

Advanced Communication for Coaches

Game Card - Start Here



Quick Summary:

Together in the pursuit of mastery!

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

To: Coaching skills ARE the new essential skills of leadership in the 21st Century: The Connected Age of Purpose; Learning is about the ongoing pursuit of mastery.

Advanced: ahead or far or further along in progress, complexity, knowledge, skill, etc.

Communication: the imparting or interchange of thoughts, opinions, or information by speech, writing, or signs.

Coaches: Those engaged in the art of helping another person get better at playing something that matters to them; in pursuit of winning on their own terms.

Quick Outline

1. The Advanced Communication for Coaches RACE
2. The Focus of Game : Learn and PRACTICE the 5 15's
3. DO THIS FIRST
4. Game Overview
5. How to ROCK the Game Card Lifestyle

The Advanced Communication Coaching RACE:

We can transform any endeavor in life into a game using the RACE model; Why is this important?

Because playing a game is more fun and effective than going to work!

Here is the high level view of the RACE in the Basic Coaching Skills & Ethics Game...

Results – Actions – Challenges – Evaluate results

Results = Someone that you coach sends you a “Thanks, Coach” note; You create the results that you desire in your game as a player.

Actions = Coaching sessions with your players and partners, studying coaching skills through classes, reading, listening to coaching demonstrations, being coached by your partner and playing your game for the results you desire.

Challenges = MANY ;-) including coaching while “keeping an eye” on the Advanced Communication elements that you used, facing obstacles in your game as a player.

Evaluate Results = Counting your “Thanks, Coach” notes; recognizing your growth in mastery and “becomings”; Counting your desired results as a player.

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The Focus of Game:

Become a better coach by studying coaching, practicing coaching and playing your own game

In the game you will earn points in several ways.

- 1) By studying the 75 Elements of Advanced Communication and sharing about what you are learning. You will find these elements in the Power Up” section of the game card
- 2) **The MOST important points of the game are earned by practicing coaching!** Here you will earn points by doing coaching sessions and then sharing about the Advanced Communication Elements that you used. You earn BIG WIN points when you receive a “Thanks, Coach” note from one of your players.
- 3) You also earn points by play for results in your own game and sharing about what you learn along the way.

Do This First



Power Up for this Play Sheet

Share on your game card on the **RACE** element in the Power Up section:

This is why I am curious/excited about pursuing coaching mastery as a game with the 5 15's...



Game Overview: The Power Up Elements

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

The POWER UP section of the game card contains the game elements relating to studying the Basic Skills of Coaching. There are also two Power UP elements that will prepare you to Practice coaching and Play your own game.

- 1) **RACE: YOU ARE HERE;** In this play sheet you will learn about the game and share a brief note about pursuing coaching mastery as a game.
- 2) **Study**
Here you earn points by reading the Advanced Communication Coaching Playbook, Listening to coaching demonstration audios and then sharing what you learned.
- 3) **Coach Power**
This element will prepare you to conduct practice coaching sessions with your players during the 6 weeks of the course.

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4) **Play Power**

This element will prepare you to play your own game as a player better by using the Advanced Communication Skills

5) **Class:**

There will be an element for each class session where you can share your highlights from class

6) **Coaching Mastery**

Here you earn points by sharing about how the Advanced Communication skills will make you a better coach.



Game Overview – the Game Action and BIG WIN elements

This is the MOST important part of the game card!

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

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

Start at the top of the page.

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

1) **Coach Challenge**

Every time you have a Coaching Session, share which Advanced Communication Skills you used and what you learned.

Doing this will GREATLY accelerate your path to mastery.

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

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

2) **Play Challenge**

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

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

Then do the “Happy Dance of JOY” ;-)

3) **Partner:**

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

4) **RACE Update =**

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

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If you have nothing to share in any of the previous game elements, then **SHARE a RACE update**. Typically this will happen if you have a distracted day or a day when a lot of unexpected things happen. **Simply share your feelings about the day and what you learned from what DID happen.**

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

How to ROCK the Game Card Lifestyle

Important Information for first time players

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

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

This what you must do:

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

FOCUS IS VERY IMPORTANT!

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

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

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

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

They are in strategic order of importance.

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

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

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

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

10 Big Reasons To Rock The Game Card Lifestyle

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

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- 2) Sharing consistently activates a part of your brain that accelerates learning from successes so you get better results much faster. You also avoid repeating mistakes; which is a good thing.
- 3) Sharing about your experiences in writing reveals powerful insights that would otherwise remain hidden. In other words, **you CREATE and LEARN while you are writing**. For example if you are facing a challenge and you type into your game card: “The perfection of this situation is...” FLASH! Insight.
- 4) Learning from others – by reading their game cards - accelerates your path to mastery because you amplify your own learning experiences.
- 5) Sharing your insights in a way that contributes value to others in the community boosts your experience of your own value; receiving external feedback from others creates a MEGA boost of self-worth.
- 6) KNOWING that you are part of a learning community – rather than operating in isolation- boosts your overall feeling of goodwill. Feeling goodwill keeps you operating in the BIG part of your brain where you are creative, while feeling alone keeps you in the smaller/ animal part of your brain where you are reactive. “Isolation is the dream killer” – Barbara Sher
- 7) Having a place to go – your game card - to remember what you have accomplished in the recent past is a significant self-worth boost; When your self-worth is high you take more positive risks which leads to faster learning and better results.
- 8) Having a place to go to be reminded of your own objectives and see a written recap of what you have learned and accomplished recently helps you bounce back from disappointment and course correct very quickly. This minimizes or eliminates time lost due to feeling lost or down about what you are doing; which over time greatly accelerates your path to success.
- 9) Sharing in writing about your game activities at some point every day has the tremendous effect of clearing your mind. This then releases bandwidth being used to “remember” to be used for creativity. AWESOME! It frees up your mind to start the new day with a new game.
- 10) Long term awesomeness! You can come back and review these game cards at any time in the future when you need a boost and to see how far you have traveled on the path to mastery.