

# Play Life Method™ Teleclass Coaching Guide

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## Session #04: Embrace Challenges

### 1) Judgment-Free Awareness

This is a BIG topic that we will discuss frequently throughout this program and every program in our Coach Training curriculum.

This is a big insight from the "Inner Game of Tennis" – by Timothy Galway; an original coaching manifesto.

Often when we are performing an action there is an internal dialogue between the Industrial Age inner executive who thinks they know how to do everything perfectly every time and the "doer" who is often screwing things up.

Be aware of the urge to criticize the "doer"; especially while the game is on.

Do this instead:

- 1) Acknowledge what IS happening.
- 2) Acknowledge the gap between what IS happening and the players' vision of high performance
- 3) Look for what can be learned from the current experience; identify the next step for this YOUnique player in pursuit of high performance.
- 4) Acknowledge the players' current ability to take the step.

**Q: What is one aspect in your game where you judge yourself, what is the judgment (how does it sound?) and what would be possible if you were able to maintain judgment free awareness?**

### 2) Play Life Step #4) Embrace Challenges

*Get the best results possible from every unique situation*

Challenges are what make play so engaging! Without interesting challenges to stand between your actions and the desired results the activity becomes boring work. When you have 100% certainty that the action will create the desired outcome every time, then it is no longer play.

*When you are at play there are challenges between you and the results you desire; AND there are surprises that make every time you play a unique experience. These are opportunities to make the most of the situation, to make adjustments to your plan or approach obstacles with energy in pursuit of your desired results. Often the joy of play itself can pull the player through challenges where they would normally stop.*

**It is the challenges that grow your player into BECOMING the person they desire to be in the world.** The way your player responds to challenges will tell you a LOT about them. And it will give you a lot of important clues that you can use to help them become a better player.

*As a coach, you have to stay in communication while they are playing and be available for quick advice.*

**Q: Describe a challenge in your game as a player and what is FUN about the challenge?**

**Q: Look for "conversations" where you would love to expand your influence.**

### 3) YOU MATTER!

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We will engage in a dialogue about the distinction between  
"playing for results" and "getting it done"  
and why YOU MATTER!

We will explore the difference between  
an Industrial Worker writing an article to get it done  
AND  
a Connected Player writing an article to play for results.

We will explore the difference between  
an Industrial Worker talking to 3 people about an upcoming event  
And  
a Connected Player talking to 3 people about an event while playing for results.

You are a player in the game with YOUunique skills, energy and ideas making things happen in the world in your own way...

You are NOT a replaceable cog in the wheel of industrial production.

***Q: What does the concept "You Matter" mean to you?***

***Q: Are you willing to RISK caring about what happens?***

## **4) Coach Prep**

Read over your player's play sheet.

Read through the coaching outline

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## Coaching Outline for Session #04: Embrace Challenges

**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) Get into the experience of play

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

In our last session we really got into the actions and desired results you are playing for. In this session we want to explore the challenges you faced while in pursuit of your desired results.

**ASK:** Does that sound good to you?

{Wait for the "yes". (Agreement)}

**SAY:** Let's get into your experience of play from the past week.

We will talk about actions where you got results;  
actions where you didn't get the results you wanted  
and actions that you didn't take at all.

We will look at all of it with Judgment-Free Awareness which means we keep a curious, open mind.

**ASK:** OK?

{wait for the "Yes"}

### 2) EMBRACE Challenges

#### 2A) Achieved Desired Results

**ASK:** Let's start with **ACTIONS** where you got your desired **RESULTS!** Did anything like that happen?

{skip this part if they didn't get any desired results}

**SAY:** WOW. That is great playing.

**ASK:** What can you learn from this experience of getting your desired **RESULTS?**

{skip to here if they didn't get any desired results}

#### 2B) Did NOT achieve the desired Results

**ASK:** Next let's explore the **ACTIONS** you took where you did NOT get your desired **RESULTS** because there was a **CHALLENGE**. How would you describe the **CHALLENGE?**

**ASK:** What can you learn from this **CHALLENGE?**

**ASK:** How will this embracing this challenge make you a better player?

**ASK:** What is the personal transformation this challenge is asking you to make?

**ASK:** How can we bring the Spirit of Play to this **CHALLENGE** the next time?

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## 2C) Did NOT take the action

**ASK:** Next let's explore the **ACTIONS** that you were intending to do but you did not.  
What happened?  
What got in your way?

**ASK:** What structure can we set up so that you get into this action this week?

## 2D) Action – Result – Challenge... Takeaways...

**ASK:** Let's take a step back for a moment. Looking at your experience of playing for **RESULTS** and embracing **CHALLENGES** what is your takeaway?

## 3) Update how your player is going to play this week

**Ask:** Based on what you just experienced, what **RESULTS** do you want to play for this week?

**Ask:** What are the **ACTIONS** that you will play with this week?

## 4) Wrap Up your play experience conversation

### Complete the session

**Say:** OK. We have a game plan for the week.

**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?

**(Optional) Ask:** can you send me an email later today stating exactly what you are going to do and what results you are playing for?

{If you have time?}

## 5) Quick Life Check in

**ASK:** Before we wrap up can you give me a 1-minute update on what is happening in your life?

**If there is something BIG going on...**

**ASK:** is this something we need to think about adding to how you play or what you are playing for?

{If yes, make a note of it for the future}