



# INNER *Freedom*

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## You are Invited: to Discover Inner Freedom

### A transformational coaching method for transcending fear

The Inner Freedom Coaching Method is a precise sequence of guided inquiries, visualizations, body awareness exercises and provocative conversations that lead us to the ability to express our unique power in the world and for the world.

The key point is the PRECISE sequence. It requires practice to learn AND you can't do it yourself. It is a co-created experience of profound belonging. These are two qualities that enhance its value!

*“If someone you coach has the desire to take action for their dream and they are not doing it then YOU need the Inner Freedom Method.”*

*– Coach Dave*

### Why is NOW a great time to learn the Inner Freedom Method?

The massive shift from the Industrial Age of Work to the Connected Age of Play is creating a BIG demand for the Inner Freedom Method.

If you organize your life around completing tasks, then you don't need Inner Freedom. However, more and more people are PLAYING life as a performance art or game or a quest; they have a strong desire to express themselves in the world to share value and create influence.

A person playing life in this way is going to need an Inner Freedom Coach.

“To play bigger in the world you must first go deeper into your SELF.” – Coach Dave

### Common situations that require Inner Freedom

You want to create something of value and share it ...  
which requires being vulnerable and risk disappointment

You want to express yourself to create influence  
which means you risk judgment and rejection

Your actions often require social risk such as:  
ASKing for what you want,  
asking someone to promote you or refer you or  
asking someone to support you and your dream,

Making an OFFER to do something with someone or for someone where you need to  
OWN your value and feel your worth ...

all of these require the risk of PERSONAL rejection.

Because it is YOU and your idea and your VALUE that is on the line.

ALL of these situations create an experience of FEAR.

Most of the time when we experience FEAR, we retreat into self preservation and don't  
take the action; it is as simple as that.

### Industrial Age solutions like “time management” will not serve you well

Because people with BIG Dreams AND FEAR are everywhere, the need for the Inner  
Freedom Method is EVERYWHERE.

Time management is NOT a solution for FEAR. And neither is trying to overpower it.  
But Inner Freedom Is!

In the Inner Freedom Method you learn how to explore FEAR like a treasure map  
because the thing you fear the most is expressing your YOUUnique Power.

*“Time management is NOT a solution for FEAR. Inner  
Freedom is.”*  
– Coach Dave

# On the Gamecard



A **POWER UP** is an activity where you listen to audio, read something or do an activity and then share your insights.



## Invitation Message

Inner Freedom is a coaching method for exploring our fears like a treasure map to our lost superpowers and playfulness. What concept sparked your curiosity?



Share

**WHAT TO SHARE:** Share one of the ideas from the Invitation Audio that sparked your curiosity to learn more.

## Invitation Audio “transcript”

### SUMMARY KEYWORDS

freedom, coach, coaching, fear, exploring, player, method, audio, life, share, tenacious, learn, amazing, talk, play, powers, industrial age, includes, part, coaching sessions

### SPEAKERS

David Buck

### 00:00 Welcome – We explore fear!

All right, hello to you coach Dave Buck here from CoachVille. And I am very excited in this audio to share with you about the Inner Freedom coaching method, and the inner freedom discovery page that we have on our CoachVille membership site which is free. The Inner Freedom Method is a transformational coaching method where we explore fear, like a treasure map to our lost superpowers and playfulness. We don't conquer fear, we don't crush it, we explore it.

### 00:43 Expand influence and creative expression

With the inner freedom method, you can coach your players to expand their influence their creative expression, visibility, and the ability to try new things and do things in new ways that we all desperately need to do to thrive in the Connected Age. And we also learn how to tap into the incredible power and wisdom of our non-conscious mind, which

is within us, and the supermind, which is all around us. And this is part of what we call the Energy Alignment Game and that is juicy. All right.

01:30

Now in this audio, I'm going to share it just a brief introduction to the Inner Freedom Method and talk about many everyday situations when you can use the inner freedom method as a coach, or as a coach, approach leader, coach approach entrepreneur. And at the end of the audio, I'll give you a brief outline of what you can find on the inner freedom discovery page on our CoachVille member site.

### **01:59 Tenacious Self Love... NOT Self Sabotage**

One quick, very important point about inner freedom that is different than a lot of other programs is we do not believe in self-sabotage. We don't believe that you have to get out of your own way. There is nothing wrong with your ego. The inner freedom method is based on a profound idea that I call tenacious self-love. When you can embrace every part of your inner being with judgment-free awareness, you can develop a tremendous ability to play big in the world. And as a coach, this is a really awesome ability to have because this is what you want to do. You want to coach your players, as I would call them, you might call them clients, to go out and do big things in the world. If you're a coach-approach leader or entrepreneur, you have people on your team, you want them doing big things in the world, and the inner freedom method is the way to do it.

03:15

Here's just a quick point also: we're talking about Life Coaching. I've been a life coach for 24 years now I'm a Master Certified Coach with the ICF. I've coached over 1000 people and I have taught life coaching skills and methods to many thousands of coaches in the world. Life Coaching includes business coaching, leadership, coaching, personal quest, relationship, executive coaching, these are all forms of life coaching and I think that's an important point to know.

### **03:52 What Life Coaching Is...**

Another quick point since we're talking about life coaching and there's a lot of confusion about what life coaching is. Life Coaching is essentially a mashup of performance art coaching or athletic coaching - they're very similar - and the wise guide by your side in the hero's journey stories. So as an art coach or athletic Coach, what you do is you help your player who has a dream to play better, whether it's playing basketball better or playing piano better, and you help them play better by practicing together. And through observation and conversation, the player keeps getting better and better by playing and practicing with you. Well, life coaching is the same thing you have to learn as a life coach

how to play and practice life with your players. The wise guide at the side. This is also an important part of life coaching where you ask provocative questions, you share new perspectives and basically you share the journey with your player who is on the quest to do something out in the world, but is also needing to grow as a person at the same time.

### **05:14 Social interaction and social risk**

Okay, so let's talk about some very common situations / coaching moments for inner freedom. So, inner freedom is powerful in situations of social interaction and social risk, where there is some fear involved with the player; the player is experiencing some fear. Now fear takes many forms, including doubt, overwhelm, frustration, isolation, procrastination, these are all just ways of describing fear. And like I mentioned at the top of this audio, we're going to talk about these four ways of playing in the world that really call up the need for inner freedom.

### **06:10 Influence**

So the first is influence. People really want to expand their influence. This includes asking someone for something, making an offer or making an invitation. When you think about business and leadership. They're all about expanding influence, and this is what people want to do. But at the same time, we often get really stuck in influence situations because of the fear of rejection. The fear of rejection is absolutely normal. But when you explore it, it can be amazing what you can find.

### **06:49 Creative Expression**

Another thing is creative expression. People really want to create and share. They want to write posts and share them and they want to create programs. They want to create experiences that they invite people to do with them as a part of a of a business or as a leadership endeavor, or as a community project. But when you create something to share with others, even just a simple post, you face the fear of disappointment. And that's a big deal.

### **07:23 Visibility**

Think about visibility. That's the third one; exploring to see and be seen. The way people mostly say this, and they say it all the time, I need to get out there. I just need to get out there. Which is true. You do need to get out there there; meaning out in the world, the world of people. But when you go out there there's the fear of finding trouble or disagreement or embarrassment. These are big, these are real fears.

## 07:55 Experiment

And the fourth one is experimenting. This is So important. Trying new ways of doing things, just trying new things in general. And this is super important right now, because there's a big industrial age myth that all of us grew up with that for everything that needs to be done, There is one right way and all you have to do is find the right teacher and do it right, and don't make any mistakes and you won't have any problems. But this is a myth. This is not how to be successful in life. Actually, each person needs to find their own way that is based on their unique gifts and their unique values. And so we can't just follow the path of someone else. We have to create our own path. We can certainly learn from others, but creating your own path requires a lot of experimentation. But when you try to experiment, you have to deal with the social risk and the social fear of making mistakes. And you can feel a lot of perfectionism, which we all absorbed from the Industrial Age.

09:09

So all of these four things - you think about there all day, every day - this is what we're trying to do. We're dealing with these social risks and social fears. And that means at the same time, there is a huge opportunity for transformation right there by exploring these social risks and fears.

## 09:35 The “thing” we fear the most...

And here's the really big idea that I want to share with you about this. One thing I have discovered in 23 years as a life coach is that the things we fear the most - that we learned to fear in the industrial age culture - are our unique powers and our playfulness. Expressing our powers and expressing our playfulness, this is where we face the most fear.

## 10:07 It seemed really hard... then it became super easy!

And I have done this so many times as a coach, I have a player, they have a big dream, we come up with some great action plans. And then you know, some things they do, but a lot of things they get stuck. And the action that seems so reasonable or obvious, it just seems so hard or impossible. And this this is a real thing. If you're coaching you know this happens all the time. So then what do you do? This is what you do: you use the inner freedom method. You learn how to explore these social risk fears very deeply and provocatively. And by doing this, you help your player to discover amazing powers they have within them that have been lost or covered up in some kind of a shadow. And what happens is when you explore the fear and unleash the superpower that's hiding underneath there, then the action that they were wanting to do that seemed so hard and

they just couldn't seem to do it, suddenly, it just becomes easy. "Oh, it's no problem. I just did it." It's like, boom, I just did it. That's what happens.

### **11:25 The Story of Player Laurie**

A quick example, player, Laurie, who you will learn all about if you do the Inner Freedom with us. There's a whole series of amazing coaching sessions between the two of us that you get to listen to. Laurie had this big dream of having a coaching business and she started a networking group and she had written a children's book. She had these big dreams. And she had been super successful in Mary Kay; super successful. Now she just wanted to do the next thing in her life. But she had this really interesting challenge. She just couldn't talk about herself. She could sell Mary Kay like nobody's business, but she just couldn't sell herself. Now, I don't want to give away too much about how it all happened, because you're going to get to listen to it. And I don't want to spoil the surprise. But what I can tell you is that through exploring her fears that she experienced when she tried to talk about herself, we discovered that Laurie is a tenacious fighter. And while this got her into a lot of trouble when she was a kid, it turned out to be an amazing asset as a life coach, and someone writing children's books. Okay, so as she unleashed this tenacious fighter within her she was able to really help transform a lot of people's lives.

### **13:07 You can clear the “Energy Path”**

Now, another quick thing about inner freedom. One thing is exploring when someone is stuck in something they're trying to do, but you can also pre-play something they are about to do. And this is really powerful; it makes you so valuable as a coach. When someone has a plan, okay, this is what I'm going to do, then you can pre play it using the inner freedom method and clear the energetic path, so that the activity they want to do is free of these social risks and fears. They can feel confident and clear and intentional, and they can express their power fully and freely. This is life changing so you can learn how to help people do this and do this with your players. This is what being a life coach is really all about and that's what you do with the inner freedom method.

### **14:06 Go Bigger out in the world... Go Deeper into your SELF**

You know one thing that I say all the time to go bigger out into the world, you need to go deeper into your self. And that includes exploring fears, doubts, emotions, feelings, physical sensations, thoughts, intentions, beliefs, desires. That's all the inner world stuff that you need to go deeper into. Anytime you want to go bigger out into the world. But the key is, even though it's an inner adventure, you don't do it alone. The adventure out into the world and the adventure into yourself is something that you want to do with a guide. Right? You need a guide on an adventure both outer and inner. And that's what

you do as an inner freedom coach. You become this amazing guide on these life changing quests and adventures that so many people in the world want to do.

### **15:17 Check out the Discovery Page**

So that's really the essence of the inner freedom method. I hope you're excited to learn more about it, and I'm about to tell you how to do that. We have this amazing page on our Coachville membership site. It's absolutely free. It's called the inner freedom discovery page. And on this page, you will find some breathtaking coaching sessions where I'm using the inner freedom method with a player; each is about an hour. So it is an investment in your time to listen to these full coaching sessions. But it will really illuminate your own life, and it will really give you some big, big ideas about what you can do as a coach.

### **16:02 Team Play for Transformation**

Another big thing you'll find on this discovery page is what I call: Team Play for transformation. You and I will play together. Because as an inner freedom coach, you will have a beautiful, colorful playbook that you can share with your players when you sign them up for an inner freedom coaching series with you. And you also get this amazing series of audios. There's one for each of the 12 sessions that you can share. And when your players listen to these audios and just get the concepts and ideas from me, then when they get with you, they're ready to go. They're ready to play. They're ready to be coached, so that you can really amplify your transformational abilities because you don't have to explain the ideas. They already got that. So the idea is we team play! I share the concepts with them and then you coach them to go out in the world and play big.

### **17:07 Resources to explore**

On this page, you'll also find some clips from recent teleclasses. These are informative and fun. You'll find a few other resources, and some audio some PDFs with some reflection exercises that are really juicy and will get you fired up about inner freedom. And also, there's a few great stories of players that I have coached using the inner freedom method, including the amazing Estelle you'll learn all about her story; truly incredible.

### **17:34 Play the Gamecard – meet fellow coaches**

And there's a game card there if you want to get involved in meeting some of your fellow coaches that are exploring the inner freedom method. We have a whole game card system where you can participate together as you're discovering and listening to the audios and reading the playbooks and such you can share what you're learning and share ideas and

meet some other great Coaches. So that's part of our profound belonging community at CoachVille. You get to participate in that; all part of this free inner freedom discovery page.

### **18:10 Join the BIG Adventure**

I would love for you to join us in this big adventure and check it all out. And hopefully consider participating either in the next teleclass or in our inner freedom self-study with a buddy program, which you can do anytime; which is also awesome.

### **18:29 The world is a playground**

Alright, with that, I thank you for your time and listening to this audio. And I just want to share with you my mantra that:

**the world is a playground and we are going out to play... together.**