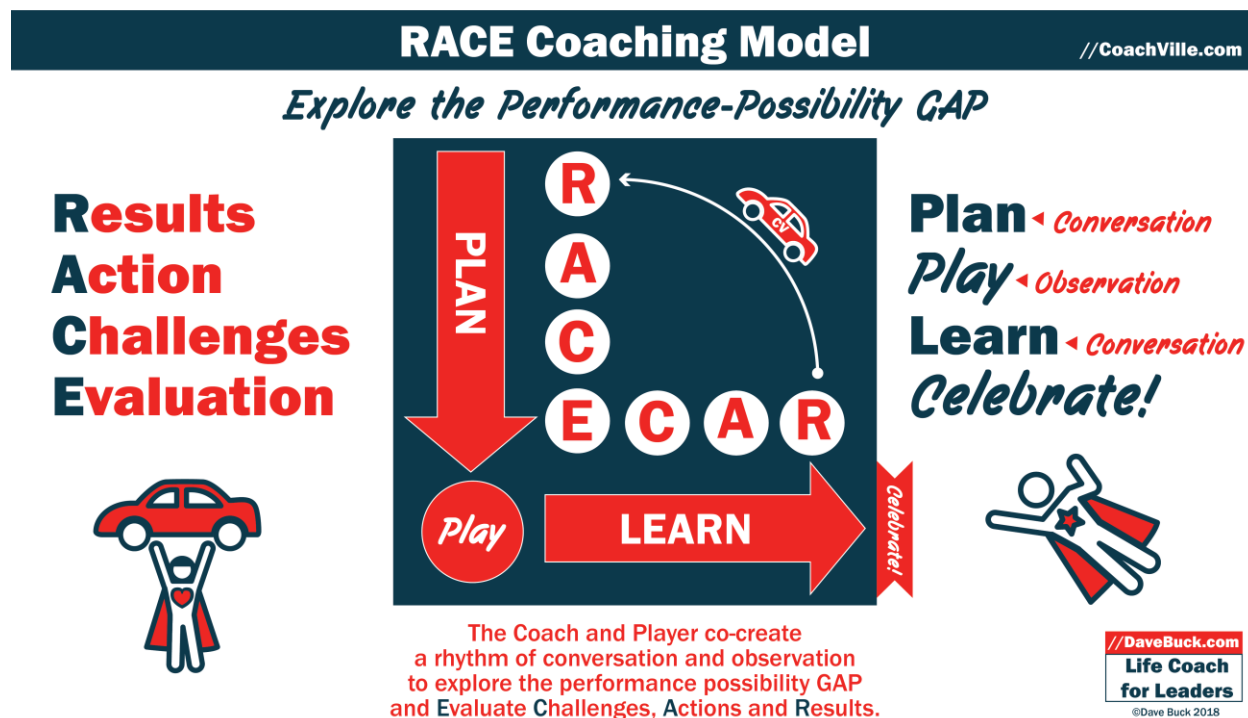


Play-Two-Win Method™ Teleclass Coaching Guide

Session #3 Design the Way to Play (Part 2)

Before class review the RACE-CAR diagram



1) What does it mean to be a game changer?

In class you will discuss what it means to be a game changer in life as a player and as a coach.

Here are the fundamental points:

- 1) Life is a game
- 2) To change your life you have to change your game
- 3) To change your game you have to PLAY with purpose
- 4) To play your game better you need a great coach
- 5) To change the lives of others you need to BE a great coach

2) Exploring the RACE-CAR Model

R – Result = What happens in the world when you take an action

A – Action = You perform an action with skill and intent in pursuit of your desired result

C – Challenge = Everything that prevents your desired result from happening when you take action.
HINT: Challenges are what make PLAY fun.

E – Evaluate = Anything that can be observed during play that will aid the coach in guiding the player to create the desired results more often AND with greater ease.

Plan = The coach and player talk to clarify the desired result(s) and intended actions.
The coach and player co-create opportunities for the coach to observe the player at play.

Play = The player goes “out in the world” to take action in pursuit of the intended results.
The coach “observes”.

Play-Two-Win Method™ Teleclass Coaching Guide

Learn = The coach and player talk to share observations about the experience of play AND aim to learn anything that the player can use to PLAY better next time.

Celebrate = The coach and player make a special effort to celebrate the desired results that occurred AND any new awareness for the player that feels meaningful.

3) Is what you are playing for Winnable OR Unwinnable?

In class you will discuss what makes playing for something winnable or unwinnable. Here are some points to prepare you for the discussion.

What makes PLAY winnable?

This is a BIG question with no specific answer because it is personal to every player and every way of playing. There are a few things that you will learn to “look” for that will make play winnable or unwinnable.

The key things to look at are:

1. The players desired outcomes
2. The players current abilities
3. The players current Life “situation” and demands on their energy

At this stage, you probably don’t know enough about the player to assess these factors.

SO... you need to ask them.

At the same time, as a coach, you must know how to “use your intuition” to spot unwinnable play! If your player is in an unwinnable situation, it will become a problem for them but a BIGGER problem for you because it is your job to help them win.

4) Play Two Win Step #2) Design the Way to Play (Part 2)

Identify the Outcomes, Mastery, “Becomings” and Upgrades using RACE

Designing a fun and winnable Way to PLAY is a highly creative process.

Learning how to design a way to play life is a major step in becoming a game changing life coach!

Play-Two-Win Method™ Teleclass Coaching Guide

Coaching Outline for Step #2: Design the Way to PLAY (Part 2)

Note to the Coach: The Numbered Bold Lines are there to give you a reference point, you don't say them to your player.

1) Evaluate

Say: Welcome back! It's great to be with you again.

Say: Today we are going to explore what you learned while playing this week and then finish designing how you will PLAY. and make sure it is winnable!

Ask: Does that sound good to you?

Wait for the "yes". (Agreement)

Ask: Tell me about some of your actions and any results that you created, and anything meaningful that you experienced while playing this week?

{LISTEN! And don't say too much! Highlight anything that seems important; in the future you will learn more about how to offer observations and suggestions}

Ask: is this something we need to address during our session?

{If yes, make a note of it}

2) Recap the Design the Game Conversation

Ask: Based on what you experienced this week with your **ACTIONS**, **RESULTS** and **OUTCOMES** of play, can you recap for me what you see so far about playing your life?

{Dialogue briefly about this}

3) Finish Designing the Way to Play – Make it winnable

Say: OK, now we are going to finish designing how you will play and make sure it is winnable. So in our last session I challenged you to notice the challenges that you faced while playing for results.

ASK: What **CHALLENGES** did you face?

And what additional **CHALLENGES** do you expect to face while playing for your results?

ASK: Who will you **BECOME** – what character traits do you want to develop – as you face these challenges?

ASK: What is most important for us to **EVALUATE** each week to explore how well you are playing?

SAY: We are going to explore a few **UPGRADES** to your environment that you will need to make to play at a high level?

SAY/ASK: To use a metaphor... if you were going to prepare and play your life at an Olympic Level, what resources and support would be in your Olympic training center?

ASK: What **UPGRADES** to your environment do you want to enjoy as you win your game?

SAY: In other words, what do you want as a reward for becoming a great player?

ASK: Tell me about any **situations** in your life – like commitments or life challenges – that could affect your ability to play at a high level?

ASK: When you look at what you are playing for in the next 3 months, your current abilities and your current situation, **do you believe that what you are playing for is winnable** for you?

ASK: If not, how should we modify it to make it winnable?

4) Wrap Up your Design the Way to Play Conversation

Play-Two-Win Method™ Teleclass Coaching Guide

Say: "OK, this is a good place for us to wrap up this session. Next time, we are going to dive into your experience of playing for results."

Say: "My challenge for you between now and then is to focus on your recurring results and the actions you can take to create those results."

ASK: "Can you do that?"

Wait for them to say: "YES!"

ASK: "This was a great session. Can you give me a 30 second wrap up of what you learned today".