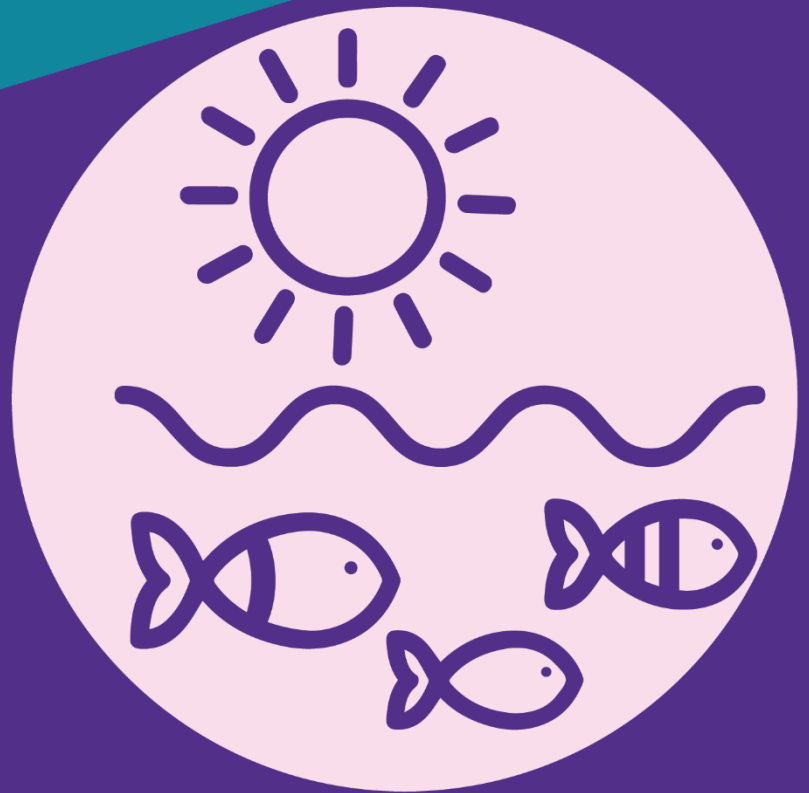


WORLD POWER



Coaching Guides
by Dave Buck, MCC

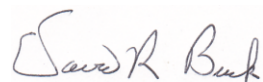
CoachVille Center for Coaching Mastery
We are the champions of dreams!

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

This PDF contains the Coaching Guides for the World Power Method.

Please print this PDF and have the Coaching Guide in front of you for practicing in class and for coaching your practice players.

Enjoy the program and... Play BIG!

A handwritten signature in blue ink that reads "Dave Buck". The signature is written in a cursive, flowing style.

Coach Dave Buck and the CV Team!

Table of Contents

TABLE OF CONTENTS	3
COACHING GUIDE FOR SESSION 00 - EXPLORATORY	4
COACHING GUIDE FOR SESSION 01 – YOUR DREAM ACADEMY	8
COACHING GUIDE FOR SESSION 02 – PRACTICE ENVIRONMENT SCAN.....	13
COACHING GUIDE FOR SESSION 03 – PHYSICAL ENVIRONMENT	18
COACHING GUIDE FOR SESSION 04 – RELATIONSHIP ENVIRONMENT	25
COACHING GUIDE FOR SESSION 05 – NETWORK ENVIRONMENT.....	33
COACHING GUIDE FOR SESSION 06 – MEMETIC ENVIRONMENT	41
COACHING GUIDE FOR SESSION 07 – FINANCIAL ENVIRONMENT.....	45
COACHING GUIDE FOR SESSION 08 – SELF ENVIRONMENT	49
COACHING GUIDE FOR SESSION 09 – TECHNOLOGY ENVIRONMENT	54
COACHING GUIDE FOR SESSION 10 – BODY ENVIRONMENT.....	58
COACHING GUIDE FOR SESSION 11 – SPIRITUAL ENVIRONMENT	62
COACHING GUIDE FOR SESSION 12 – CELEBRATE PERSONAL EVOLUTION.....	67
COACHING GUIDE: ZAP TOLERATION TECHNIQUE	70
COACHING GUIDE: CONDUCT AN EXPERIMENT TECHNIQUE	73
COACHING GUIDE: ROLE PLAY TECHNIQUE	77
COACHING GUIDE: ENTER NEW TERRITORY TECHNIQUE	78
COACHING GUIDE: PIVOTAL MOMENT TECHNIQUE	82

Coaching Guide for Session 00 - Exploratory

You are the coach, so start the conversation by guiding it right away.

1) WELCOME & Warm Up

Say: "I am looking forward to doing this session with you. I really appreciate you and I can't wait to see what we discover together. It will take about 20-30 minutes.

Ask: Are you ready to go?

{Coach: wait for them to say: YES}

Say: "OK. Let's go. So, as I mentioned I am participating in a Transformation Coaching Program at CoachVille called World Power. My role as the coach is to help you play better, for your Dream. This is the first thing we are going to explore today. The idea of the World Power Method is to design the world around you as a Success Academy for your Dream. If after we explore this, you want to become one of my players, then we can talk about those details.

SAY: "OK. Let's start with a quick warm up. We will do 3 Connecting Breaths to warm up our heart – brain connection.

SAY: A Connecting Breath is a BIG breath in and a SLOW breath out.

Breathing in to a count of 4 and breathing out to a count of 7.

If you are in a safe place you can close your eyes. If possible put your feet flat on the floor and rest your hands on your lap or place them over your heart.

{do this in a quiet voice; and breath so they can hear you}

SAY: Big breath in (hold a moment)... Slow Breath Out {breath out slowly}

SAY: Big breath in (hold a moment)... Slow Breath Out {breath out slowly}

SAY: one more time...

SAY: Big breath in (hold a moment)... Slow Breath Out {breath out slowly}

SAY: Thank you for doing that with me. Let's dive into our exploratory session.

2) COACHING PLAN (Discover the Dream)

Ask: At CoachVille we are really big on looking at business, career and life as a playing for your dream. If you looked at your life / business / career as living your dream...How would you describe your dream right now?

{Coach: listen and ask any curious questions that pop up for you}

Discover their definition of success

Ask: What does success look like for you over the next 3 months?

{Coach: listen and ask any curious questions that pop up for you}

3) PRACTICE / PLAY TOGETHER (Explore the Gap)

GROWTH OPPORTUNITIES

Say: In coaching we are always looking for the growth opportunities in the dream.

Ask: What are some skills you would like to develop or expand?

{Coach: listen; stay judgment-free; people are yearning to talk about seeing themselves as really BIG but they rarely feel the encouragement or safe space to do so; some people will talk about possibilities others will start sharing about challenges or obstacles}

Ask: Anything else come to mind?

{Coach: listen; stay judgment-free; again **AVOID AVOID AVOID** offering solutions!!}

Say: Let's have some fun with your imagination

Ask: Are there any aspects of YOU – like creative ideas or talents - that you would love to bring out into the world in a bigger way?

{Coach: listen and then **have fun with them**; encourage them to dream bigger
IF you know them OR you sense something about them this is a great opportunity to champion what you see in them }

CHALLENGES

Say: Let's talk about challenges in your Dream

Ask: What are some challenges that you are experiencing right now?

{Let them share a few}

FOLLOW UP QUESTION...

FOR EACH ONE ASK...

Ask: Does this seem like a growth-oriented challenge? Or something that is just blocking you from your Dream.

ACADEMY

Say: The BIG idea with World Power is that most people struggle with their Dream because the world around them is not designed for them to be successful.

In World Power we explore: what if the world around you was like a success academy for your dream like an Olympic Academy for Athletes.

Ask: What intrigues you about this idea?

{Coach: listen to see if they are resonating with the idea; You can also try the Julliard Academy for Musicians!}

Say: Let's tap into your imagination for a moment.

Ask: What might be some elements of a success academy for your Dream?

{Coach: you may need to spark an idea or two for them... remember, it's playful co-creation}

4) GROWTH MODE

MOMENT OF CHOICE

{Coach: Here you have to choose! Do you have a good connection with them? Does something about them intrigue you as a learning opportunity for you?}

If YOU are a "YES":

SAY: I love your Dream and I think we could have great success together.

Only say the RED part if you are going to charge for the coaching.

ASK: *Can I tell you how the money works? And then you can decide if you* would you like to be one of my players?

If they say "yes", move on to #5A. If not, skip to 5B.

If YOU are a "no", skip to 5B.

5A) PLAY PLAN (Confirm the Commitment)

If you are charging...

EXPLAIN THE MONEY

SAY: So, in order to earn my coaching certification, I need to accumulate 450 paid coaching hours! It's a lot. While I am on my way to certification, I am offering a super affordable introductory rate of \$360 for 12 sessions. If you are good at math, you know that is \$30 / session. Amazing value!

AND ...

You don't pay until after our 4th session. If after our 4th session you want to keep going, then the investment is \$360 – and you can pay in 3 \$120 payments each month.

If you don't want to keep going, then there is no payment, and we consider the 4 sessions pro bono and we both learned from the experience together.

ASK: Does this sound fair to you?

CONFIRM THE COMMITMENT

SAY: Excellent. I just want to confirm that you are committing to meet with me for about 45-50 minutes each week. If we can't do a session one week for some reason, we will try to make it up the next week.

ASK: Are you good with that?

{Coach: wait for them to SAY: YES}

SAY: Let's get our first two session on the calendar now.

{get your first 2 sessions set up in your calendar for as soon as possible after the start date for the program}

ENDING

SAY: "Great! Talk to you soon"

5B) If either of you say "no": thank them for their time.

SAY: I have learned a lot from this conversation. Thank you. But I don't think we are a good match for coaching together. Thanks so much for your time today!

Coaching Guide for Session 01 – Your Dream Academy

1) WARMUP (and affirm coaching agreement)

SAY: "I am really excited about coaching with you. I can't wait to see what we co-create together and discover about your Dream Academy."

ASK: Do I have your permission to be your coach today? Are you ready to get started?

{wait for them to say, YES}

AFFIRM COACHING AGREEMENT

SAY: The first thing we need to do – and we only need to do this once, is a quick verbal recap of our Coaching Agreement.

ASK: I just want to confirm that you read the coaching agreement.

{wait for yes}

SAY: #1 Coaching is focused on growth by practicing together and exploring situations for new awareness. We are not doing therapy with the focus on healing. And I am not going to give you any legal, medical, or financial advice. Often coaching can have healing side-effects, but that is not our focus.

SAY: We can talk about anything you want to talk about, past, present or future, AND if something comes up that seems like it requires a psychological, legal, medical or financial professional, we will agree together for you to bring those specifics to another professional.

ASK: Are you ok with that?

{wait for yes}

SAY: As your coach I am not going to do any tasks or projects on your behalf. If we both want me to do something for you, that will be outside of this coaching agreement.

ASK: Are you ok with that?

{wait for yes}

SAY: There are a few boundaries that our conversations cannot cross. As a coach I take an ethics oath that I am not a supremacist; there is no inherent superiority of rulership of one person over another. So, we can't get into anything involving for example: white supremacy, male supremacy, religious supremacy or wealth supremacy.

ASK: Are you ok with that?

{wait for yes}

SAY: Our coaching sessions are confidential. What that means is that I won't share anything about our sessions with anyone without your permission. You can share about anything that you want to. There are two exceptions:

1) There is no coach-client privilege by law in the US. So if for some reason I receive a subpoena to testify in court about our sessions, I would have to do so.

2) If you talk about harming yourself or someone else, I would be obligated to seek assistance.

ASK: *Are you ok with that?*

{wait for yes}

SAY: One more thing. Today, we are going to co-create some clarity on the focus of our coaching together. And we will go in that general direction until you decide we should change it or expand it. Our focus is always your choice. I may suggest certain coaching techniques, but our focus within those techniques is always up to you.

ASK: *Are you ok with that?*

{wait for yes}

SAY: Whew! OK we are in the clear!

{coach, you can rephrase this in your own words 😊}

WARM UP

SAY: "OK. Let's start the coaching with a quick warm up. We will do 3 Connecting Breaths to warm up our wisdom and a 30 second visualization to warm up our imaginations.

SAY: A Connecting Breath is a BIG breath in and a SLOW breath out.

Breathing in to a count of 4 and breathing out to a count of 7. If you are in a safe place you can close your eyes. If possible put your feet flat on the floor and rest your hands on your lap or place them over your heart.

{do this in a quiet voice}

SAY: Big breath in ...{pause} and a slow breath out

SAY: Big breath in ...{pause} and a slow breath out

SAY: Big breath in ...{pause} and a slow breath out

SAY: Breathing this way creates a strong connection between the heart and the brain.

SAY: Next we will do a 30 second visualization. Keep your eyes closed if you can. Use your imagination to see yourself doing something you enjoy. Do your best to see it and feel it in your body as deeply as you can. After you start the scene, allow your imagination to take you where it wants to go.

SAY: 30 seconds... here we go.

{wait approximately 30 seconds}

SAY: OK Excellent. Thanks for doing that with me.

NOTE: *if they want to share what they saw, definitely encourage them to do so.*

ASK: Are you ready to dive in?

{wait for them to say: Yes}

2) CELEBRATION

ASK: Can you share with me something you would love to celebrate about your life right now?

{This is to create a sense of flow from one session to the next}

3) GROW

ASK: Did any insights about your Dream or playing for your dream come up since our exploratory session?

{This is to create a sense of flow from one session to the next}

4) PRACTICE PLAN

SAY: Today we are going to activate your Dream and then we will start to design what we call your Dream Academy.

5) PRACTICE ~ Dream Activation and Design Your Academy

Activate the Dream

SAY: First we need to create a picture of your big dream / or your quest

A) ASK: What is your BIG DREAM right now?

B) ASK: What is the purpose of this Dream in your life?

C) ASK: What are your 3 primary peak experiences (AKA Objectives) for playing this Dream?

D) ASK: What are the 3 biggest growth opportunities (AKA Challenges) you are facing – or expect to face – playing this Dream?

World Power Step 1: Design Your Academy

SAY: Now we need to create a picture of WHO YOU need to become to be able to play this dream everyday.

A) ASK: How would you describe an EXCELLENT player of this dream?

{Listen. Share a thought if you have one}

SAY: Next we need to create a picture of where you really come alive.

B) ASK: Is there a place or an activity where you feel REALLY alive?

{Listen.}

SAY: Next we need to start to create a picture of an environment where you will come alive AND grow as a person.

C) ASK: If we were going to design an academy for players of your dream:

What would happen there?

Who would be there?

{Listen & co-create. Add ideas... }

{Encourage them to think of...
activities,
challenges,
thought leaders AND
people they already know.}

Step 2: Create Power Patterns (first draft)

D) SAY: Next we want to create power patterns that are phrases of 3-5 words that capture the essence and energy of WHO you will become in this Academy

We will play with some ideas together.

{Talk with your player about their picture of an excellent player and note words and phrases that have some energy. The phrase should have the same alive feeling as the alive place or activity that they described.}

{Draft a few Power Patterns.}

{Don't worry about trying to get the perfect ones at this point.}

6) GROWTH ZONE

SAY: "OK, this is a good time to switch into the growth zone"

ASK: "We set out today to create some clarity about your Dream and your Dream academy? How do you feel we did on that?"

{Coach: listen and share}

ASK: "What did you learn about playing for your dream today?"

{Coach: listen

ASK: "What did you learn about yourself in this session?"

{Coach: listen

SAY: "Can I share an observation?"

{Coach: share an observation about your player's Human Nature superpower potential and the pursuit of their dream.

7) PLAY PLAN (the days ahead)

SAY: "OK, let's make sure we have a Play Plan..."

SAY: "My challenge for you between now and next week is to:

1) Clarify your objectives

2) Clarify the WHO YOU need to become "Power Patterns"

3) Think of possible elements for your Dream Academy

ASK: “Can you do that?”

Wait for them to SAY: “YES!”

SAY: {Share a supportive observation about the player’s progress in the session}

ENDING

SAY: “Great! Have a great week of play. Talk to you soon”

NOTE: if you want to stay connected with them via text or email, you can confirm those details with them.

ALTERNATE ENDING

SAY: “Great! Please keep me tuned in to your progress by {connect tool}. I want to hear from you. OK? Have a great week of play. Talk to you soon”

Coaching Guide for Session 02 – Practice Environment Scan

1) WARMUP & Speak the Dream

SAY: "I am really excited about coaching with you today. I can't wait to see what we co-create together and discover about your Dream Academy."

ASK: Do I have your permission to be your coach today? Are you ready to get started?

{wait for them to say, YES}

SAY: "OK. Let's start with a quick warm up. Just like last session, we will do 3 Connecting Breaths to warm up our wisdom and a 30 second visualization to warm up our imaginations.

SAY: A Connecting Breaths is a BIG breath in and a SLOW breath out.

If you are in a safe place, you can close your eyes. If possible, put your feet flat on the floor and rest your hands on your lap or place them over your heart.

{do this in a quiet voice}

SAY: Big breath in ...*{pause}* and a slow breath out

SAY: Big breath in ...*{pause}* and a slow breath out

SAY: Big breath in ...*{pause}* and a slow breath out

SAY: Breathing this way creates a strong connection between the heart and the mind.

SAY: Next we will do a 30 second visualization. Keep your eyes closed if you can. Use your imagination to see yourself doing something and being awesome. Do your best to see it and feel it in your body as deeply as you can. After you start the scene, allow your imagination to take you where it wants to go.

SAY: 30 seconds... here we go.

{wait approximately 30 seconds}

SAY: OK Excellent. Thanks for doing that with me.

NOTE: *if they want to share what they saw, definitely encourage them to do so.*

SAY: OK. The final warm up step is to share with me a 30-second version of your Dream. It's OK if it has changed since our last session.

{Listen. Then when they finish...}

SAY: I can see you doing that.

{pause for a moment}

ASK: All right! We are warmed up now. Are you ready to dive in?

{wait for them to say: Yes}

2) CELEBRATION

SAY: Our coaching plan for today is take a few steps in designing your Dream Academy and explore Social Play Actions for your Dream.

ASK: Does that sound good to you?

{wait for them so say YES}

ASK: Before we get into that, share with me anything you want to celebrate since our last session...

{listen and encourage... celebrating together strengthens the connection}

3) GROW (from Play)

Step 1: Design Your Academy

ASK: Share with me any insights you had about playing for your Dream or designing your Dream Academy?

{Coach: listen and ask any curious questions that pop up for you}

Step 2: Create Power Patterns (update)

ASK: Any insights from looking for power patterns?

4) (Practice) PLAN

SAY: *The next part of our session today is to practice doing a scan of your Physical Environment to see what is there and compare it to the Power patterns we want to create.*

5) PRACTICE Together

Step 3: Scan Your Environments

SAY: We will begin with a sample scan of your Physical Environment starting with the space you are in right now. (A room in your home or office, or your car, a café or park)

SAY: Take a look around and we will walk through the steps together.

1) Recurring Activity

ASK: What is the primary activity in this space?

2) Mood:

ASK: What is the energy / mood in this space?

3) Assets:

ASK: What assets does it have for your dream?

4) Tolerations:

SAY: We will talk a lot about something we call a Toleration in this program.

Tolerating means: it is draining your energy, it is not working properly, is a mess, , or it just bugs you when you see it or think of it.

ASK: Is there anything you are tolerating in this space?

{Coach, you may need to encourage them to REALLY look. At first, we often don't see what we are tolerating because we have gone numb to the energy drain of it so we stop seeing it even though it is right in front of us}

5) Missing?

SAY: We will talk a lot about a special kind of toleration called missing? Missing is when you need something that is not there. And often when you are doing something you think: I need this thing, but I don't have it.

ASK: What is missing from this space that you think you need for your Dream?

6) Compare to Power Patterns

SAY: Now pick one of your power patterns. Let's rate this space on a scale of 1-5 for that pattern.

{Coach, you may need to remind them of their power patterns. Make sure you have them written down}

ASK: Do you see this pattern in this space?

{Coach: This next part requires imagination and playfulness. You may need to help spark them with ideas from what you can "SEE" in what they are describing.}

Step 4: Name the present patterns

Present Patterns

SAY: A valuable part of the process is to look around try to name the Patterns that we see in this space. Because we are always adapting to the patterns around us.

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

ASK: Let's come up with a name for the Present Pattern in this environment?

Uplevel

ASK: What is one thing in this space that you can uplevel to bring it closer to your Power Patterns?

Social Play "Benchmark"

SAY: *The next part of our session today is to explore your Dream for Social Play actions that you want to play better.*

SAY: One of the BIG ideas of designing your Dream Academy is that over time your Academy will support you to play better for your Dream.

So, we are going to identify 3 social play actions you aim to play better over the next 3 months and let your Academy work its magic.

We will explore Relate for Influence, Create for Inspiration and Explore for Visibility.

ASK: What is a Relate for Influence action you want to play better? We want to define how you play now and what is your vision of playing better.

{Coach: You can add your ideas and help clarify}

ASK: What is a Create for Inspiration action you want to play better?

{Coach: You can add your ideas and help clarify

ASK: What is an Explore for Visibility action you want to play better?

{Coach: You can add your ideas and help clarify

6) GROWTH ZONE (From Practice)

SAY: “OK, this is a good time to switch into the growth zone”

ASK: “We set out today to practice a scan of your physical environment and to learn more about your power patterns for your Dream?”

{Coach: listen

ASK: “What did you learn about your Dream Academy today?”

{Coach: listen

ASK: “What did you learn about yourself in this session?”

{Coach: listen

SAY: “Can I share an observation?”

{Coach: share an observation about your player’s Human Nature Superpowers and the pursuit of their dream.}

7) PLAY PLAN (the days ahead)

SAY: “OK, let’s make sure we have a Play Plan...”

ASK: “What are a few actions (or perspectives) you will focus on?”

{Coach: listen

SAY: “My challenge for you between now and next week is to look around at your physical environment. Make a list of anything around you that is draining your energy in any way.

ASK: “Can you do that?”

Wait for them to SAY: “YES!”

SAY: {Share a supportive observation about the player’s progress in the session}

ENDING

SAY: “Great! Have a great week of play. Talk to you soon”

NOTE: if you want to stay connected with them via text or email, you can confirm those details with them.

ALTERNATE ENDING

SAY: “Great! Please keep me tuned in to your progress by {connect tool}. I want to hear from you. OK? Have a great week of play. Talk to you soon”

Coaching Guide for Session 03 – Physical Environment

1) WARMUP & Speak the Dream

SAY: "I am really excited about coaching with you today. I can't wait to see what we co-create together and discover about your Dream Academy."

ASK: Do I have your permission to be your coach today? Are you ready to get started?

{wait for them to say, YES}

SAY: "OK. Let's start with a quick warm up. Just like last session, we will do 3 Connecting Breaths to warm up our wisdom and a 30 second visualization to warm up our imaginations.

SAY: A Connecting Breaths is a BIG breath in and a SLOW breath out.

If you are in a safe place, you can close your eyes. If possible, put your feet flat on the floor and rest your hands on your lap or place them over your heart.

{do this in a quiet voice}

SAY: Big breath in ...{pause} and a slow breath out

SAY: Big breath in ...{pause} and a slow breath out

SAY: Big breath in ...{pause} and a slow breath out

SAY: Breathing this way creates a strong connection between the heart and the mind.

SAY: Next we will do a 30 second visualization. Keep your eyes closed if you can. Use your imagination to see yourself doing something and being awesome. Do your best to see it and feel it in your body as deeply as you can. After you start the scene, allow your imagination to take you where it wants to go.

SAY: 30 seconds... here we go.

{wait approximately 30 seconds}

SAY: OK Excellent. Thanks for doing that with me.

NOTE: *if they want to share what they saw, definitely encourage them to do so.*

SAY: OK. The final warm up step is to share with me a 30-second version of your Dream. It's OK if it has changed since our last session.

{Listen. Then when they finish...}

SAY: I can see you doing that.

{pause for a moment}

ASK: All right! We are warmed up now. Are you ready to dive in?

{wait for them to say: Yes}

2) CELEBRATION

SAY: Our coaching plan for today is take a few more steps in designing your Dream Academy.

ASK: Does that sound good to you?

{wait for them so say YES}

ASK: Before we get into that, share with me anything you want to celebrate since our last session...

{listen and encourage... celebrating together strengthens the connection}

3) GROW (from Play)

Step 1: Design Your Academy

ASK: Share with me any insights you had about playing for your Dream or designing your Dream Academy?

{Coach: listen and ask any curious questions that pop up for you}

{Coach: You may need to prompt them with deeper questions about...

Social Play, noticing desires for new skills, or visions for their Academy. People often won't share about something if they don't know how to DO IT}

Step 2: Create Power Patterns (update)

ASK: Did any new Power Patterns come to mind?

4) (Practice) PLAN

SAY: Today we are going to scan your Physical Environment and practice with the Toleration Zapping Technique.

5) PRACTICE Together

Step 3: Scan Your Environments

ASK: Besides the space we scanned last session, which places in your environment have the biggest impact on your dream?

{explore together.}

{home office and office at your job are obvious choices. Where else?}

Scan the physical environment

1) Recurring Activity:

ASK: what happens in this place- over and over again?

2) Mood:

ASK: How do you feel there? What is the energy or mood?

3) Assets:

ASK: How does this space serve your dream?

4) Tolerations:

ASK: Is there anything in this environment that is draining your energy? Anything messy, broken or incomplete

5) Anything Missing?

ASK: what do you need that you don't have?

6) Compare to Power Patterns

ASK: How does this space compare to your Power Patterns on a scale of 1 - 5?

Step 4: Name the present patterns

ASK: If you continue to spend time in this environment the way it is, who will you become?

ASK: Let's come up with a name for the Present Pattern in this environment?

{Compare to related Power Pattern and create a name (Present Pattern) to accentuate the differences.}

Go back to the scan for 1 more important space.

Step 5: Identify Tolerations: Choose one and consider the source, purpose & meaning

{Explore the purpose of one or two tolerations}

SAY: Next we are going to scan these spaces looking for tolerations. Remember from our last session, a toleration is anything that is draining your energy, broken, messy or not doing what you need for your Dream. If you can literally see the space it is easy to scan. But we can also scan using your memory of a space.

ASK: Can you describe a few tolerations that you notice.

ASK: Of these tolerations, which one would you like to ZAP first? It can be the an easy one to get started or a big one to really move the energy. Whichever you would like.

{Coach, you can help prioritize if you have an observation from how they described them}

ASK: How long has this been a toleration?

IF it seems complex...

ASK: Do you have any thoughts about how it got this way?

ASK: Any thoughts about how this toleration might be serving you in some (possibly strange) way? Maybe keeping you slow or safe in some way?

Step 6: Zap Tolerations Technique

SAY: “Next we are going to make a play plan to zap the toleration and practice your zapping action together with a guided visualization. The important idea here is that we can practice life activities... similar to the way athletes and performance artists practice using visualization and body awareness.

SAY: A VERY important point while doing this practice is to maintain judgment-free awareness and look at it with a playful spirit.

1) Describe the Toleration

SAY: Close your eyes for a moment and take a deep connecting breath

SAY: Picture the toleration for a few moments.

ASK: “Describe the toleration in a few words?”

{Listen, you MAY need to make a suggestion to help clarify.}

2) Describe the thoughts and feelings

ASK: “Great, when you picture this toleration, what thoughts come up for you.

SAY: Do a quick body scan from the top of your head down to your waist.

ASK: “What do you feel in your body when you picture this toleration?”

{Pause a few moments. Listen and just encourage them to notice. If nothing, that is OK.}

3) Describe the zapping action

{eyes open}

ASK: “Describe what you are going to do to zap this toleration?”

{Listen, you MAY need to help them talk it through.}

4) Imagine Yourself Zapping

SAY: “Next we are going to use your imagination to embody this experience. We will do this in two phases, first the action then the outcome. And the “trick is to pay attention to both your thoughts and your body sensations as we visualize”

SAY: OK, close your eyes for a few more moments.

Imagine yourself playfully doing the zapping action.

Really put yourself into the scene to see it and feel it as deeply as you can for 30 seconds.

{pause 30 seconds}

ASK: Share with me a little bit about the scene and what you are doing.

{listen. Affirm by saying: "I can see that";

SAY: Again, take a moment to notice any body sensations that are coming into your awareness.

{Pause a few moments}

ASK: Do you notice anything in your body?

{just listen. if nothing that is OK}

5) Push the Energy

SAY: OK. You are doing great. Next I want you to push your energy to the end of the scene when it's done.

{Pause 10 seconds}

6) Imagine it's done

SAY: Imagine it's done and it turned out just the way you wanted.

ASK: As you imagine it done, notice any thoughts that come into your mind.

{Pause a moment}

ASK: Can you share one with me?

{Listen and affirm}

SAY: As you picture it done, take a moment to scan your body and notice any body sensations that are coming into your awareness.

{Pause a moment...

ASK: Do you notice anything?

{listen. if nothing that is OK}

7) YES! You 1 week from now

SAY: Now...Imagine yourself 1 week into the future, and you are in the scene with the toleration zapped.

{Pause a moment...

SAY: Notice any thoughts coming into your mind.

ASK: Can you share one with me?

SAY: Notice any sensations in your body.

ASK: Do you notice anything new?

SAY: You can open your eyes!

SAY: Awesome you did it!

8) Explore thoughts

ASK: Of all the thoughts that popped into your mind during this exercise, which are you most curious about?

{Listen. Affirm. And anything you are curious about.}

9) Explore Body Sensations

ASK Of all the physical sensations that you noticed during this exercise, which are you most curious about?.

{Listen. Affirm. And anything you are curious about.}

10) Desires

ASK: During the exercise, did you notice any desires coming up?

{Listen. Affirm; you may have noticed a desire in a thought they shared. Contribute this to the conversation}

SAY: I acknowledge your courage and playfulness! Awesome. This is going to be powerful when it happens in your environment!

6) GROWTH ZONE (From Practice)

SAY: “OK, this is a good time to switch into the growth zone”

ASK: “We set out today to practice a scan of your physical environment, practice zapping a toleration and learn more about your power patterns for your Dream?

{Coach: listen

ASK: “What did you learn about your Dream Academy today?

{Coach: listen

ASK: “What did you learn about yourself in this session?

{Coach: listen

SAY: “Can I share an observation?”

{Coach: share an observation about your player’s Human Nature Superpowers and the pursuit of their dream.}

7) PLAY PLAN (the days ahead)

SAY: “OK, let’s make sure we have a Play Plan...

SAY: *We have your physical environment upgrade*

ASK: “What are a few actions for your Dream that you will focus on?

{Coach: listen

SAY: “My challenge for you between now and next week is to look around at your relationship environment. Make a list of any relationship that is draining your energy in any way.

ASK: “Can you do that?”

Wait for them to SAY: “YES!”

SAY: {Share a supportive observation about the player’s progress in the session}

ENDING

SAY: “Great! Have a great week of play. Talk to you soon”

NOTE: if you want to stay connected with them via text or email, you can confirm those details with them.

ALTERNATE ENDING

SAY: “Great! Please keep me tuned in to your progress by {connect tool}. I want to hear from you. OK? Have a great week of play. Talk to you soon”

Coaching Guide for Session 04 – Relationship Environment

1) WARMUP & Speak the Dream

SAY: "I am really excited about coaching with you today. I can't wait to see what we co-create together and discover about your Dream Academy."

ASK: Do I have your permission to be your coach today? Are you ready to get started?

{wait for them to say, YES}

SAY: "OK. Let's start with a quick warm up. Just like last session, we will do 3 Connecting Breaths to warm up our wisdom and a 30 second visualization to warm up our imaginations.

If you are in a safe place, you can close your eyes. If possible, put your feet flat on the floor and rest your hands on your lap or place them over your heart.

SAY: OK. Here we go.

{do this in a quiet voice}

SAY: Big breath in ...*{pause}* and a slow breath out

SAY: Big breath in ...*{pause}* and a slow breath out

SAY: Big breath in ...*{pause}* and a slow breath out

SAY: Breathing this way creates a strong connection between the heart and the mind.

SAY: Next we will do a 30 second visualization. Keep your eyes closed if you can. Use your imagination to see yourself doing something and being awesome. Do your best to see it and feel it in your body as deeply as you can. After you start the scene, allow your imagination to take you where it wants to go.

SAY: 30 seconds... here we go.

{wait approximately 30 seconds}

SAY: OK Excellent. Thanks for doing that with me.

NOTE: *if they want to share what they saw, definitely encourage them to do so.*

SAY: OK. The final warm up step is to share with me a 30-second version of your Dream. It's OK if it has changed since our last session.

{Listen. Then when they finish...}

SAY: I can see you doing that.

{pause for a moment}

ASK: All right! We are warmed up now. Are you ready to dive in?

{wait for them to say: Yes}

2) CELEBRATION

SAY: Our coaching plan for today is take a few more steps in designing your academy for your Dream.

ASK: Does that sound good to you?

{wait for them so say YES}

ASK: Before we get into that, share with me anything you want to celebrate since our last session...

{listen and encourage... celebrating together strengthens the connection}

3) GROW (from Play)

Step 1: Design Your Academy

ASK: Share with me any insights you had about playing for your Dream or designing your Dream Academy?

{Coach: listen and ask any curious questions that pop up for you}

If it didn't come up yet...

Check in on Physical Environment Toleration Zapping from the last session

Ask: What happened with the toleration zapping we practiced last session?

Step 2: Create Power Patterns (update)

Ask: Did any new Power Patterns come to mind?

4) (Practice) PLAN

SAY: Today we are going to do a deeper scan of your Relationship Environment and then play with the Design Experiment Technique.

5) PRACTICE Together

Step 3: Scan Your Environments

SAY: Your Relationship Environment is your inner circle of 7-10 people among your family, close friends, and close colleagues.

ASK: Which people in your relationship environment have the biggest impact on your dream? You can just give me first names if you want to.

{explore together. Get a list of 5 or so people; }

ASK: Which 2 should we explore today?

Scan the relationship environment.

1) Recurring Conversation

ASK: when you see them or talk with them, what do you talk about?

2) Mood:

ASK: How do you feel around them? What is the energy or mood?

3) Assets:

ASK: How could this person influence your Dream?

ASK: How do they influence it right now?

ASK: Do they provide support?

ASK: Do they challenge you in a healthy way?

4) Tolerations:

ASK: Is there anything in this relationship that is draining your energy?

ASK: Any unfulfilled expectations,

ASK: Any broken promises,

ASK: Anything unspoken?

ASK: Any subtle lack of support?

5) Anything Missing?

ASK: do they know about your new dream?

ASK: have you asked them for support?

6) Compare the person to your Power Patterns - scale of 1-5

Step 4: Name the present patterns

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

ASK: Let's come up with a name for the Present Pattern in this environment?

GO BACK TO STEP 3 for the SECOND RELATIONSHIP

Note to Coach: We will skip tolerations in this session and try an experiment.

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

SKIP

Step 6: Zap Tolerations = Fixing - Cleaning - Missing

SKIP

Step #7: Conduct Experiments

Design an experiment in the Relationship environment.

SAY: We are going to practice an experiment in your relationship environment. An experiment is when you do something in a known setting in a new way.

SAY: In the Relationship Environment, an experiment is usually ask, an offer, a request, or invitation to do something new together.

ASK: What is an experiment you want to try to bring a relationship even closer to your Power Patterns?

{Coach, you can offer a suggestion based on what you heard in the scan}

SAY: “We will use the Conduct Experiment Technique to practice the situation together before you do it out in the world. The important idea here is that we can practice life activities... similar to the way athletes and performance artists practice using visualization and body awareness.

SAY: A VERY important point while doing this practice is to maintain judgment-free awareness and look at it with a curious, playful spirit.

1) Describe the Experiment

ASK: “Describe in a few words the situation where you want to do the experiment?”

{Coach Listen, you MAY need to make a suggestion to help clarify.}

ASK: Describe what you are going to do in a new way.

{Coach Listen, you MAY need to make a suggestion to help clarify what they would have done in the past and what they want to do differently the next time.}

2) Describe the expression and feeling

ASK: “When you do this experiment, what quality or skill do you want to express in a new way?”

{Listen, you MAY need to make a suggestion from what you know about who they want to become}

ASK: “Great, when you do this experiment, what do you want to feel?”

{Listen, you MAY need to make a suggestion}

3) Describe the desired outcome

ASK: “When you do this experiment, what do you want to happen?”

ASK: What do you want to experience?

ASK: What do you want to discover?

{Listen, you MAY need to help them talk it through.}

4) Imagine Yourself at Play in the experiment

SAY: “Next we are going to use your imagination and co-creation to embody this experiment. The “trick” is to pay attention to both your thoughts and your body sensations as we visualize”

SAY: OK, close your eyes for a few more moments.

SAY: Take a deep connecting breath in and a slow breath out.

SAY: Remember to maintain curious, with judgment free awareness during the experience.

SAY: Imagination yourself in the situation where you will do the experiment.

Really put yourself into the scene to see it and feel it as deeply as you can for 30 seconds.

{pause 30 seconds}

SAY: Next focus on imagining the experiment going really well.

{pause a few more moments}

SAY: Now, as you see yourself in the experiment doing something new, notice any thoughts going through your mind.

{Pause a few seconds}

ASK: If you notice a thought, share it with me?

{Pause and just listen (and make a note)}

SAY: Next, I want you to scan your body from the top of your head to your waist and notice any body sensations that are coming into your awareness.

{Pause a few seconds}

ASK: If you notice anything, share it with me?

{listen. Affirm by saying: “that is great body awareness”; if nothing that is OK}

5) Push the Energy

{Coach, here you need to “ad lib” a little bit based on the experiment

IF the experiment involved another person

SAY: OK. You are doing great. Next, I want you to push the energy to the other person in the experiment. Notice them really engaging with you and feeling connected to you.

IF the experiment was something they were doing alone...

SAY: OK. You are doing great. Next I want you to push your energy to the end of the scene and just notice where your imagination takes it.

Pause 10 seconds

6) *Imagine it's done*

SAY: Imagine it's done and it turned out in a positive way. As you picture it done, Notice any thoughts going through your mind.

ASK: Can you share one thought with me?

SAY: As you see yourself in the scene after the experiment, take a moment to scan your body and notice any body sensations that are coming into your awareness.

ASK: Share with me what you notice?

{listen. Affirm by saying: "good noticing!"; if nothing that is OK}

7) *YES! Imagine Future YOU.*

SAY: Imagine yourself 1 week into the future after you have done this experiment and applied what you learned to your Dream.

{Pause 30 seconds}

SAY: Notice any thoughts coming into your mind.

Share one with me.

SAY: As you picture yourself in the future, take a moment to scan your body and notice any body sensations that are coming into your awareness.

{Pause a few moments}

ASK: Do you notice anything?

SAY: You can open your eyes!

SAY: GREAT!

8) *Explore thoughts*

ASK: Of all the thoughts that popped into your mind during this exercise, which are you most curious about?

{Listen. Affirm. And anything you are curious about.}

9) *Explore Body Sensations*

ASK Of all the physical sensations that you noticed during this exercise, which are you most curious about?.

{Listen. Affirm. And anything you are curious about.}

10) Desires

ASK: During the exercise, did you notice any desires coming up?

{Listen. Affirm}

SAY: I acknowledge your courage and playfulness! Awesome.

6) GROWTH ZONE (From Practice)

SAY: “OK, this is a good time to switch into the growth zone”

ASK: “We set out today to scan of your relationship environment practice designing an experiment to learn more about your power patterns for your Dream Academy?”

{Coach: listen

ASK: “What did you learn about your Dream Academy today?”

{Coach: listen

ASK: “What did you learn about yourself in this session?”

{Coach: listen

SAY: “Can I share an observation?”

{Coach: share an observation about your player’s Human Nature Superpowers and the pursuit of their dream.}

7) PLAY PLAN (the days ahead)

SAY: “OK, let’s make sure we have a Play Plan...”

SAY: *We have your relationship environment experiment.*

ASK: *Is there another Toleration in your Physical Environment that you want to zap?*

ASK: “What are a few actions for your Dream that you will focus on?”

{Coach: listen

SAY: “My challenge for you between now and next week is to look around at your Network environment. Make a list of any group that is draining your energy in any way.

ASK: “Can you do that?”

Wait for them to SAY: “YES!”

SAY: {Share a supportive observation about the player’s progress in the session}

ENDING

SAY: “Great! Have a great week of play. Talk to you soon”

Coaching Guide for Session 05 – Network Environment

1) WARMUP

Only Keywords Now! (You know what to say)

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Imagination Technique - Imagination

Share your Dream in 30-seconds - Alignment

SAY: I can see you doing that.

ASK: Alright! We are warmed up now. Are you ready to dive in?

{wait for them to say: Yes}

2) CELEBRATION

SAY: Our coaching plan for today is take a few more steps in designing your Dream Academy.

ASK: Does that sound good to you?

{wait for them so say YES}

ASK: Before we get into that, share with me anything you want to celebrate since our last session...

{listen and encourage... celebrating together strengthens the connection}

3) GROW (from Play)

Step 1: Design Your Academy

ASK: Share with me any insights you had about playing for your Dream or your Dream Academy?

{Coach: listen and ask any curious questions that pop up for you}

If it didn't come up yet...

Check in on Relationship Environment Experiment from the last session

Ask: What happened with the relationship environment experiment we practiced last session?

Step 2: Create Power Patterns (update)

Ask: Did any new Power Patterns come to mind?

4) (Practice) PLAN

SAY: Today we are going to do a scan of your Network Environment. And then play with the Enter New Territory Technique

5) PRACTICE Together

Step 3: Scan Your Environments

Network Environment

SAY: The Network Environment is the environment of opportunities.

There are two components:

Influential People you know on a first name basis; and

Groups and communities you participate with.

ASK: Let's start by thinking of a person that you know on a first name basis who could potentially be very influential in your success.

{explore together. Do a complete scan on 1 known influential person}

Scan the network environment (influencer)

1) Recurring Conversation:

ASK: When you see them or talk with them, what do you talk about?

2) Mood:

ASK: How do you feel around them? What is the energy or mood?

3) Assets:

ASK: How could this person influence your dream?

ASK: How do they influence it right now?

ASK: Do they provide support?

ASK: Do they challenge you in a healthy way?

4) Tolerations:

ASK: Is there anything in this relationship that is draining your energy?

ASK: Any unfulfilled expectations,

ASK: Any broken promises,

ASK: Anything unspoken?

ASK: Any subtle lack of support?

5) Anything Missing?

ASK: Do they know about your new dream?

ASK: Have you asked them for support?

6) Compare the person to your Power Patterns - scale of 1-5

Step 4: Name the present patterns

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

ASK: Let's come up with a name for the Present Pattern in this environment?

NEXT SCAN a COMMUNITY or GROUP

Step 3: Scan Your Environments

ASK: Next let's scan a community or group that you participate in.

{explore together. Do a complete scan on 1 group

Scan the network environment (community or group)

1) Recurring Conversation:

ASK: When you are with the group, what do you talk about?

2) Mood:

ASK: How do you feel around this group? What is the energy or mood?

3) Assets:

ASK: How could the people of this group influence your dream?

ASK: How do they influence it right now?

ASK: Do they provide support?

ASK: Do they challenge you in a healthy way?

4) Tolerations:

ASK: Is there anything in this group that is draining your energy?

ASK: Any unfulfilled expectations,

ASK: Any broken promises,

ASK: Anything unspoken?

ASK: Any subtle lack of support?

5) Anything Missing?

ASK: Do the people know about your new dream?

ASK: Have you asked them for support?

6) Compare the group to your Power Patterns - scale of 1-5

Step 4: Name the present patterns

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

ASK: Let's come up with a name for the Present Pattern in this environment?

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

SKIP

Step 6: Zap Tolerations = Fixing - Cleaning - Missing

SKIP

Step #7: Conduct Experiments

Design an experiment in the Network environment and one in ANY environments

SKIP

Step #8: Enter New Territories

Plan to enter a new territory

ASK: What is a New Territory you can enter in your Network Environment?

Either a new community to participate in, OR

Reach out to an influencer to build a stronger relationship with them OR

A new concept or possibility explore in your Network Environment.

{Coach, you may need to offer a suggestion or two based on the scan or anything else you have discovered about your player}

SAY: "We will use the Enter New Territory Technique to practice the situation together before you do it out in the world. The important idea here is that we can practice life activities... similar to the way athletes and performance artists practice using visualization and body awareness.

SAY: A VERY important point while doing this practice is to maintain judgment-free awareness and look at it with a curious, playful spirit.

1) Describe the New Territory

ASK: "Describe in a few words where or what you are exploring?"

{Coach Listen, you MAY need to make a suggestion to help clarify.}

ASK: Describe what you are going to do.

{Coach Listen, you MAY need to make a suggestion to help clarify what they would have done in the past and what they want to do differently the next time.}

ASK: What is the time frame for this experience.

2) Describe the expression and feeling

ASK: “When you enter this territory, what quality or skill do you want to express in a new way?

{Listen, you MAY need to make a suggestion from what you know about who they want to become}

ASK: “Great, when you are in the experience, what do you want to feel?

{Listen, you MAY need to make a suggestion}

3) Describe the desired outcome

ASK: “When you enter this new territory, what do you want to happen?

ASK: What do you want to experience?

ASK: What do you want to discover?

{Listen, you MAY need to help them talk it through.}

4) Imagine Yourself at Play

SAY: “Next we are going to use your imagination to embody this new experience. We will do this in two phases, first the action then the outcome. And the “trick is to pay attention to both your thoughts and your body sensations as we visualize”

SAY: OK, close your eyes for a few more moments.

SAY: Take a deep connecting breath and a slow breath out.

SAY: Remember to maintain curious, judgment free awareness during the experience.

Imagination yourself in the situation where you are in the new territory; it’s new so let your imagination create it for you.

Really put yourself into the scene to see it and feel it as deeply as you can for 30 seconds.

{pause 30 seconds}

SAY: Next focus on imagining the experience going well.

{pause 30 seconds}

SAY: Now, as you see yourself in the new territory, notice any thoughts going through your mind.

{Pause a few seconds}

ASK: If you notice a thought, share it with me?

{Pause and just listen (and make a note)}

SAY: Next, I want you to scan your body from the top of your head to your waist and notice any body sensations that are coming into your awareness.

{Pause a few seconds}

ASK: If you notice anything, share it with me?

{listen. Affirm by saying: “that is great body awareness”; if nothing that is OK}

5) Push the Energy

{Coach, here you need to “ad lib” a little bit based on the new territory

Notice options A and B

A) IF the new territory involves another person or group

SAY: OK. You are doing great. Next, I want you to push the energy to another person in the new territory. Notice them really engaging with you and feeling connected to you.

{Pause a 30 seconds}

B) IF the experiment was something they were doing alone...

SAY: OK. You are doing great. Next I want you to push your energy into the future a little bit.

Pause 10 seconds

6) Imagine it’s happening

SAY: Imagine you are becoming known or capable in this new territory.

As you picture it,

Notice any thoughts going through your mind.

ASK: Can you share one with me?

SAY: As you see yourself participating in this new territory, take a moment to scan your body and notice any body sensations that are coming into your awareness.

ASK: Can you share with me what you notice?

{listen. Affirm by saying: “good noticing!”; if nothing that is OK}

7) YES! Imagine Future YOU.

SAY: Imagine YOU in the future after you have become capable in this new territory and it has expanded the way you play your Dream.

{Pause 30 seconds}

SAY: Notice any thoughts coming into your mind.

ASK: Share one with me.

SAY: Notice any sensations in your body.

ASK: Share one with me.

SAY: You can open your eyes!

SAY: GREAT!

8) Explore thoughts

ASK: Of all the thoughts that popped into your mind during this exercise, which are you most curious about?

{Listen. Affirm. And anything you are curious about.}

9) Explore Body Sensations

ASK: Of all the physical sensations that you noticed during this exercise, which are you most curious about?

{Listen. Affirm. And anything you are curious about.}

10) Desires

ASK: During the exercise, did you notice any desires coming up?

{Listen. Affirm}

SAY: I acknowledge your courage and playfulness! Awesome.

6) GROWTH ZONE (From Practice)

SAY: “OK, this is a good time to switch into the growth zone”

ASK: “We set out today to scan of your Network environment and to learn more about your power patterns for your Dream Academy?”

{Coach: listen}

ASK: “What did you learn about your Dream Academy today?”

{Coach: listen}

ASK: “What did you learn about yourself in this session?”

{Coach: listen}

SAY: “Can I share an observation?”

{Coach: share an observation about your player’s Human Nature Superpowers and the pursuit of their dream.}

7) PLAY PLAN (the days ahead)

SAY: “OK, let’s make sure we have a Play Plan...”

SAY: *We have your Network environment upgrade*

ASK: *Is there another Toleration in your Physical Environment that you want to zap?*

ASK: “What are a few actions for your Dream that you will focus on?”

{Coach: listen}

SAY: “My challenge for you between now and next week is to look around at your Memetic environment. Make a list of any idea that is draining your energy in any way.

ASK: “Can you do that?”

Wait for them to SAY: “YES!”

SAY: {Share a supportive observation about the player’s progress in the session}

ENDING

SAY: “Great! Have a great week of play. Talk to you soon”

Coaching Guide for Session 06 – Memetic Environment

1) WARMUP

Only Keywords Now! (You know what to say)

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Imagination Technique - Imagination

Share your Dream in 30-seconds - Alignment

SAY: I can see you doing that.

ASK: Alright! We are warmed up now. Are you ready to dive in?

{wait for them to say: Yes}

2) CELEBRATION

SAY: Our coaching plan for today is take a few more steps in designing your academy for your Dream.

ASK: Does that sound good to you?

{wait for them so say YES}

ASK: Before we get into that, share with me anything you want to celebrate since our last session...

{listen and encourage... celebrating together strengthens the connection}

3) GROW (from Play)

Step 1: Design Your Academy

ASK: Share with me any insights you had about playing for your Dream or your Dream Academy?

{Coach: listen and ask any curious questions that pop up for you}

If it didn't come up yet...

Check in on Network Environment New Territory from the last session

Ask: What happened with the Network Environment New Territory we practiced last session?

Step 2: Create Power Patterns (update)

Ask: Did any new Power Patterns come to mind?

4) (Practice) PLAN

SAY: Today we are going to do a scan of your Memetic Environment.

5) PRACTICE Together

Step 3: Scan Your Environments

3) Scan the Memetic Environment

SAY: The Memetic Environment is the environment of ideas

We are surrounded by ideas coming at us: e-mail, books, radio, tv, magazine, music, news, blogs, tweets

a meme has information AND a mood/vibe;

your non-conscious mind is absorbing the mood of the memes surrounding you all the time.

ASK: What are the primary memetic sources in your environment right now?

List 4 or 5

Which 1 or 2 do you think are most influential on the way you think?

Scan the memetic environment

1) Recurring Conversation:

ASK: what is the recurring theme from this memetic source?

2) Mood:

ASK: How do you feel when you listen / read it? What is the energy or mood?

3) Assets:

ASK: How could this memetic source influence your dream?

ASK: Does it provide support?

ASK: Does it challenge you in a healthy way?

4) Tolerations:

ASK: Is there anything in this memetic source that is draining your energy?

ASK: Anything creating dread or anxiety?

5) Anything Missing?

ASK: Does it fuel you in a beneficial way?

6) Compare each memetic source to your Power Patterns - scale of 1-5

Step 4: Name the present patterns

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

ASK: Let's come up with a name for the Present Pattern in this environment?

Steps 5&6, 7, 8

MAKE A PRACTICE PLAN TOGETHER

ASK: Should we practice Zapping a Toleration, Conducting and Experiment or Enter a New Territory?

{Explore possibilities and choose together}

If you have time you can do more than one!

CHOOSE the steps and the techniques

Step 5 & 6, Explore and Zap a Toleration

ASK: Which Toleration should we explore together?

Step 6: Zap Tolerations = Fixing - Cleaning - Missing

Use the ZAP Toleration Technique

Step #7: Conduct Experiments

ASK: What is an experiment you can conduct in your Memetic Environment to bring it closer to your Power Patterns?

Use the Design Experiment Technique

Step #8: Enter New Territories

ASK: What is a New Territory you can enter in your Memetic Environment?

Use the Enter New Territory Technique

6) GROWTH ZONE (From Practice)

SAY: “OK, this is a good time to switch into the growth zone”

ASK: “We set out today to scan of your Memetic environment and to learn more about your power patterns for your Dream Academy?”

{Coach: listen}

ASK: “What did you learn about your Dream Academy today?”

{Coach: listen}

ASK: “What did you learn about yourself in this session?”

{Coach: listen}

SAY: “Can I share an observation?”

{Coach: share an observation about your player's Human Nature Superpowers and the pursuit of their dream.}

7) PLAY PLAN (the days ahead)

SAY: "OK, let's make sure we have a Play Plan..."

SAY: *We have your Memetic environment upgrades*

ASK: *Is there another Toleration in your Physical Environment that you want to zap?*

ASK: "What are a few actions for your Dream that you will focus on?"

{Coach: listen}

SAY: "My challenge for you between now and next week is to look around at your Financial environment. Make a list of anything that is draining your energy in any way."

ASK: "Can you do that?"

Wait for them to SAY: "YES!"

SAY: {Share a supportive observation about the player's progress in the session}

ENDING

SAY: "Great! Have a great week of play. Talk to you soon"

Coaching Guide for Session 07 – Financial Environment

1) WARMUP

Only Keywords Now! (You know what to say)

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Imagination Technique - Imagination

Share your Dream in 30-seconds - Alignment

SAY: I can see you doing that.

ASK: Alright! We are warmed up now. Are you ready to dive in?

{wait for them to say: Yes}

2) CELEBRATION

SAY: Our coaching plan for today is take a few more steps in designing your academy for your Dream.

ASK: Does that sound good to you?

{wait for them so say YES}

ASK: Before we get into that, share with me anything you want to celebrate since our last session...

{listen and encourage... celebrating together strengthens the connection}

3) GROW (from Play)

Step 1: Design Your Academy

ASK: Share with me any insights you had about playing for your Dream or your Dream Academy?

{Coach: listen and ask any curious questions that pop up for you}

Check in on the Memetic Environment Play Plan from the last session

ASK: What happened with the Memetic Environment...

Step 2: Create Power Patterns (update)

Ask: Did any new Power Patterns come to mind?

4) (Practice) PLAN

SAY: Today we are going to do a scan of your Financial Environment.

5) PRACTICE Together

Step 3: Scan Your Environments

3) Today we are going to scan your Financial Environment

SAY: The financial Environment is the environment of freedom and security related to MONEY

there is a strong memetic component in the financial environment because there are so many ideas about money.

ASK: What are the primary activities of your financial environment?

List 4 or 5

Let's start with the activity of paying the bills.

Scan the Financial environment

1) Recurring activity:

ASK: How do you organize and pay your bills?

2) Mood:

ASK: How do you feel when you pay the bills

3) Assets:

ASK: How could the way you pay the bills become as asset?

ASK: Does it provide support?

ASK: Does it challenge you in a healthy way?

4) Tolerations:

ASK: Is there anything in the way you pay the bills that you are tolerating?

ASK: Anything creating dread or anxiety?

5) Anything Missing?

ASK: Does it fuel you in a beneficial way?

6) Compare paying the bills to your Power Patterns - scale of 1-5

** Circle Back around

ASK: What is another key Financial activity to explore

e.g.. Buying things, budgeting, going to work

Go back through the scan questions.

Step 4: Name the present patterns

Consider paying the bills - how would you describe the present pattern?

Steps 5&6, 7, 8

MAKE A PRACTICE PLAN TOGETHER

ASK: Should we practice Zapping a Toleration, Conducting and Experiment or Enter a New Territory?

{Explore possibilities and choose together}

If you have time you can do more than one!

CHOOSE the steps and the technique

Step 5 & 6, Explore and Zap a Toleration

ASK: Which Toleration in your Financial Environment should we explore together?

Step 6: Zap Tolerations = Fixing - Cleaning - Missing

Use the ZAP Toleration Technique

Step #7: Conduct Experiments

ASK: What is an experiment you can conduct in your Financial Environment to bring it closer to your Power Patterns?

Use the Design Experiment Technique

Step #8: Enter New Territories

ASK: What is a New Territory you can enter in your Financial Environment?

Use the Enter New Territory Technique

6) GROWTH ZONE (From Practice)

SAY: “OK, this is a good time to switch into the growth zone”

ASK: “We set out today to scan of your Financial environment and to learn more about your power patterns for your Dream Academy?”

{Coach: listen}

ASK: “What did you learn about your Dream Academy today?”

{Coach: listen}

ASK: “What did you learn about yourself in this session?”

{Coach: listen}

SAY: “Can I share an observation?”

{Coach: share an observation about your player's Human Nature Superpowers and the pursuit of their dream.}

7) PLAY PLAN (the days ahead)

SAY: "OK, let's make sure we have a Play Plan..."

SAY: *We have your Financial environment upgrades*

ASK: *Is there another Toleration in your Physical Environment that you want to zap?*

ASK: "What are a few actions for your Dream that you will focus on?"

{Coach: listen}

SAY: "My challenge for you between now and next week is to look around at your Financial environment. Make a list of anything that is draining your energy in any way."

ASK: "Can you do that?"

Wait for them to SAY: "YES!"

SAY: {Share a supportive observation about the player's progress in the session}

ENDING

SAY: "Great! Have a great week of play. Talk to you soon"

Coaching Guide for Session 08 – Self Environment

1) WARMUP

Only Keywords Now! (You know what to say)

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Imagination Technique - Imagination

Share your Dream in 30-seconds - Alignment

SAY: I can see you doing that.

ASK: Alright! We are warmed up now. Are you ready to dive in?

{wait for them to say: Yes}

2) CELEBRATION

SAY: Our coaching plan for today is take a few more steps in designing your academy for your Dream.

ASK: Does that sound good to you?

{wait for them so say YES}

ASK: Before we get into that, share with me anything you want to celebrate since our last session...

{listen and encourage... celebrating together strengthens the connection}

3) GROW (from Play)

Step 1: Design Your Academy

ASK: Share with me any insights you had about playing for your Dream or your Dream Academy?

{Coach: listen and ask any curious questions that pop up for you}

If it didn't come up yet...

Check in on Financial Environment play plan from the previous session.

ASK: What happened with the Financial Environment ...

Step 2: Create Power Patterns (update)

ASK: Did any new Power Patterns come to mind?

4) (Practice) PLAN

SAY: Today we are going to do a scan of your Self Environment.

5) PRACTICE Together

Step 3: Scan Your Environments

3) Today we are going to scan your SELF Environment

SAY: The Self Environment is the environment of talents, values and habits.

ASK: What are your **best talents**?

List 4 or 5

ASK: Any hidden talents that you have but don't see how they impact your dream?

{listen for a few}

Scan the Self environment

1) Recurring activity: What is a talent that you express often?

2) Mood: What is the mood when you express this talent

3) Assets:

How is this talent as asset?

What support do you need to make more out of this talent?

What challenges do you face when expressing this talent?

4) Tolerations:

Is there anything in the way you express or don't express this talent that you are tolerating?

Anything creating dread or anxiety?

5) Anything Missing?

6) Compare expressing this talent to your Power Patterns - scale of 1-5

** CIRCLE BACK around

SAY: Let's explore one of your **underutilized or hidden talents**.

ASK: Which one?

1) Recurring activity: What is a talent you are NOT expressing in your dream?

2) Mood: What is the mood when you express this talent

3) Assets:

How COULD this talent be an asset?

What support do you need to make more out of this talent?

What challenges do you face when expressing this talent?

4) Tolerations:

Is there anything in the way you express or don't express this talent that you are tolerating?

Anything creating dread or anxiety?

5) Anything Missing?

6) Compare expressing this talent to your Power Patterns - scale of 1-5

**** Circle Back around**

ASK: What is a **value** that we could explore?

ASK: What is most important to you?

ASK: Can you think of something that is important to you but you may not be expressing it fully in your dream?

{wait for answer}

SAY: Let's explore that one.

1) Recurring activity:

ASK: What activities express this value in your dream?

2) Mood:

ASK: What is the mood when you express this value

3) Assets:

ASK: How COULD this talent be an asset?

ASK: What support do you need to live from this Value?

ASK: What challenges do you face when living from this Value?

4) Tolerations:

ASK: Is there anything in the way you express or don't express this value that you are tolerating?

ASK: Anything creating dread or anxiety?

5) Anything Missing?

ASK: Anything missing in your Self Environment that you need?

6) Compare expressing this value to your Power Patterns - scale of 1-5

**** Circle Back around**

SAY: Let's talk about **habits**

What are some of your habits that may affect your dream or your energy level

some may be positive for your dream

some may be draining on your dream - e.g. tolerations

choose one to explore

{Coaches note: use the habit conversation to create balance in the conversation}

{if the talents and values are strong, look for a habit that may be a toleration.}

{if the talents and values are weak, look for a habit that is an asset to their dream}

- 2) What is the mood when you express this habit?
and what is the mood AFTER you express this habit?
- 3) is this habit an asset or a toleration?

{explore}

- 6) Compare this habit to your power patterns

Step 4: Name the present patterns

Ask: Consider your expression of talents, values and habits overall - how would you describe the present pattern?

Steps 5&6, 7, 8

MAKE A PRACTICE PLAN TOGETHER

ASK: Should we practice Zapping a Toleration, Conducting and Experiment or Enter a New Territory?

{Explore possibilities and choose together}

If you have time you can do more than one!

CHOOSE the steps and the technique

Step 5 & 6, Explore and Zap a Toleration

ASK: Which Toleration in your Self Environment should we explore together?

Step 6: Zap Tolerations = Fixing - Cleaning - Missing

Use the ZAP Toleration Technique

Step #7: Conduct Experiments

ASK: What is an experiment you can conduct in your Self Environment to bring it closer to your Power Patterns?

Use the Design Experiment Technique

Step #8: Enter New Territories

ASK: What is a New Territory you can enter in your Self Environment?

Use the Enter New Territory Technique

6) GROWTH ZONE (From Practice)

SAY: “OK, this is a good time to switch into the growth zone”

ASK: “We set out today to scan of your Self environment and to learn more about your power patterns for your Dream Academy?”

{Coach: listen

ASK: “What did you learn about your Dream Academy today?”

{Coach: listen

ASK: “What did you learn about yourself in this session?”

{Coach: listen

SAY: “Can I share an observation?”

{Coach: share an observation about your player’s Human Nature Superpowers and the pursuit of their dream.}

7) PLAY PLAN (the days ahead)

SAY: “OK, let’s make sure we have a Play Plan...”

SAY: *We have your Self environment upgrades*

ASK: *Is there another Toleration in your Physical Environment that you want to zap?*

ASK: “What are a few actions for your Dream that you will focus on?”

{Coach: listen

SAY: “My challenge for you between now and next week is to look around at your Spiritual environment. Make a list of anything that is draining your energy in any way.

ASK: “Can you do that?”

Wait for them to SAY: “YES!”

SAY: {Share a supportive observation about the player’s progress in the session}

ENDING

SAY: “Great! Have a great week of play. Talk to you soon”

Coaching Guide for Session 09 – Technology Environment

1) WARMUP

Only Keywords Now! (You know what to say)

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Imagination Technique - Imagination

Share your Dream in 30-seconds - Alignment

SAY: I can see you doing that.

ASK: Alright! We are warmed up now. Are you ready to dive in?

{wait for them to say: Yes}

2) CELEBRATION

SAY: Our coaching plan for today is take a few more steps in designing your academy for your Dream.

ASK: Does that sound good to you?

{wait for them so say YES}

ASK: Before we get into that, share with me anything you want to celebrate since our last session...

{listen and encourage... celebrating together strengthens the connection}

3) GROW (from Play)

Step 1: Design Your Academy

ASK: Share with me any insights you had about playing for your Dream or your Dream Academy?

{Coach: listen and ask any curious questions that pop up for you}

If it didn't come up yet...

Check in on the Self Environment Play Plan from the previous session

ASK: What happened with the Self Environment

Step 2: Create Power Patterns (update)

ASK: Did any new Power Patterns come to mind?

4) (Practice) PLAN

SAY: Today we are going to do a scan of your Technology Environment.

5) PRACTICE Together

Step 3: Scan Your Environments

3) Today we are going to scan your Technology Environment

SAY: The Technology Environment is the environment of Equipment and Virtual Spaces.

SAY: It is all about feeling good about the tools you use to connect and add value.

Explore Equipment

SAY: Equipment is your computer, phone, tablet, etc.

ASK: Which of these do you use on a regular basis?

{Choose one and name it. In the script we will call it AAA. For example, if the player chooses tablet replace AAA with “your tablet”}

1) Recurring activity:

ASK: What are the recurring activities related to AAA

2) Mood:

ASK: What is the mood when you do this activity

3) Assets:

ASK: How is AAA an asset?

ASK: What support do you need to make more out of AAA?

ASK: What challenges do you face when doing the activity?

4) Tolerations:

ASK: Is there anything about AAA that you are tolerating?

ASK: Anything creating dread or anxiety?

5) Anything Missing?

ASK: Anything missing in your Equipment Environment?

6) Compare AAA to your Power Patterns – scale of 1-5

** CIRCLE BACK around to VIRTUAL SPACES

SAY: Let's explore VIRTUAL SPACES! These are Facebook, LinkedIn, Twitter, YouTube, etc. Not the people there the way you use the tool to connect or add value.

ASK: Which should we explore for your dream?

{Choose one and name it. In the script we will call it BBB. For example, if the player chooses Facebook replace BBB with “Facebook”}

1) Recurring activity:

ASK: What is a recurring activity related to BBB?

2) Mood:

ASK: What is your mood when you do this activity

3) Assets:

ASK: How COULD BBB be an asset?

ASK: What support do you need to make more out of BBB?

ASK: What challenges do you face when do the activities?

4) Tolerations:

ASK: Is there anything about BBB that you are tolerating?

ASK: Anything creating dread or anxiety?

5) Anything Missing?

ASK: Anything missing in your virtual spaces?

6) Compare BBB to your Power Patterns - scale of 1-5

Step 4: Name the present patterns

ASK: Consider your Technology Environment, how would you describe the present pattern?

Steps 5&6, 7, 8

MAKE A PRACTICE PLAN TOGETHER

ASK: Should we practice Zapping a Toleration, Conducting and Experiment or Enter a New Territory?

{Explore possibilities and choose together}

If you have time you can do more than one!

CHOOSE the steps and the technique

Step 5 & 6, Explore and Zap a Toleration

ASK: Which Toleration in your Tech Environment should we explore together?

Step 6: Zap Tolerations = Fixing - Cleaning - Missing

Use the ZAP Toleration Technique

Step #7: Conduct Experiments

ASK: What is an experiment you can conduct in your Tech Environment to bring it closer to your Power Patterns?

Use the Design Experiment Technique

Step #8: Enter New Territories

ASK: What is a New Territory you can enter in your Tech Environment?

Use the Enter New Territory Technique

6) GROWTH ZONE (From Practice)

SAY: “OK, this is a good time to switch into the growth zone”

ASK: “We set out today to scan of your Technology environment and to learn more about your power patterns for your Dream Academy?”

{Coach: listen}

ASK: “What did you learn about your Dream Academy today?”

{Coach: listen}

ASK: “What did you learn about yourself in this session?”

{Coach: listen}

SAY: “Can I share an observation?”

{Coach: share an observation about your player’s Human Nature Superpowers and the pursuit of their dream.}

7) PLAY PLAN (the days ahead)

SAY: “OK, let’s make sure we have a Play Plan...”

SAY: *We have your Technology environment upgrades*

ASK: *Is there another Toleration in your Physical Environment that you want to zap?*

ASK: “What are a few actions for your Dream that you will focus on?”

{Coach: listen}

SAY: “My challenge for you between now and next week is to look around at your Spiritual environment. Make a list of anything that is draining your energy in any way.

ASK: “Can you do that?”

Wait for them to SAY: “YES!”

SAY: {Share a supportive observation about the player’s progress in the session}

ENDING

SAY: “Great! Have a great week of play. Talk to you soon”

Coaching Guide for Session 10 – Body Environment

1) WARMUP

Only Keywords Now! (You know what to say)

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Imagination Technique - Imagination

Share your Dream in 30-seconds - Alignment

SAY: I can see you doing that.

ASK: Alright! We are warmed up now. Are you ready to dive in?

{wait for them to say: Yes}

2) CELEBRATION

SAY: Our coaching plan for today is take a few more steps in designing your academy for your Dream.

ASK: Does that sound good to you?

{wait for them so say YES}

ASK: Before we get into that, share with me anything you want to celebrate since our last session...

{listen and encourage... celebrating together strengthens the connection}

3) GROW (from Play)

Step 1: Design Your Academy

ASK: Share with me any insights you had about playing for your Dream or your Dream Academy?

{Coach: listen and ask any curious questions that pop up for you}

If it didn't come up yet...

Check in on the Play Plan from the Tech Environment.

ASK: What happened with the Tech Environment.....

Step 2: Create Power Patterns (update)

ASK: Did any new Power Patterns come to mind?

4) (Practice) PLAN

SAY: Today we are going to do a scan of your Body Environment.

5) PRACTICE Together

Step 3: Scan Your Environments

3) Today we are going to scan your Body Environment

SAY: The Body Environment is the environment of Appearance and Radiance.

SAY: It is all about feeling connected to your body and how others respond to your energy.

SAY: The Body Environment is your personal magnet.

Explore Appearance

SAY: appearance is your clothes, hair, skin, body shape

ASK: Which of these is the most challenging for you?

{Choose one and name it. In the script we will call it AAA. For example, if the player chooses clothes replace AAA with “your clothing”}

1) Recurring activity:

ASK: What are the recurring activities related to AAA

2) Mood:

ASK: What is the mood when you do this activity

3) Assets:

ASK: How is AAA an asset?

ASK: What support do you need to make more out of AAA?

ASK: What challenges do you face when doing the activity?

4) Tolerations:

Is there anything about AAA that you are tolerating?

ASK: Anything creating dread or anxiety?

5) Anything Missing?

ASK: Anything missing in your approach to your appearance?

6) Compare AAA to your Power Patterns - scale of 1-5

** CIRCLE BACK around to RADIANCE

SAY: Let's explore the aspect of radiance! This is your strength, fitness, health, energy.

ASK: Which of these should we explore for your dream?

{Choose one and name it. In the script we will call it BBB. For example, if the player chooses strength replace AAA with “your strength”}

1) Recurring activity:

ASK: What are the recurring activities related to AAA

2) Mood:

ASK: What is the mood when you do this activity

3) Assets:

ASK: How is AAA an asset?

ASK: What support do you need to make more out of AAA?

ASK: What challenges do you face when doing the activity?

4) Tolerations:

Is there anything about AAA that you are tolerating?

ASK: Anything creating dread or anxiety?

5) Anything Missing?

ASK: Anything missing in your approach to your Radiance?

6) Compare AAA to your Power Patterns – scale of 1-5

Step 4: Name the present patterns

ASK: Consider your Body Environment, how would you describe the present pattern?

Steps 5&6, 7, 8

MAKE A PRACTICE PLAN TOGETHER

ASK: Should we practice Zapping a Toleration, Conducting and Experiment or Enter a New Territory?

{Explore possibilities and choose together}

If you have time you can do more than one!

CHOOSE the steps and the technique

Step 5 & 6, Explore and Zap a Toleration

ASK: Which Toleration in your Body Environment should we explore together?

Step 6: Zap Tolerations = Fixing - Cleaning - Missing

Use the ZAP Toleration Technique

Step #7: Conduct Experiments

ASK: What is an experiment you can conduct in your Body Environment to bring it closer to your Power Patterns?

Use the Design Experiment Technique

Step #8: Enter New Territories

ASK: What is a New Territory you can enter in your Body Environment?

Use the Enter New Territory Technique

6) GROWTH ZONE (From Practice)

SAY: “OK, this is a good time to switch into the growth zone”

ASK: “We set out today to scan of your Body environment and to learn more about your power patterns for your Dream Academy?”

{Coach: listen

ASK: “What did you learn about your Dream Academy today?”

{Coach: listen

ASK: “What did you learn about yourself in this session?”

{Coach: listen

SAY: “Can I share an observation?”

{Coach: share an observation about your player’s Human Nature Superpowers and the pursuit of their dream.}

7) PLAY PLAN (the days ahead)

SAY: “OK, let’s make sure we have a Play Plan...”

SAY: *We have your Body environment upgrades*

ASK: *Is there another Toleration in your Physical Environment that you want to zap?*

ASK: “What are a few actions for your Dream that you will focus on?”

{Coach: listen

SAY: “My challenge for you between now and next week is to look around at your Spiritual environment. Make a list of anything that is draining your energy in any way.

ASK: “Can you do that?”

Wait for them to SAY: “YES!”

SAY: {Share a supportive observation about the player’s progress in the session}

ENDING

SAY: “Great! Have a great week of play. Talk to you soon”

Coaching Guide for Session 11 – Spiritual Environment

1) WARMUP

Only Keywords Now! (You know what to say)

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Imagination Technique - Imagination

Share your Dream in 30-seconds - Alignment

SAY: I can see you doing that.

ASK: Alright! We are warmed up now. Are you ready to dive in?

{wait for them to say: Yes}

2) CELEBRATION

SAY: Our coaching plan for today is take a few more steps in designing your academy for your Dream.

ASK: Does that sound good to you?

{wait for them so say YES}

ASK: Before we get into that, share with me anything you want to celebrate since our last session...

{listen and encourage... celebrating together strengthens the connection}

3) GROW (from Play)

Step 1: Design Your Academy

ASK: Share with me any insights you had about playing for your Dream or your Dream Academy?

{Coach: listen and ask any curious questions that pop up for you}

If it didn't come up yet...

Check in on the Body Environment play plan from the last session

ASK: What happened with the Body Environment ...

Step 2: Create Power Patterns (update)

Ask: Did any new Power Patterns come to mind?

4) (Practice) PLAN

SAY: Today we are going to do a scan of your Spiritual Environment.

5) PRACTICE Together

Step 3: Scan Your Environments

3) Today we are going to scan your SPIRITUAL Environment

SAY: The SPIRITUAL Environment is the environment of Oneness practices, sacred spaces and natural places. It is all about feeling connected to something greater whether you call it God, the Universe or the Earth.

SAY: The Spiritual Environment is Juice for your internal batteries!

SAY: And then seeing how this can be an asset to your BIG dream

Explore Oneness Practices

ASK: Do you currently have any oneness practices? like meditation or journaling?
{List a few and choose one to explore}

1) Recurring activity: What is the spiritual practice and how often do you do it?
How often do you WISH you were doing it?

2) Mood: What is the mood when you do this activity

3) Assets:

How is this practice as asset?

What support do you need to make more out of this practice?

What challenges do you face when doing this practice?

4) Tolerations:

Is there anything in the way you do or don't do this practice that you are tolerating?
Anything creating dread or anxiety?

5) Anything Missing?

6) Compare doing this practice to your Power Patterns - scale of 1-5

** CIRCLE BACK around to Sacred Spaces

SAY: Let's explore one of your sacred spaces. Do you have any place like this in your home or some place that you regularly go?

{List a few. Choose one.}

{If there are none then envision creating one or finding one.}

1) Recurring activity:

ASK: What is the activity that you do in this space?

2) Mood:

ASK: What is the mood of the space

3) Assets:

ASK: How COULD this space be an asset?

ASK: What support do you need to make more out of this space?

ASK: What challenges do you face when getting to this space?

4) Tolerations:

ASK: Is there anything in the space that you are tolerating?

ASK: Anything creating dread or anxiety?

5) Anything Missing?

ASK: Anything missing from your Sacred Spaces?

6) Compare this sacred space to your Power Patterns - scale of 1-5

**** Circle Back around to Natural Places**

SAY: How about connection to nature.

ASK: Are there any outdoor places where you go regularly to feel connected to the earth?

{List one or more. then choose one to explore.}

1) Recurring activity:

ASK: What is the activity that you do in this space?

2) Mood:

ASK: What is the mood of the space

3) Assets:

ASK: How COULD this space be an asset?

ASK: What support do you need to make more out of this space?

ASK: What challenges do you face when getting to this space?

4) Tolerations:

ASK: Is there anything in the space that you are tolerating?

ASK: Anything creating dread or anxiety?

5) Anything Missing?

ASK: Anything missing from your Natural Places?

6) Compare this sacred space to your Power Patterns - scale of 1-5

4: Name the present patterns

ASK: Consider your oneness practices, sacred spaces and natural places, how would you describe the present pattern?

Steps 5&6, 7, 8

MAKE A PRACTICE PLAN TOGETHER

ASK: Should we practice Zapping a Toleration, Conducting and Experiment or Enter a New Territory?

{Explore possibilities and choose together}

If you have time you can do more than one!

CHOOSE the steps and the technique

Step 5 & 6, Explore and Zap a Toleration

ASK: Which Toleration in your Body Environment should we explore together?

Step 6: Zap Tolerations = Fixing - Cleaning - Missing

Use the ZAP Toleration Technique

Step #7: Conduct Experiments

ASK: What is an experiment you can conduct in your Body Environment to bring it closer to your Power Patterns?

Use the Design Experiment Technique

Step #8: Enter New Territories

ASK: What is a New Territory you can enter in your Body Environment?

Use the Enter New Territory Technique

6) GROWTH ZONE (From Practice)

SAY: “OK, this is a good time to switch into the growth zone”

ASK: “We set out today to scan of your Spiritual environment and to learn more about your power patterns for your Dream Academy?”

{Coach: listen}

ASK: “What did you learn about your Dream Academy today?”

{Coach: listen}

ASK: “What did you learn about yourself in this session?”

{Coach: listen}

SAY: “Can I share an observation?”

{Coach: share an observation about your player’s Human Nature Superpowers and the pursuit of their dream.}

7) PLAY PLAN (the days ahead)

SAY: “OK, let’s make sure we have a Play Plan...

SAY: *We have your Spiritual environment upgrades*

ASK: *Is there another Toleration in your Physical Environment that you want to zap?*

ASK: “What are a few actions for your Dream that you will focus on?”

{Coach: listen

SAY: “My challenge for you between now and next week is to look around at your Spiritual environment. Make a list of anything that is draining your energy in any way.

ASK: “Can you do that?”

Wait for them to SAY: “YES!”

SAY: {Share a supportive observation about the player’s progress in the session}

ENDING

SAY: “Great! Have a great week of play. Talk to you soon”

Coaching Guide for Session 12 – Celebrate Personal Evolution

1) WARMUP

Only Keywords Now! (You know what to say)

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Imagination Technique - Imagination

Share your Dream in 30-seconds - Alignment

SAY: I can see you doing that.

ASK: Alright! We are warmed up now. Are you ready to dive in?

{wait for them to say: Yes}

2) CELEBRATION

SAY: Our coaching plan for today is take a few more steps in designing your academy for your Dream.

ASK: Does that sound good to you?

{wait for them so say YES}

ASK: Before we get into that, share with me anything you want to celebrate since our last session...

{listen and encourage... celebrating together strengthens the connection}

3) GROW (from Play)

Step 1: Design Your Academy

ASK: Share with me any insights you had about playing for your Dream or your Dream Academy?

{Coach: listen and ask any curious questions that pop up for you}

If it didn't come up yet...

Check in on the Play Plan from the Spiritual Environment from the previous session

ASK: What happened with the Spiritual Environment...

Step 2: Create Power Patterns (update)

ASK: Did any new Power Patterns come to mind?

4) (Practice) PLAN

SAY: Today we are going to celebrate your personal evolution over the past 12 weeks.

5) PRACTICE Together

Step #9: Allow Adaptation to Take Place / Personal Evolution

Part 1 Dream Celebrations

A) **ASK:** Share with me your favorite toleration zapping experience

{Share your observations}

B) **ASK:** Share with me your favorite toleration zapping experience

{Share your observations}

C) **ASK:** Share with me your favorite peak experiences of playing for your Dream

{Share your observations}

D) **ASK:** Share with me your favorite growth opportunity

{Share your observations}

Part 2 Dream Academy Celebrations

A) **ASK:** Who have you become over the past 12 weeks by adapting to your Dream Academy?

{Share your observations}

B) **ASK:** Share with me your favorite experience of coming alive in an environment you upgraded

{Share your observations}

C) **ASK:** What are you most proud of creating for your Dream Academy?

{Share your observations}

D) **ASK:** Share with me your favorite experiments of using power patterns to create your Dream Academy

{Share your observations}

6) GROWTH ZONE (From Practice)

SAY: “OK, this is a good time to switch into the growth zone”

ASK: What did you learn about having a Dream Academy?

{Share your observations}

ASK: What did you learn about yourself over the past 12 weeks?

{Share your observations}

7) PLAY PLAN (the days ahead)

ASK: “Share with me a few thoughts about your Next Dream?”

{Coach: listen and share your ideas and encouragement!}

ENDING

SAY: “Let’s talk about what’s next...”

NOTE: co-create a way to keep coaching together if that feels like the right offer.

ALTERNATE ENDING

SAY: “Great! Thank you so much for this amazing experience together.”

Coaching Guide: Zap Toleration Technique

SAY: “We will use the Zap Toleration Technique to practice your zapping action together. The important idea here is that we can practice life activities... similar to the way athletes and performance artists practice using visualization and body awareness.

SAY: A VERY important point while doing this practice is to maintain judgment-free awareness and look at it with a playful spirit.

1) Describe the Toleration

SAY: Close your eyes for a moment and take a deep connecting breath

SAY: Picture the toleration for a few moments.

ASK: “Describe the toleration in a few words?”

{Listen, you MAY need to make a suggestion to help clarify.}

2) Describe the thoughts and feelings

ASK: “Great, when you picture this toleration, what thoughts come up for you.

SAY: Do a quick body scan from the top of your head down to your waist.

ASK: “What do you feel in your body when you picture this toleration?”

{Pause a few moments. Listen and just encourage them to notice. If nothing, that is OK.}

3) Describe the zapping action

{eyes open}

ASK: “Describe what you are going to do to zap this toleration?”

{Listen, you MAY need to help them talk it through.}

4) Imagine Yourself Zapping

SAY: “Next we are going to use your imagination to embody this experience. We will do this in two phases, first the action then the outcome. And the “trick is to pay attention to both your thoughts and your body sensations as we visualize”

SAY: OK, close your eyes for a few more moments.

Imagine yourself playfully doing the zapping action.

Really put yourself into the scene to see it and feel it as deeply as you can for 30 seconds.

{pause 30 seconds}

ASK: Share with me a little bit about the scene and what you are doing.

{listen. Affirm by saying: "I can see that";

SAY: Again, take a moment to notice any body sensations that are coming into your awareness.

{Pause a few moments}

ASK: Do you notice anything in your body?

{just listen. if nothing that is OK}

5) Push the Energy

SAY: OK. You are doing great. Next I want you to push your energy to the end of the scene when it's done.

{Pause 10 seconds}

6) Imagine it's done

SAY: Imagine it's done and it turned out just the way you wanted.

ASK: As you imagine it done, notice any thoughts that come into your mind.

{Pause a moment}

ASK: Can you share one with me?

{Listen and affirm}

SAY: As you picture it done, take a moment to scan your body and notice any body sensations that are coming into your awareness.

{Pause a moment...

ASK: Do you notice anything?

{listen. if nothing that is OK}

7) YES! You 1 week from now

SAY: Now...Imagine yourself 1 week into the future, and you are in the scene with the toleration zapped.

{Pause a moment...

SAY: Notice any thoughts coming into your mind.

ASK: Can you share one with me?

SAY: Notice any sensations in your body.

ASK: Do you notice anything new?

SAY: You can open your eyes!

SAY: Awesome you did it!

8) Explore thoughts

ASK: Of all the thoughts that popped into your mind during this exercise, which are you most curious about?

{Listen. Affirm. And anything you are curious about.}

9) Explore Body Sensations

ASK Of all the physical sensations that you noticed during this exercise, which are you most curious about?.

{Listen. Affirm. And anything you are curious about.}

10) Desires

ASK: During the exercise, did you notice any desires coming up?

{Listen. Affirm; you may have noticed a desire in a thought they shared. Contribute this to the conversation}

SAY: I acknowledge your courage and playfulness! Awesome. This is going to be powerful when it happens in your environment!

Coaching Guide: Conduct an Experiment Technique

SAY: We are going to practice an experiment in your relationship environment. An experiment is when you do something in a known setting in a new way.

SAY: In the Relationship Environment, an experiment is usually ask, an offer, a request, or invitation to do something new together.

ASK: What is an experiment you want to try to bring a relationship even closer to your Power Patterns?

{Coach, you can offer a suggestion based on what you heard in the scan}

SAY: “We will use the Conduct Experiment Technique to practice the situation together before you do it out in the world. The important idea here is that we can practice life activities... similar to the way athletes and performance artists practice using visualization and body awareness.

SAY: A VERY important point while doing this practice is to maintain judgment-free awareness and look at it with a curious, playful spirit.

1) Describe the Experiment

ASK: “Describe in a few words the situation where you want to do the experiment?

{Coach Listen, you MAY need to make a suggestion to help clarify.}

ASK: Describe what you are going to do in a new way.

{Coach Listen, you MAY need to make a suggestion to help clarify what they would have done in the past and what they want to do differently the next time.}

2) Describe the expression and feeling

ASK: “When you do this experiment, what quality or skill do you want to express in a new way?

{Listen, you MAY need to make a suggestion from what you know about who they want to become}

ASK: “Great, when you do this experiment, what do you want to feel?

{Listen, you MAY need to make a suggestion}

3) Describe the desired outcome

ASK: “When you do this experiment, what do you want to happen?”

ASK: What do you want to experience?

ASK: What do you want to discover?

{Listen, you MAY need to help them talk it through.}

4) Imagine Yourself at Play in the experiment

SAY: “Next we are going to use your imagination and co-creation to embody this experiment. The “trick” is to pay attention to both your thoughts and your body sensations as we visualize”

SAY: OK, close your eyes for a few more moments.

SAY: Take a deep connecting breath in and a slow breath out.

SAY: Remember to maintain curious, with judgment free awareness during the experience.

SAY: Imagination yourself in the situation where you will do the experiment.

Really put yourself into the scene to see it and feel it as deeply as you can for 30 seconds.

{pause 30 seconds}

SAY: Next focus on imagining the experiment going really well.

{pause a few more moments}

SAY: Now, as you see yourself in the experiment doing something new, notice any thoughts going through your mind.

{Pause a few seconds}

ASK: If you notice a thought, share it with me?

{Pause and just listen (and make a note)}

SAY: Next, I want you to scan your body from the top of your head to your waist and notice any body sensations that are coming into your awareness.

{Pause a few seconds}

ASK: If you notice anything, share it with me?

{listen. Affirm by saying: “that is great body awareness”; if nothing that is OK}

5) Push the Energy

{Coach, here you need to “ad lib” a little bit based on the experiment

IF the experiment involved another person

SAY: OK. You are doing great. Next, I want you to push the energy to the other person in the experiment. Notice them really engaging with you and feeling connected to you.

IF the experiment was something they were doing alone...

SAY: OK. You are doing great. Next I want you to push your energy to the end of the scene and just notice where your imagination takes it.

Pause 10 seconds

6) Imagine it's done

SAY: Imagine it's done and it turned out in a positive way. As you picture it done, Notice any thoughts going through your mind.

ASK: Can you share one thought with me?

SAY: As you see yourself in the scene after the experiment, take a moment to scan your body and notice any body sensations that are coming into your awareness.

ASK: Share with me what you notice?

{listen. Affirm by saying: “good noticing!”; if nothing that is OK}

7) YES! Imagine Future YOU.

SAY: Imagine yourself 1 week into the future after you have done this experiment and applied what you learned to your Dream.

{Pause 30 seconds}

SAY: Notice any thoughts coming into your mind.

ASK: Share one with me.

SAY: As you picture yourself in the future, take a moment to scan your body and notice any body sensations that are coming into your awareness.

{Pause a few moments}

ASK: Do you notice anything?

SAY: You can open your eyes!

SAY: GREAT!

8) Explore thoughts

ASK: Of all the thoughts that popped into your mind during this exercise, which are you most curious about?

{Listen. Affirm. And anything you are curious about.}

9) Explore Body Sensations

ASK Of all the physical sensations that you noticed during this exercise, which are you most curious about?.

{Listen. Affirm. And anything you are curious about.}

10) Desires

ASK: During the exercise, did you notice any desires coming up?

{Listen. Affirm}

SAY: I acknowledge your courage and playfulness! Awesome.

Coaching Guide: Role Play Technique

ROLE PLAY

SAY: OK. Let's get into our Role Play.

ASK: Let's think of a relate for influence conversation that we can practice right now. Any ideas?

{Coach: you may need to help them or even suggest something}

Set up the Role Play

1) **ASK:** What role am I playing? Please describe the person's general characteristics in 30 seconds.

2) **ASK:** What is the result or influence that you want in this conversation?

3) **ASK:** What is the person's point of view toward the subject?

4) **Jump into the Role Play for a few minutes. Remember... It's PLAY!!**

5) **Call time out! Share your observations.**

ASK: How am I doing playing the role? Do I need to refine anything?

ASK: What is the superpower you want to practice expressing?

SAY: OK. Let's try it again and this time play with your superpower!

6) **Try it again.** Throw in a few twists as the role player that will evoke your players Superpower to see how your player responds.

7) **Repeat** as many times as necessary until you feel your player has confidence for the conversation AND expressing their Superpower.

ASK: What are your insights from this practice?

Coaching Guide: Enter New Territory Technique

SAY: “We will use the Enter New Territory Technique to practice the situation together before you do it out in the world. The important idea here is that we can practice life activities... similar to the way athletes and performance artists practice using visualization and body awareness.

SAY: A VERY important point while doing this practice is to maintain judgment-free awareness and look at it with a curious, playful spirit.

1) Describe the New Territory

ASK: “Describe in a few words where or what you are exploring?

{Coach Listen, you MAY need to make a suggestion to help clarify.}

ASK: Describe what you are going to do.

{Coach Listen, you MAY need to make a suggestion to help clarify what they would have done in the past and what they want to do differently the next time.}

ASK: What is the time frame for this experience.

2) Describe the expression and feeling

ASK: “When you enter this territory, what quality or skill do you want to express in a new way?

{Listen, you MAY need to make a suggestion from what you know about who they want to become}

ASK: “Great, when you are in the experience, what do you want to feel?

{Listen, you MAY need to make a suggestion}

3) Describe the desired outcome

ASK: “When you enter this new territory, what do you want to happen?

ASK: What do you want to experience?

ASK: What do you want to discover?

{Listen, you MAY need to help them talk it through.}

4) Imagine Yourself at Play

SAY: “Next we are going to use your imagination to embody this new experience. We will do this in two phases, first the action then the outcome. And the “trick is to pay attention to both your thoughts and your body sensations as we visualize”

SAY: OK, close your eyes for a few more moments.

SAY: Take a deep connecting breath and a slow breath out.

SAY: Remember to maintain curious, judgment free awareness during the experience.

Imagination yourself in the situation where you are in the new territory; it’s new so let your imagination create it for you.

Really put yourself into the scene to see it and feel it as deeply as you can for 30 seconds.

{pause 30 seconds}

SAY: Next focus on imagining the experience going well.

{pause 30 seconds}

SAY: Now, as you see yourself in the new territory, notice any thoughts going through your mind.

{Pause a few seconds}

ASK: If you notice a thought, share it with me?

{Pause and just listen (and make a note)}

SAY: Next, I want you to scan your body from the top of your head to your waist and notice any body sensations that are coming into your awareness.

{Pause a few seconds}

ASK: If you notice anything, share it with me?

{listen. Affirm by saying: “that is great body awareness”; if nothing that is OK}

5) Push the Energy

{Coach, here you need to “ad lib” a little bit based on the new territory

Notice options A and B

A) IF the new territory involves another person or group

SAY: OK. You are doing great. Next, I want you to push the energy to another person in the new territory. Notice them really engaging with you and feeling connected to you.

{Pause a 30 seconds}

B) IF the experiment was something they were doing alone...

SAY: OK. You are doing great. Next I want you to push your energy into the future a little bit.

Pause 10 seconds

6) Imagine it's happening

SAY: Imagine you are becoming known or capable in this new territory.

As you picture it,

Notice any thoughts going through your mind.

ASK: Can you share one with me?

SAY: As you see yourself participating in this new territory, take a moment to scan your body and notice any body sensations that are coming into your awareness.

ASK: Can you share with me what you notice?

{listen. Affirm by saying: "good noticing!"; if nothing that is OK}

7) YES! Imagine Future YOU.

SAY: Imagine YOU in the future after you have become capable in this new territory and it has expanded the way you play your Dream.

{Pause 30 seconds}

SAY: Notice any thoughts coming into your mind.

ASK: Share one with me.

SAY: Notice any sensations in your body.

ASK: Share one with me.

SAY: You can open your eyes!

SAY: GREAT!

8) Explore thoughts

ASK: Of all the thoughts that popped into your mind during this exercise, which are you most curious about?

{Listen. Affirm. And anything you are curious about.}

9) Explore Body Sensations

ASK Of all the physical sensations that you noticed during this exercise, which are you most curious about?

{Listen. Affirm. And anything you are curious about.}

10) Desires

ASK During the exercise, did you notice any desires coming up?

{Listen. Affirm}

SAY I acknowledge your courage and playfulness! Awesome.

Coaching Guide: Pivotal Moment Technique

SAY: Let's get into our Pivotal Moment of Choice practice technique.

ASK: Does that sound good to you?

{Coach: wait for the yes}

The Pivotal Moment of Choice Technique

1) Choose a moment to practice

ASK: Of all the challenges we explored, which one are you experiencing doubt, fear, stress, overwhelm, frustration or hesitation? Any ideas?

{Coach: This may be obvious from what you already talked about. Or you may need to help them hone in on a specific situation.}

SAY: OK let's make sure we are clear on what is happening and not happening.

ASK: The activity that we are playing with is X {say the action}

And when you do X (the action), what is your intended result?

{Listen: It is important that you are both clear about the action and the intended results.}

SAY: we will use a visualization technique called: "PREplay the Moment" and explore your thoughts and physical sensations.

2) Visualize the scene

Ensure a Safe Space

{Coach Note: Make sure they are in an environment where it is safe to close their eyes for a few moments. Eg. Not driving. Not in a busy public place. Not watching something on the stove top. Not chopping vegetables.}

ASK: Are you in a place where you can safely close your eyes?

Assuming they say yes...

Start the Visualization

SAY: close your eyes, breath naturally, and take a few moments to create the scene; envision yourself taking the action.

ASK: Can you describe the scene for me?

{Coach Note: Listen carefully and get into the moment with them.

Coach Note: Make sure you can "see" it with them based on what they are describing.}

Coach Note: Some people are more fluid with visualization than others. Let them dictate the level of detail they describe.

3) Describe the Thoughts

SAY: It is very important that you **maintain judgment-free awareness** during this exercise. You need to imagine that we are both looking at this situation as

interested and caring yet detached observers. This will help us expand awareness more easily.

ASK: Do you notice any thoughts going through your mind?

What are they?

SAY: Take your time. Continue to see yourself in the scene while being curious about everything that was going through your mind at that moment.

{Coach Note: Just wait and listen}

4) Scan the body

SAY: Now I want you to scan your body for physical sensations from the top of your head down to your waist. Scan slowly and remain open.

ASK: What sensations are you feeling in your body?

Coach, at this point there are 3 possibilities. They feel nothing, they feel one thing, they feel many things.

If they feel nothing

SAY: *that is ok. Often when we experience resistance there is a sensation in the body somewhere. Often it is quite subtle like a little buzzing or tingling sensation.*

Go down to 5) Share the wisdom of the fear

If they feel many things

ASK: *Which sensation is most intense?*

Have them choose one thing.

If they feel one thing... ALLOW it to be there

SAY: *Bring your full attention to the physical sensation. Feel into it as deeply as you can. ...{pause}... You may notice some emotions coming up. Just let them pass for now and focus on the physical sensation.*

ASK: *Does the feeling have a shape?*

ASK: *Does the feeling have a color?*

ASK: *Does the feeling have a temperature?*

SAY: *OK. Just keep your eyes closed for a few more seconds. Feel into it and allow this sensation to be in your body for 30 seconds.*

ASK: *Can you do that?*

{wait for them to say yes}

SAY: OK. Go for it.

{wait...stay silent for 30 seconds}

ASK: You did it! What was that experience like? Did anything pop up for you?

{just listen}

FIND THE BODY BELIEF AKA the “Wisdom of the fear”

SAY: Now let's try to find the wisdom in what you are experiencing. Fear is always focused on self-preservation. We want to discover what the fear or Body Belief is urging you to preserve, protect or hide.

ASK: Fill in the blank for this phrase: “It's not safe for me to ... fill in the blank”

Coach, co-create them. Explore a few options together. Encourage them to honor the wisdom of the “fear”.

5) Explore the Superpower Potential

ASK: Let's try to imagine the superpower this belief is preserving or protecting?

{co-create this with your player}

{this is treasure map reading and it takes some practice!}

6) The Dream's Request / Desire

SAY: That is excellent. Now let's create a phrase to describe what your Dream wants you do.

ASK: What is your dream asking you to do in this situation?

Coach, co-create them. Explore a few options together. Help them hone in on a short phrase.

7) Preplay the moment again

SAY: Now close your eyes for a moment and visualize the scene again while holding in your mind your Dream's request. ...**{pause}** See yourself making the BIG Move and everything turning out great.

Give them 10-30 seconds of silence.

ASK: What did you see?

Listen.

SAY: Now you have the choice to play safe or play BIG. Either one may be appropriate when you are in this situation. The key is that you have choice.

SAY: Great practicing!!!