the players imagination to explore the future benefits from doing this experiment in the unknown today.

GROW from Practice

8) Explore the thoughts that came up

9) Explore the physical sensations that came up

10) Explore any desires that came up!

Encourage the player to snap a picture of the before and after of the experiment if that is appropriate for the situation.

FUN!

04-06) The Relationship Environment

Your **Relationship Environment is Your Inner (Intimacy) Circle**

The Relationship Environment is the people who you interact with almost every day.

Ideally, we have between 7 – 15 people in this environment.

The Relationship Environment is closely related to the Network Environment that we will explore next. The line between the two is VERY FUZZY! Don't worry about getting it exactly right.

The Relationship Environment includes:

- People you live with,
- Close colleagues in your job or team,
- Close friends that you interact with several times each week,
- Close family that you interact with several times each week
- Close family / friends who take up a lot of energetic space in your day... you think about them / care for them / worry about them

BIG IDEA!!!

- We all have the Love to Befriend Human Nature Superpower within us.
- We are all capable of developing and enjoying extraordinary friendships.
- We are all capable of co-creating wonderful adventures with companions.
- As a player, you can restore these abilities and live them out loud!
- As a coach, guiding your players to practice and restore these abilities will light up their world!

A few thoughts and observations about the Relationship Environment

- It is where we practice the Love to Befriend Human Nature Superpower (more about that next)
- There is a finite # of people that we can keep energetically close to us. This is where the number 7 – 15 comes from.
- A person in a community that you interact with regularly could be in either the Relationship or Network environment
- A person you interact with regularly in a professional manner (for example the barista at your favorite coffee shop) would be Network Environment; similarly the parents of your child's friend who you interact with briefly on a regular basis.
- If you work in an office and see / chat with someone every day, but they are not actively a part of what you are doing, they would be Network Environment
- Your neighbor who you chat with once in a while would be Network Environment; the neighbor who you hang out with regularly would be Relationship Environment
- Remote work and global pandemics have caused our Relationship Environments to shrink.
- We all have the opportunity to choose individuals in our Network Environment and develop a closer relationship with them to build our Relationship Environment. This is the fine art of developing friendships! For most of us this is a lost art and a major growth opportunity!
- Often a person is in our Relationship Environment for a time in our lives, often connected to a Dream we are playing, and then they ease into the Network Environment when you – OR THEY - start playing a new Dream. We still care about them, but we are not interacting as much; nor are we as energetically connected.

- The flow of some people in and out of our inner circle is **TOTALLY NATURAL**. There is nothing wrong when this happens.
- **Choosing friends who align with your current Dream is a BIG Deal. Choosing Friends for our Dream Academy is a BIG deal. It can make all the difference how our Dreams unfold.**

Question to consider...

Why do you think the Relationship Environment is so influential on our ability to play big for our Dreams?

Is everyone in your Relationship Environment aligned with your current Dream?

This is a BIG question.

It is a BIG growth opportunity for most people to share their Dreams with their Inner Circle. This is something we will practice together.

Sometimes long-term friends and family are resistant to our new dreams, especially if they are less growth oriented than we are.

In the Relationship Environment Scan we will consider each person and explore:

- Does each person know the dream that you are playing?
- Are they supportive? or is there a subtle lack of support? not sure?
- Do they challenge you in a healthy way?

Alignment or support... is an interesting dynamic.

Often when we choose a new Dream, we also shift our values; what we care most about or how we prioritize our care.

When our values shift this can disrupt the close relationships.

Here are two partner relationship examples from my early days of coaching:

Example 1: A woman playing a business dream for the first time

Me: What about your husband, does he support your business Dream?:

Player: "oh, he is totally supportive".

Me: What about going to an evening networking event?

Player: "oh no, my husband expects me to make dinner for him every night."

Me: "That is not total support."

Example 2: A man playing a business dream for the first time

Me: What about your wife, does she support your business Dream?

Player: Oh yes, she is totally supportive.

4 weeks later...

Me: How were your revenues from your first month in business?

Player: Not great. My wife told me to get a job and forget these foolish plans.

Me: That is not total support.

Understandings & Agreements

If we had an understanding or agreement with a partner regarding values, can we modify those agreements to match our new Dream?

If we had an understanding with a partner based on lifestyle or risk tolerance, can we modify those agreements to match our new Dream

Scanning the Relationship Environment

As I mentioned in the Coaching Notes for this Session, tread lightly with judgment-free curiosity while scanning the relationship environment. It can feel strange at first to think of people we care about as an environment... but, whoa.... they sure are.

Also this is an exploration where the player will have a LOT of insights AFTER the session as they interact with their people through the “World Power Lens”.

1) Recurring Activity (conversation)

Remember that what makes an environment unique is the recurring things that happen there. With relationships we are focused on the recurring conversations... and also what you do together.

Your player may have a dynamic relationship with a partner with many topics. Hone in with them on what is the essence or central theme.

2) Mood / Energy

This is a provocative question to consider. Your player will likely have a word collage to attempt to describe it. This is great. It is a valuable practice to find the words to describe an energetic feeling.

3) Assets

Most people never ask for what they need from the people in their lives. So starting to think about how a person could influence your dream if only you would ask... is profound.

Also, most of us are pretty uncomfortable at receiving support. We don't have practice in asking or receiving because the Industrial Control Culture trains us to neglect our unique needs.

It can help sometimes if your player considers that they are asking for their Dream and not for themselves.

Finally, most of us don't think about the value of healthy challenge, or even know what a healthy challenge is. So this is another question that may tread into some experimental territory.

4) Tolerations

There are a few specific questions in the Coaching Guide that cover the most likely tolerations between people who care about each other. There are a few more in the list below. The BIG idea here is that making a move to zap a toleration in a relationship can be both liberating and bonding. Remember, we do really care about the people in our lives and they care about us too!

Tolerations

Here are examples of tolerations / energy drains in the relationship environment?

- Broken promises
- Unfulfilled expectations
- Unspoken needs
- Unspoken boundaries (this is something that is not OK around me; is there something that is not OK around You?)
- Changing Values
- The need for updated agreements
- Missing support
- Assumptions that need to be clarified
- The “unspoken” that needs to be spoken; (usually about that “thing” that happened)

5) Missing?

When it comes to a relationship with a person in our lives, often there are “things” that are missing. It is often a profound growth opportunity to ask. The big point is that sometimes the person can provide what is missing but they didn't know it was needed. Other times the other person is unwilling or unable to provide what is missing. It is better that this is known and accepted rather than unsaid.

The other aspect of missing in the relationship environment is friends and/or partners that we don't have but are needed for our best life... for our Dream Academy.

This is a BIG growth opportunity for most of us... to find our people. It usually starts within our Network Environment which we will explore in the next chapter.

6) Compare to Power Patterns

This is another provocative exploration with wide ranging impact.

The bottom line of our Human Nature is that over time we BECOME energetically attuned to the people we spend the most time with.

With your player now having awareness of Power Patterns for their Dream Academy, you are inviting your player to compare the person to the patterns.

This can be intense and revealing.

A) if they are NOT strongly attuned, your player needs to be aware of this.

We will get to the Present patterns in a moment.

B) If they are strongly attuned, then your player may want to engage with this person even more than they do now.

Step 4: Name the Present Patterns

It is another big eye opener to attempt to name the energy of a person you care about in pattern language.

For many, it will be like an awareness and gratitude exercise to put the value a person has for us into powerful words.

The best scenario is when the person either matches the patterns for our Dream, OR has patterns that are synergistic.

If the person has Present Patterns that conflict with the Dream in some way, this presents a growth opportunity.

Perhaps there is an experiment that could shift the energy for better synergy?

I always say, give people the benefit of the doubt, assume that they want to grow, until the completely prove otherwise.

Experiments

Remember, an experiment is when you do something new in a familiar situation. These are new things you can try with people you know well.

Share your (new) Dream - what you are playing ow and why it is so important to you. This is always essential to strong relating.

Share your love and admiration - tell them what you admire about them and why you value their friendship / companionship! (this is such an awesome but oddly challenging thing to do)

Do something new together – either co-create a new activity or suggest something new and then dive into the experience together. Co-creating shared novel experiences is like super bonding superglue for our Relationship Environment!

Be assertive: speak your truth about needs, desires, values... anything.

Make clear requests – (related to assertive) ask specifically for what you want / need (no hinting or assuming).

Clarify expectations / assumptions – state what you expect the other person to do with a level of clarity appropriate for the situation.

Bold / vulnerable conversations - the courage to say what needs to be said.

Judgment-free awareness when sharing - nothing is wrong with them AND yet something doesn't feel good to you; share about it in as charge-neutral way as possible for you.

Navigate via curiosity - be curious about their perspective on the situation and listen fully.

Respect the persons humanity - you are not here to tell them how to live.

Acceptance - allow people to be as they are / were.

Find common ground - rather than focus on differences.

Be completely honest – try sharing how you really feel while knowing that the other person can hear you AND you can accept their response.

04-07) The Love to Befriend (Human Nature Superpower)

{Note to Coach: This section is taken straight from the Transformation Coaching Program}

Remember the keywords from our Human Nature Superpower:

- Choose your companions.
- Co-create = Two or more people creating together
- Care (give and receive) = We attend to each other's well-being

The Power of Love!

Let's start with the power of LOVE! Too big and too amazing to describe in a few sentences. Let's just say that we are awesome at LOVE! The main idea here is to see this as a Superpower that you can use for your Dream.

Love to BEfriend
Care (give & receive)
Co-create



The notion of Befriend includes all of the ways two people or a small group of people can join together for companionship, mutual care and co-creation. There are so many possibilities.

Choose Your Companions

We are super-oriented around our companions. I know for me that when I think back on periods of my life there are two main characteristics: What was I doing (what was my Dream) and WHO were my companions at that time.

You can choose your companions for: a day, a project, a trip, a business, a team, a period of time, a purpose and romance. We can join groups with a shared purpose and become a companion with selected members of the group.

Often it is the magic of our companions that will determine how we remember our experiences.

Also, there is the important knowing that we will BECOME like the people we spend time with. I would tweak that to say we will become like the people we Dream with and Adventure with; with the idea that any day can be an adventure.

The key here is to see that your ability to choose WHO you are dreaming with and adventuring with is a superpower! YOU can choose to use it. You can see yourself as an amazing person to adventure with so that others WANT to be your companion.

Strangers

The way we live in the Industrial Culture we often find ourselves in very large groups. For example, as part of companies or communities of shared geography or purpose. While we are around a lot of different people – now both in person and online – we are only drawn to a few. How and why we are drawn to some people and not to others is one of the mysteries of life.

You know that feeling when you are talking with someone who is a stranger to you. And something clicks and you feel an energy flow between you.

Other times you are “thrown in” with someone in a company or group activity, like a sports team, and over time you develop a close bond with someone.

All of these make for great companion choices.

Another big idea is that sometimes we choose our companions. And sometimes our companions choose us. Both are good.

Co-Create

Cocreating with another person, or a small group, is one of the most energizing activities in life. This can be doing an activity together which is a cocreated experience. Or, actually co-creating a thing. WOW! We made that together.

When you take a step back and think about your life... it is mostly co-creating experiences with other people. We do it so naturally that we don't even notice it as a superpower. Now imagine if you used this superpower intentionally. WHOA!

Co-creating is a way to contribute our unique value to a shared purpose with people we enjoy. Co-creating is also a way to experience and appreciate the unique value of others. When we experience someone doing something we admire it can spark our desire to learn how to do it. This will lead us to choosing practice which is part of our Urge To Become Superpower.

Another big aspect of co-creating is learning from others which is SUPER FUN.

Care (give and receive)

Caring is another incredible Human Nature Superpower. We are awesome at caring for others. Collective Care is the way we are meant to live together. We are not meant to "be on our own, or "fend for ourselves"... or even "be solely responsible for ourselves and our families".

One of the most important transformations needed in the world today is to find a more wholesome balance between personal responsibility and collective care.

We can express our Care in so many different ways. Expressing care feels good! Especially when offered with freedom and purpose and without attachment; so that it is not transactional. This is a clue as to why it is a Superpower of Human Nature.

Examples: a thoughtful word, just listening, being aware of something needed and providing it, doing something for someone to reduce their burden, just spending time with someone without a specific purpose.

Receiving care feels good to. Receiving care honors the giver. Unfortunately, due to Industrial Control diminishing our self-worth, we are often not so good at receiving care because we are not worthy. Also, we got a lot of messages about how we need to be self-sufficient and be able to do things on our own. We will uplevel this ability in this program. This creates a "clunk" in our Human Experience when we are more fluid givers than receivers. It creates a balance problem.

Another challenge we have in our culture today is the toxic media going after your attention with 24/7 trauma stories. They know that we all have the Superpower to Care so they use that against us to suck us in to care about their trauma story.

We all need to develop the wisdom to choose when to use our care Superpower and when disengage it.

We will get to this later as well.

Conclusion

The big point of this section is to notice that we have these incredible superpower abilities within us. We take them for granted because they are Human Nature. By calling attention to them we can start to use them with intentionality and wisdom specifically for our Dreams.

During our adventure together, look for ways to revive and practice these awesome Superpowers within your Human Nature!

You were born for this!

04-08) Role Play Technique

The Role Play Technique is another excellent way to practice a situation that includes a conversation. Often a 3-5 minute role-play can significantly expand your players confidence and clarity about how they will approach a conversation.

As you use the environmental design techniques: Zap Tolerations, Design Experiments and Enter New Territories, you will come upon many situations where the player could... or SHOULD... include another person in the activity.

In these cases I recommend you encourage a quick practice using Role Play.

It can be a powerful coaching routine in World Power Coaching:

- 1) Scan the environment
- 2) Practice with an Environmental Upgrade Technique
- 3) Practice with Role Play

We won't practice the Role Play

Technique in the World Power Class because we practice it a lot in the other classes.

But YOU can do it with your players.

The Role Play Coaching Guide is included in the Coaching Guide pack for the World Power Method if you want to give it a try!

