

Coach Mission 2b: Coach Using Inner Freedom

Inner Freedom Method Playbook



**“Inner Freedom Coaching Axiom #1:
“All growth happens at the edge of your comfort
zone.” - Coach Dave**

Quick Summary:

BIG Idea: Mission 2 continues with your 3 players and any extra sessions you need to do 12 sessions in 4 weeks! Stay available and connected to your players! The game is probably getting pretty intense.

Your mission continues!

You are on a mission to become a sought after coach in your community and for your team because YOU are the one they can turn to when they are ready to play BIG!

This is a game! Expect your players to face challenges. Enjoy victories by your players... even small ones. Don't be surprised by a “rough patch” between you and a player; it happens when you are playing big and coaching deep.

Keep Playing!

Here are a few things that might happen...

- 1) This is the stage where some players will want to quit! Their “Play Safe” team will start to realize that you are serious and will pull out more “tricks”. Stay with them. Remind them of their bigger purpose. Remind them of judgment-free awareness.
- 2) This is where YOU might start freaking out. Your players are going to start sharing the deep stuff. ALL Humans have deep stuff. Stay present and remain in judgment-free awareness of everything you hear and everything that comes up for you.
- 3) Remember if you don't get all 12 sessions with your recruited players you can continue to fill in sessions by doing Session #1 with people you know.
- 4) It is probably getting really fun with your recruited players. This is what you live for as a Coach. The game is getting big and you are REALLY coaching now.
- 5) If you start a new player at this point in the program... just jump in and coach them using the full Inner Freedom Method.