



PLAY *Life!*

CoachVille Center for Coaching Mastery



Great coaching will transform our world!

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Play Life Method™ Coaching Guides

Welcome to the Play Life Method Coaching Program!

Play Life Bigger. Coach Life Better.

Our vision...

Everyone, everywhere with the courage to play BIG in the world, has a GREAT Coach!

The Coaching Guides...

Coaching is performance art!

Your aim is to co-create a powerful and transformational experience WITH your player.

There is a time-tested way to learn and master any performance art...

To quote the great tenor sax player Charlie Parker...

“First you learn the instrument...

Then... You forget all that shit (sic.) and wail.”

While you are in the Play Life 12-week program – and likely for the first 10-20 people you coach with it, you are in the “learn the instrument” phase. Each coaching guide is like a new piece of music that will take you deeper into the instrument. When you fully “own” every question and every language pattern you will start to craft your own method that is a blend of “Play Life” and Your Life. SWEET!

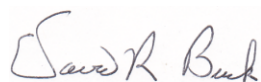
To learn the method, do this:

- 1) Read each coaching guide OUT LOUD at least 5 times. Get the feeling of each question and each language choice in your mouth and in your mind.
- 2) When you are first learning, follow the Guides closely; put your attention on observing your player as they respond to the questions.

Within each Guide there are places to follow your intuition and places to full on improvise by doing a Role Play with your player.

- 3) Practice time in class is short, so use that time to practice using the Guide with just a touch of intuition; practice using your intuition within the guide more with your players.

Practice!!! And Enjoy the experience of growing.



Coach Dave Buck and the CV Team!



Coaching Guide for Exploratory Conversation

Notice this format:

1) INTRODUCTION << You don't say the headings to your player

ASK: Are you ready to go?

{Coach: wait for them to say: YES}

You say to the player the text after the **Ask:** While sounding conversational; as if that question just popped into your mind.

The copy in Red – {also in curly brackets if you don't see color} are notes with instructions for you that you don't say to the player.

*** Recruiting Conversation outline on the next page ***

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

1) INTRODUCTION

SAY: "I am really looking forward to this conversation. I can't wait to see what we discover together. It will take about 15 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 Life Coaching Training program and they are really big on looking at business, career and life as a playing for a dream; my role as the coach is to help you play better, unleash your superpowers and step into new possibilities as you pursue this dream."

2) DISCOVER THEIR DREAM

ASK: If you looked at your life / business / career as pursuing your dream...What would you say your big dream is right now?

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

3) DISCOVER THEIR DEFINITION FOR 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}

You may want to ask: "Anything else?" a few times to get to the deeper stuff.

4) FIND THE GAP

SAY: In coaching first we clarify the dream, then we need to find the gap. The gap is your vision for how you want to play bigger or better. It can be stepping out of your comfort zone to do something new or doing something in a new way. There may be some new experiences or results that you want to create.

ASK: What are some ways you can imagine playing better?

{Coach: listen and **AVOID AVOID AVOID** offering solutions!!

You may want to ask: "Anything else?" a few times to get their imagination flowing.

Ask any curious or clarifying questions that pop up for you}

5) 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.

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ASK: Would you like to be one of my players?

If they say “yes”, move on to #6A. If not, skip to 6B.

If YOU are a “no”, skip to 6B.

6A) CONFIRM THE COMMITMENT

SAY: Excellent. I just want to confirm that you are committing to meet with me for about 30 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 session on the calendar now.

AND... Session 2 may be closer to an hour because we are going to get into the details of how you are going to Play for your dream. So let's get that session on our calendars now as well.

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

6B) 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 Outline for Step #01: Share the Dream

1) WELCOME

SAY: "I am really excited to start coaching with you and I can't wait to see what we create together."

SAY: {if you had the exploratory conversation} We are going to go a little deeper into a few of the topics we discussed the other day.

ASK: Are you ready to get started?

"OK. Let's go.

2A) DEEPEN THE DREAM

SAY: Today we are going to go deep into your big DREAM and explore it like a Hero's Journey...

ASK: Share with me (again) your big DREAM is right now?

{Listen and clarify}

ASK: *How will pursuing this dream change lives for the better?*

{Listen and clarify; this question gets them out of isolation and into the world}

ASK: Every Hero's Journey story is a story of becoming a better version of yourself. Who do you imagine you will become by playing for this dream?

{Listen and clarify}

2B) SUPERPOWERS

ASK: What are your Superpowers that you want to express or develop as you pursue this dream?

{Listen and clarify; this is another question to spark imagination}

ASK: What are some activities of "your DREAM" that you would like to play better?

{Listen and clarify; this is a question to illuminate the GAP}

ASK: What would playing at an elite level look like for you? What do you believe is possible?

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{Listen and clarify; this is a question to spark imagination and illuminate the GAP}

3) CHALLENGES and FEARS

SAY: Every good hero's journey story has some worthy challenges to overcome and fears to explore.

ASK: What are some of the challenges you are facing or expect to face in your pursuit of this DREAM?

{Listen and clarify; AVOID offering solutions to the challenges. Stay in a calm, assured energy knowing that these challenges are going to be fun to explore}

ASK: Are there any personal fears that you are aware of that these challenges might bring up?

{Listen and clarify; Their FEARS are real. Avoid dismissing the fear or soothing the fear. Stay neutral knowing that these fears will provide a treasure map to their superpowers}

4) PURPOSE

ASK: What would it mean for your life if you fulfilled this dream?

(Coach: FIND the BIG WHY)

> *Examples: Financial Freedom; Self-Expression*

{If they seem to be sharing about the value for other people or "the world", use this question to bring it back to THEM}

ASK: So if you did fulfill this dream the way you have described, what would that mean to you personally?

5) SPIRIT OF PLAY

SAY: Our aim together is to make this adventure transformational AND fun!

ASK: How could you bring the spirit of play into pursuing your dream?

{Get creative here / Use your intuition to choose from a few extra questions you can ASK...}

ASK: *Is there an experiment where you can try something new?*

ASK: *Is there a place you can allow yourself to be a beginner and NOT KNOW*

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ASK: Is there a part of the dream you can practice to pursue mastery

ASK: Is there a way to make it more fun

ASK: Can you find a way to create a reward for getting results

6) WRAP UP

SAY: I think you have a beautiful dream that I can help you play for!

{It is a good idea to finish the session with a challenge.}

SAY: “OK, this is a good place for us to wrap up this session. Next time, we are going to start designing your ways to PLAY for the DREAM.”

SAY: “My challenge for you between now and then is to think about your specific objectives to play for in the next three months.

SAY: “Can you do that?”

{Wait for them to SAY: “YES!”}

SAY: “Excellent! Here is how to stay in touch with me this week:

{Share your contact information if you haven’t already}

{Coach, remember to make a few notes on the Play Life Playsheet for this player}

Coaching Outline for Step #02: Design the Way to Play (for the Dream)

1) QUICK HELLO

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

SAY: Today we are going to design how you can pursue your dream in a playful way!

ASK: Does that sound good to you?

Wait for the “yes”.

2) DESIGN THE DREAM EXPERIENCES / OBJECTIVES

SAY: The BIG IDEA of playing for your dream is to create fulfilling experiences. We are going to clarify the “Ultimate Experiences” that you want to create and explore how we can reach them as you play over the next 3 months.

These may evolve as we play. So today we are going to focus on “Version 1”.

ASK: What are some of the tangible **OUTCOME Experiences** that you want to have before 3 months pass? An outcome is when something happens “in the world” as a result of your actions.

{Listen and clarify; you may need to help them with the idea that an outcome is an experience”}

ASK: What are some actions that you want to get really good at doing in pursuit of **MASTERY** over the next 3 months.

{Listen and clarify}

ASK: Who do you want to **BECOME** – what character traits do you want to develop – as you face the challenges of pursuing your dream?

{Listen and clarify}

SAY: We are going to explore a few **UPGRADES** to your environment that you want to make so that you can play at a high level? Things like resources, assets and connections that you will need.

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

{Listen and help them imagine using the Olympic Training Center as a metaphor}

ASK: What **UPGRADES** to your environment do you want to enjoy as a reward for becoming a great player and making a difference in the world?

{Listen and help them imagine the “Things” they would love to have in their experience}

3) PLAY THE HUMAN RACE

SAY: Now that we have the big picture, we are going to get into the details of how you will play for your Dream every day. Remember, this is just version 1 we are creating today.

ASK: What are the recurring **RESULTS** that will grow into each tangible OUTCOME?

{Listen and clarify; You can remind them of the OUTCOMES they described}

SAY: Next we need to talk about actions. And we want to focus as much as possible on actions that involve other people such as conversations, creating and sharing. An example would be: talk with someone and ASK them to do something with you; or hire you to do something.

ASK: What are some of the recurring **ACTIONS** that will create the results you want?

{Listen and clarify; You can remind them of the MASTERY they described}

ASK: On a scale of 1-5 (5 being mastery) how would you rate your skill level for each action?

{Walk them through the list of actions}

ASK: Let's activate your imagination. How can you bring the spirit of play into a few of these actions?

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{You may need to jump in with ideas to spark their imagination}

ASK: What are some of the **CHALLENGES** you expect to face while playing for your desired results?

SAY: Challenges are what make playing for your dream fun!

{Jump in and share the challenges that you see; NOT the solutions}

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

{Listen and clarify}

4) THE CURRENT SITUATION AND DREAM VIABILITY

ASK: Tell me about any situations in your life – like commitments or life challenges – that could affect your ability to Play for your 3-month dream?

{Listen and clarify}

SAY: When I am coaching someone to play for a dream, it is important that the short term dream is attainable.

ASK: When you look at this 3-month dream, your current abilities and your current situation, do you believe that this 3 month dream is attainable?

{DIALOGUE TOGETHER: Talk about the viability of the dream as you see it as well. Offer your comments and perspective on the situation.}

IF NOT... ASK: How should we modify what you are playing for over the next 3 months to make it attainable

5) WRAP UP

SAY: “OK, this is a good place for us to wrap up this session. Next time, we are going to explore ways to play better. One thing we are going to do is start playing with conversations”

SAY: “I have 2 challenges for you this week.

1) Play with the actions we spoke about and notice what challenges you experience along the way.

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2) Notice the conversations you have that are important as you play for your dream. Choose one that we can play with together in our next session.

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 experienced today”?

{Coach, remember to make a few notes on the Play Life Playsheet for this player
Just fill in the RED Row with the Objectives key words}