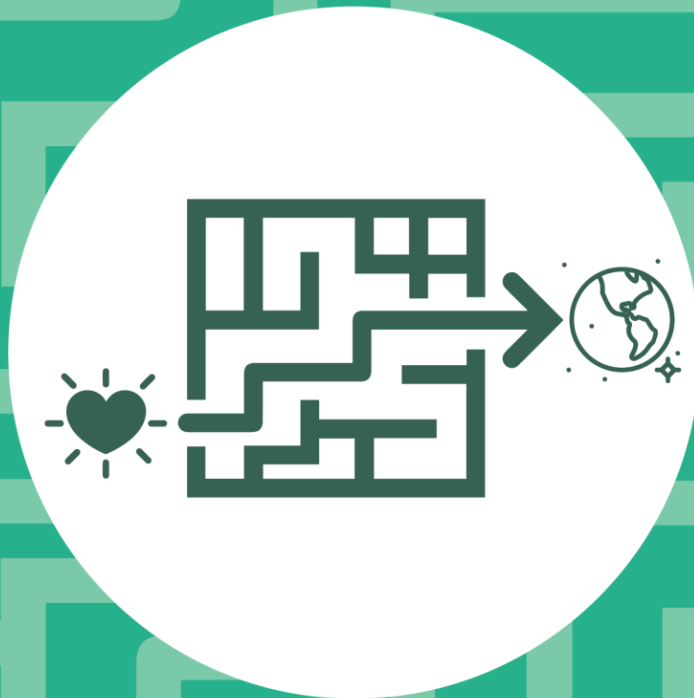




INNER *Freedom*

CoachVille Center for Coaching Mastery



Great coaching will transform our world!

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Teleclass Welcome!

Welcome to the Center for Coaching Mastery!

Abera Ca Dabera

This phrase from the Aramaic Language means: I create as I speak.

This is a potentially life-changing affirmation that illuminates the power of the spoken word. In every class you will participate in a variety of provocative exploratory conversations and coaching sessions.

A few key points to consider as you start this class.

1) Our programs are based on dialogue-based learning. So we expect you to jump in and participate in the conversations. Be **BOLD!** Share your thoughts and questions; Your voice is a contribution to everyone else in the program. Your instructor is a highly trained coach and very capable of weaving diverse thoughts into a web of learning for everyone!

2) You will coach in every class. It is possible that this will be your first coaching conversation. So be easy on yourself! Don't expect to be a masterful coach on day #1.

If you have been coaching for a while – maybe even a **LONG** while - coaching in class is your opportunity to experiment and try new things. Enjoy the opportunity to stretch and learn.

What to do in a “Coaching” Session

Coaching is a co-creation between a coach and a player. It is a very distinct conversation. However when we converse, we tend to fall into comfortable conversational patterns like: friend to friend; colleague to colleague; boss to employee; parent to child; counselor to “counselee” etc.

For Inner Freedom coaching sessions it is a very good idea to set a specific time frame for the conversation; This can be anywhere from 50 minutes to one hour.

FOLLOW THE GUIDE AND Don't “Add Anything”!

While it may seem “unnatural” to coach using a guide, it is essential to do this while you are learning the method.

These outlines will guide you and your player through a sequence of inquiries, this way you can focus your attention learning the method rather than trying to figure out what to ask. It is very effective. Since you will be dealing with fear, it is often very “compelling” to default back to other ways of dealing with fear. Staying with the Guides will keep you learning forward.



It is also important that you don't "add anything" to these sessions. What I mean by that is this: you may have learned other methods that seem similar, like EFT or NLP for example. And you may think in a situation: "Oh, I will just spritz in a little EFT here and have them do some tapping". Don't do this.

How to do a great coaching practice session in class

1) You will both get to be Coach and Player. So choose who will be the coach and who will be the player in the first session

2) Get **RIGHT INTO** the coaching – skip the traditional small talk

3) **When you are the Player DO NOT READ THE Coaching Guide** - be real, be yourself; tap into your desire to play better for your dream..

4) When you are the Coach - **Follow the Coaching Guide**

Ask the questions and then **BE CURIOUS** to clarify what your player is sharing.

You really want your player to experience Inner Freedom.

5) **HOLD YOUR TONGUE!**; especially if you feel the urge to tip, solve the problem, talk them out of their fear or get them out of their discomfort!

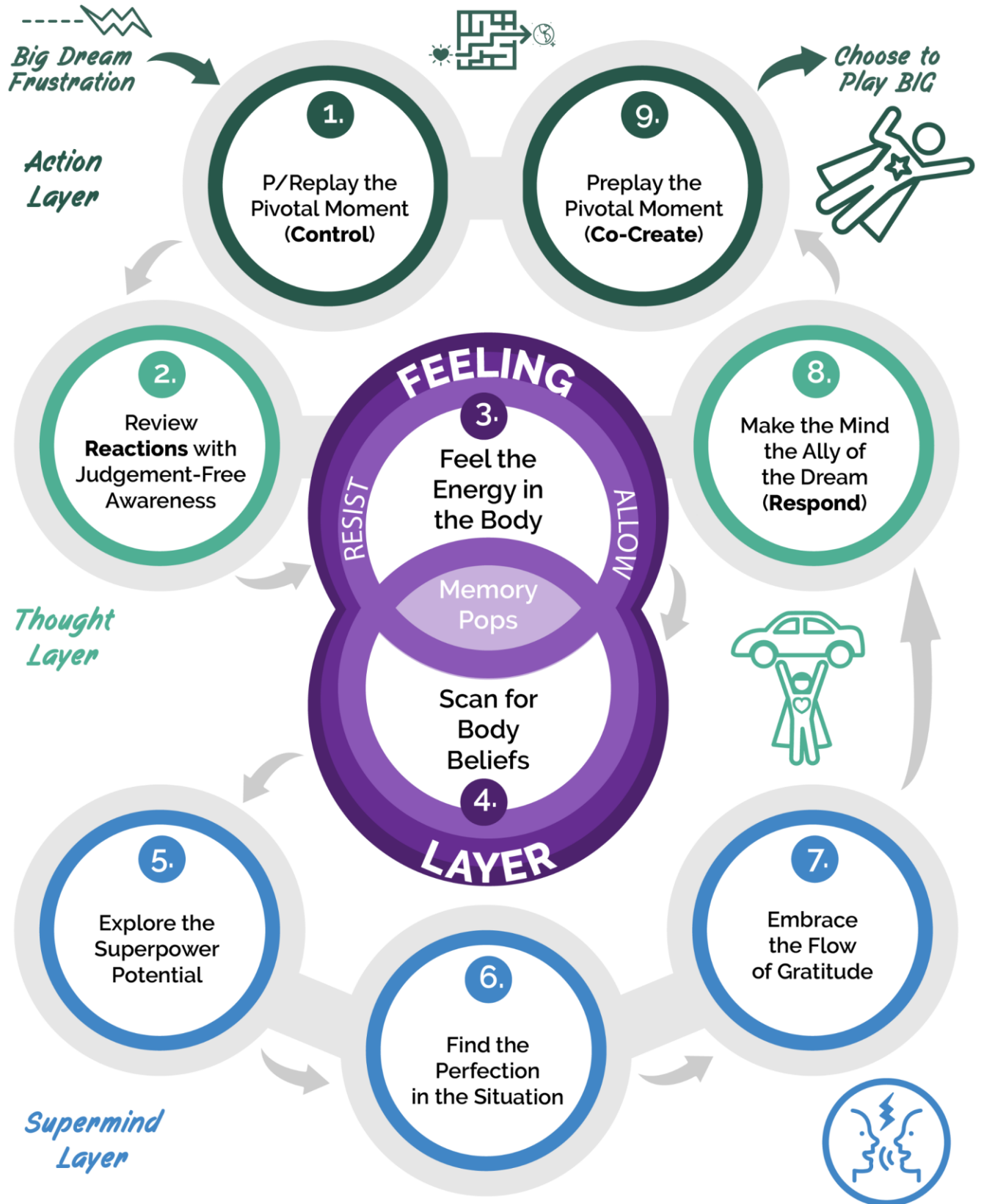
Tipping is for waiters and waitresses - **NOT** coaches

Tipping - is when your player shares something about their situation and you think you have a good, quick solution and share it.

"Did you ever try..."

There **IS** a time and place to share solutions, but that time is **NOT** now.

IMPORTANT: Read the "Dyad Guide" prior to class. It will provide you with a **LOT** of additional information about how to get the most out of your practice time in class!



00 Coaching Guide for Class - Exploratory Session

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

1) Welcome

Say: "I am looking forward to doing this session with you. I really appreciate you and I can't wait to see what we discover together. It will take about 30 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 at CoachVille called Inner Freedom and they are really big on looking at business, career and life as a playing for your dream. My role as the coach is to help you play better, expand your possibilities, and unleash your superpowers by stepping outside of your comfort zone."

2) Discover their dream

Ask: If you looked at your life / business / career as living your dream...How would you describe your big dream is right now?

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

Discover their definition of 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}

3) Find the GAP

Say: In coaching we are always looking for the GAP between how you are playing now and how you imagine that you can play for this dream.

Ask: How do you see yourself playing bigger or better or exploring new possibilities?

{Coach: listen; stay judgment-free; people are yearning to talk about seeing themselves as really BIG but they rarely feel the encouragement or safe space to do so; some people will talk about possibilities others will start sharing about challenges or obstacles}

Ask: What are some activities that are pulling you outside of your current comfort zone?

Ask: Anything else come to mind?

{Coach: listen; stay judgment-free; again **AVOID AVOID AVOID** offering solutions!!}

4) NEW>> Find/Articulate the "Drama" / BIG Growth Opportunity / Challenge

5) Play together!

Say: Let's have some fun with your imagination

Ask: Are there any aspects of YOU – like creative ideas or talents - that you would love to bring out into the world in a bigger way?

{Coach: listen and then **have fun with them**; encourage them to dream bigger
IF you know them OR you sense something about them this is a great opportunity to
champion what you see in them }

Ask: In the Inner Freedom Method there is a saying that your doubts and fears are like a treasure map to your Superpowers. What would it be like if we unleashed your Superpowers?

{Coach: listen with your energetic presence; it will be very interesting to see where they go with this question. This is where you pump them up with the possibility that having an Inner Freedom coach like YOU will make a big impact on their dream!}

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.

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 two sessions on the calendar now.

{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!

Your BIG DREAM

Describe your BIG Dream.



Your BIG Why

Why MUST you play for this dream?



PURPOSE

Results / Objectives

What are your "In the World" Results?



Attempts to Control Results

What Results / Objectives are NOT happening? (What is not turning out according to plan?)



FRUSTRATION

Challenges

Describe some of the challenges that are asking you to grow.



React to Challenges

How are you reacting to the challenges? (forcing, powering through, bunker in)



ISOLATION

Actions

Describe your Actions in pursuit of Results.



Resist Taking Action

What actions are you not doing? (resisting, avoiding, distracted, no time)



OVERWHELM



Growth Zone

Is your dream big enough?

.....
.....
.....



What did you learn about yourself today?

.....
.....
.....

01 Coaching Guide for Session 01 – Play With FEAR

WELCOME (and permission to coach)

A) WELCOME

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

ASK: Do I have your permission to be your coach today? Are you ready to get started?

{wait for them to say, YES}

SAY: "OK. Let's go."

COACHING PLAN

B) DEEPEN THE DREAM

SAY: Today we are going to dive deeper into how you are playing for your Dream right now and then we are going to practice using judgment-free awareness to explore where FEAR is coming into your experiences.

DREAM

ASK: We spoke about your BIG Dream in our exploratory conversation. Can you give me a recap of your Dream and update me with any additions you have thought of since we spoke last.

ASK: Do you have a name for this dream?

{listen and help them come up with a name for just a minute; it is not essential to have a name but it makes in more memorable and fun}

PURPOSE

SAY: In Inner Freedom we talk about your BIG Dream as getting your heart's desire out into the world. We want to create awareness of the driving force behind this dream for you.

ASK: Why is this DREAM really important to you right now?

Personally?

For the World??

{Coach Fill in the left side of the play sheet next.}

RESULTS / OBJECTIVES

SAY: Next we will flesh out some of the details of playing for this DREAM.

ASK: Describe a few of your objectives for this Dream over the next 3 months. These can be tangible accomplishments or new experiences.

ASK: what are the results and experiences that you are playing for on a regular basis? In other words: What needs to happen on a regular basis for you to fulfill this Dream?

{Coach, skip down to the Actions box}

ACTIONS

ASK: Describe the primary actions when you are playing this Dream?

ASK: Which of these actions are you doing on a regular basis?

ASK: What are some of your unique abilities that you want to bring to your actions? Any ideas about this since our last conversation?

{Coach, Go back up to the challenges box}

CHALLENGES

ASK: Describe some of the challenges that you are facing as you pursue your Dream?

ASK: Do you have any thoughts about how these challenges are calling out your superpowers?

{Coach, mostly listen during this part.

Share curious questions if they pop up.

AVOID making any recommendations about how to overcome the challenges

AVOID dismissing the challenge eg. "Oh that will be easy for us to solve"}

PRACTICE / PLAY TOGETHER ~ {Explore the Performance-Possibility Gap}

C) EXPLORE THE DREAM FOR SYMPTOMS OF FEAR...

WITH Judgment-Free Awareness

{Coach, Next, explore the right side of the playsheet

Here you really need to focus on being judgment-free and even bring a little lightness. People often take FEAR REALLY seriously. Your "lightness" and not getting sucked into any "drama" will prepare your player for the energy of PLAYING with fear.}

SAY: One of the BIG Ideas of the Inner Freedom Method is that the reason we get a purposeful Dream in our heart is to challenge us to grow and expand and unleash our superpowers in the world. So next we need to explore your Dream for growth opportunities which will look like doubts and fear and other difficult experiences like frustration, overwhelm and isolation.

A very important concept for all of our coaching sessions is judgment-free awareness. This is the ability to be open and curious about everything you are experiencing and just put everything on the table!

ATTEMPTS TO CONTROL ~ Frustration

ASK: What desired results and experiences are NOT happening?

Coach, mostly listen

ASK: Where are you experiencing frustration?

{Coach, mostly listen. Share insights and curious questions if they pop up.

AVOID offering solutions!}

REACT TO CHALLENGES ~ Isolation

ASK: What are the actions that you are taking but you experience resistance?

In other words, you have to force yourself to do them? Or you have to “talk” yourself into it.

Coach, mostly listen

ASK: Are you experiencing reactive or negative thoughts about yourself or your abilities?

{Coach, mostly listen. Share insights and curious questions if they pop up.

AVOID offering solutions!}

ASK: Are there situations where you react by thinking: OK, I just need to isolate myself and figure this out by myself? Or, OK everyone leave me alone.

Coach, mostly listen

RESIST TAKING ACTION - Overwhelm

ASK: What are the actions that you are NOT taking?

Coach, mostly listen

ASK: Is there anything that you are resisting or avoiding?

Coach, mostly listen

ASK: Are there are times when you could be doing important actions for your Dream but you find yourself doing trivial things or “busy work” (or email, FaceBook or web browsing)

Coach, mostly listen

ASK: Are you experiencing overwhelm? Too MUCH to do? Often you can't figure out where to begin?

{Coach, mostly listen. Share insights and curious questions if they pop up.

AVOID offering solutions!}

GROWTH MODE

D) GROWTH MODE

SAY: Let's Step into the growth zone and play with your situation for a few moments. Together we need to explore the relationship between your Dream and your Preservation Zone also known as your Comfort Zone.

ASK: The BIG Question is this: is your Dream big enough to pull you out of the preservation zone and into the growth/fear zone? How do you assess your situation?
{Coach, mostly listen

ASK: "Can I share an observation?"

{Coach: share an observation about your player's superpower potential and the pursuit of their dream.

Add your insights to what the player is sharing. **PLAY WITH IT.** Look at it from both sides.}

Coach: Do they need A) support or B) challenge?
(Are they in or out of their comfort zone / preservation zone?)

A) If support / encouragement is needed...

SAY: This is where the Inner Freedom coaching begins. It sounds like you are out of your comfort zone here. That is good. It means you are playing for a BIG Dream! We will use the Inner Freedom method together to get you into the flow of creative action for results and experiences.

B) If challenge is needed...

SAY: OK. This might sound strange, but I think the problem is that this Dream is too small for you right now. You are feeling stuck because you are trapped inside your comfort zone. You are not allowing yourself to be challenged. So, I am going to challenge you to play for a bigger Dream to get out of this rut.

PLAY PLAN (for the week ahead)

E) PLAY PLAN

Give them the "Play and Journal" Exercise:

SAY: Remember, your FEARS are a treasure map to your superpowers.

ASK: What is one recurring activity that is outside of your comfort zone that you can engage in this week to expand your awareness of the doubts and fears that you are experiencing?

{Coach, help them name this if they don't see it

ASK: What are the results that you want to come from this activity?

{Coach, help them name this if they don't see it

SAY: I am going to give you an awareness building exercise. Are you OK with that?

{Coach, wait for the "yes"}

SAY: Keep a little journal of your experiences as you play or avoid playing: .

NOTICE AND JOURNAL...

- a) Actions that you KNOW would fulfill your Dream – but you avoid
- b) Actions that you take through great inner resistance.
- c) Thoughts or judgments that pop up that seem to be negative.
- d) Notice the results that are happening and NOT happening

SAY: I want you to play as BIG as you can this week. Really put yourself into it.

ASK: Can you do that?

{Coach, wait for them to say "Yes"}

SAY: Great. We have a play plan. I can't wait to see what happens next!

GROWTH ZONE PART 2

ASK: What did you learn about yourself from this session today?

{Listen and encourage them}

SAY: Talk soon!

02 Coaching Guide for Session 02 – Pivotal Moment

WELCOME (and permission to coach)

A) WELCOME

SAY: "It's great to be back with you! I can't wait to see what we co-create together."

ASK: Do I have your permission to be your coach today? Are you ready to get started?

{wait for them to say, YES}

SAY: "OK. Let's go."

ASK: Did you have a chance to listen to the audio or read the play playbook for this session?

{No judgment. This will let you know if you may need to explain a few things along the way. }

COACHING PLAN

B) DEEPEN THE DREAM

SAY: Today we are going to dive deeper into playing for your Dream and play with a Pivotal Moment where you are experiencing resistance or fear.

ASK: In every session I am going to ask you to share your BIG Dream with me so that we both stay connected to it in every session. Share with me your big DREAM is right now?

{Listen and clarify}

C) EXPLORE EXPERIENCES for celebrations and pivotal moments

SAY: In each session we will explore actions and results that are happening and not happening to look for growth opportunities.

ASK: Is there anything you want to celebrate with me?

Listen for experiences to champion

ASK: What about results? Did you co-create any desired results?

Listen for results to champion

SAY: Let's explore your experiences from the growth / fear zone?

ASK: Are there any key actions that you are avoiding or resisting?

Listen for hesitation and uncertainty

ASK: Are there any actions that you take through great resistance? Where you really had to power through and force yourself to do it?

Listen carefully.

ASK: Are there any key results that are not happening?

Maybe something where you are doing what you need to do but the results are not happening or not happening often enough?

Listen. This is often where you will find the struggle.

PRACTICE ~ PLAY TOGETHER ~
[Explore the Performance-Possibility Gap]

D) START the Inner Freedom Method

1) Preplay (or replay) the Pivotal moment of choice

Action Layer

1a) Choose The “moment” to focus on

ASK: Of all the things we explored so far, *what is the Pivotal “moment” you want to play with together today?*

Coach: They may know EXACTLY what it is. OR they may not know!

If it is not clear which action is THE most important, just pick one that seems really important right now. You may need to suggest one from what you have heard.

Clarify the Action and Desired Result

SAY: *OK let's make sure we are clear about the action and the intention.*

ASK: *The activity that we are playing with is X (say the action)?
And when you do X (the action), what do you want to have happen?*

Listen: It is important that you are both clear about the action and the intended results.

Preplay a future moment OR choose a RECENT moment to replay)

Coach: you can ask or suggest about doing a preplay or a replay.

ASK: Do you want to preplay a future moment or replay a recent moment?

Or suggest...

PREPLAY

ASK: *Can you imagine yourself doing the activity in the near future?*

REPLAY

SAY: *Let's explore this recent moment you were talking about earlier...*

1b) Start the Preplay Technique

SAY: *we will use a visualization technique called: “P/Replay the Moment”. You know how in sports they use instant replay to slow down the moment so everyone can see what REALLY happened? Well, we are going to use your imagination to do something similar right now.*

Ensure a Safe Space

Coach Note: Make sure they are in an environment where it is safe to close their eyes for a few moments. Eg. Not driving. Not in a busy public place. Not watching something on the stove top. Not chopping vegetables.

ASK: Are you in a place where you can safely close your eyes?

Assuming they say yes...

Start the Visualization

SAY: close your eyes, breath naturally, and take a few moments to create (or recreate) the scene in your imagination.

{wait a moment}

ASK: Can you describe the scene for me?

Coach: Listen carefully and get into the moment with them.

Make sure you can “see” it with them based on what they are describing.

2) Use judgment-free awareness to Scan for Thoughts and Inklings (aka Reactions)

Thought Layer

SAY: Now we are going to look at the moment from several different perspectives. Just keep breathing naturally; keep your eyes closed and we'll talk together.

*SAY: It is very important that you **maintain judgment-free awareness** during this exercise. Imagine that we are both looking at this situation together and we are both curious, open and caring yet detached. This will help us expand awareness more easily.*

ASK: When you imagine yourself in the scene, do you notice any thoughts going through your mind? What are they?

Just wait and listen

SAY: Take your time. Continue to see yourself in the scene while being curious about everything that was going through your mind at that moment.

Just wait and listen

ASK: With the moment slowed down a bit is there anything else that you notice about the situation?

3) Feel the Energy in the Body

Feeling Layer

3a) Scan the Body

SAY: Take a moment to scan your body for physical sensations from the top of your head to your waist.

ASK: Do you notice any physical sensations? Perhaps in your gut or in your chest?

{Listen} Coach: They may have lots of words coming up; For many people feeling is something they have resisted for a long time. And talking is a common way to avoid feeling.

IF they are talking a lot,

SAY: “That is interesting. Try to tune into your body and notice what is happening there.”

CHOOSE A OR B

A = they don't notice a physical sensation.

B = The DO notice a physical sensation

A) {if they DON'T notice a physical sensation; this happens sometimes}

SAY: That is OK. The key is to get in the practice of paying attention to your body.

SAY: Often it takes practice to feel the subtle energies in the body. I want you to really quiet your mind and feel your body: check your gut, your solar plexus, your heart, your throat, your back, your shoulders, your head, a general feeling all around you.

{Wait a few moments; Stay quiet. Stay certain that they can do it. Give them time to get into the experience.}

ASK: Do you notice any physical sensations?

If they still don't notice any physical sensations

Say: That is OK. We will practice this again next time. It will come to you.

{Skip to 4}

B) {if they notice a physical sensation}

SAY: I acknowledge your courage for noticing and feeling these sensations!

IF they mention more than one body sensation...

ASK: Which sensation is most intense?

{Let them answer to choose which sensation to focus on}

3b) Feel the Energy (Allow it to be there)

SAY: Bring your full attention to the physical sensation. Feel into it as deeply as you can. ...{pause}... You may notice some emotions coming up. Just let them pass for now and focus on the physical sensation.

ASK: Does the feeling have a shape?

ASK: Does the feeling have a color?

ASK: Does the feeling have a temperature?

Be very affirming and open to whatever IS there.

SAY: OK, now all you need to do is just allow yourself to feel that energy for 30 seconds. Just welcome it, allow it to be there and feel into it as deeply as you can.

ASK: Do you think you can do that?

{Wait for the “yes”}

SAY: OK, I will time you. I will be here if you want to SAY anything.

For 30 seconds. Here we go.

at 15 seconds quietly SAY: keep going

at 30 seconds quietly SAY: excellent. You did it.

ASK: What was that experience like? Did anything come up for you?

{If your player has a "Memory Pop"}

Often while FEELING physical sensations your player will have a memory POP of an earlier moment in life. This is because the physical sensations ARE memories! Here is what you do...

{Just listen! Don't judge the memory or try to fix anything}

4) Explore the “body belief”

Feeling Layer

SAY: The moment we are practicing is bringing up a body belief because it resembles a social risk experience from your past. It is trying to keep you safe.

SAY: This is natural. Let's explore it together.

SAY: Try to fill in the blank of this statement:

SAY: It's not safe for me to....”fill in the blank”

{Listen; if they are having trouble finding the words offer suggestions}

SAY: Great! You did it. That is excellent awareness for your first time doing this together.

8) Make Your Mind the Ally of your Dream (Respond)

Thought Layer

SAY: When your body feels a social risk your mind starts to produce thoughts based on that fear because your conscious minds' #1 job is PRESERVATION and SURVIVAL.

SAY: Next we want to focus your mind on your new HEART'S Intention to play BIG

SAY: What is your HEART'S intention in this situation.

Listen. Also you can remind them.

SAY: Let's create a short phrase that captures the essence of your HEART'S Intention to step into the Growth Zone.

PLAY WITH THEM! You can keep exploring examples until you feel that they have one that feels right when they say it;

This step is where you create new pattern language for the HEART'S Intention.

9) Preplay the pivotal moment with the Heart's Intention to Play Big

Action Layer

Create a NEW Picture

SAY: OK. Now we are going to create a new picture for your HEART'S intention to Play BIG for your dream.

ASK: How would you like it to be?

Coach: listen.

SAY: Close your eyes again for a few moments.

SAY: Next, THINK and FEEL your new HEART'S Intention using the Language we just created. {say the language pattern for them}

{give them a few moments}

SAY: Now preplay the scene the way you want it to be; imagine you have the freedom to express your power and the capability to co-create the experience you desire.

{wait a few moments}

SAY: See it turning out just right.

{wait a few moments}

SAY: Open your eyes again and share with me a little bit of what you saw.

Listen as they share about the new picture.

GROW

E) GROWTH MODE

SAY: "OK, this is a good time to switch into growth mode"

ASK: "What did you learn about playing for your dream today?"

{Coach: listen }

ASK: "What did you learn about yourself and your superpowers in this session?"

{Coach: listen }

ASK: "Can I share an observation?"

{Wait for them to say Yes}

{Coach: share an observation about how the Pivotal Moment exercise can move them toward their BIG Dream.}

ASK: “How do you feel about our progress in the pivotal moment we played with today?”

{Coach: listen and share}

PLAY PLAN

F) PLAY PLAN ~ FOR THE DAYS AHEAD

SAY: “OK, let’s make sure we have a Play Plan... And try to get at least one thing from each of the play areas: Relate, Create, Explore and Experiment...”

ASK: “What are the **ACTIONS** (or perspectives) you will focus on?”

{Coach: listen for the Pivotal Moment Action you just practiced; Listen for: Relate for Influence, Create to Share, Explore and Experiment}

Coach Note: this next part you will say the first 2 or 3 times you use the method with them. After that they will know what to look for. Skip to your Observation.

SAY: I have an important exercise for you:

SAY: As you play this week, take a time out from time to time to NOTICE Pivotal Moments AND JOURNAL about the experience using judgment-free awareness

ASK: “How will you keep our play plan alive between now and our next session?”

{Coach: listen their need for support or structure}

G) SUPPORTIVE OBSERVATIONS

SAY: {Share a supportive observation about the player’s progress in the session}

{Coach, remember to make a few notes on the Inner Freedom Playsheet for this player AFTER THE SESSION}

H) ENDING

SAY: “Great! Have a great week of play. Talk to you soon”

NOTE: if you want to stay connected with them via text or email, you can confirm those details with them.

ALTERNATE ENDING

SAY: “Great! Please keep me tuned in to your progress by email during the week (or text or however you choose). I want to hear from you. OK? Have a great week of play. Talk to you soon”

03 Coaching Guide for Session 03 – Feel the Energy

WELCOME (and permission to coach)

A) WELCOME

SAY: "It's great to be back with you! I can't wait to see what we co-create together."

ASK: Do I have your permission to be your coach today? Are you ready to get started?

{wait for them to say, YES}

SAY: "OK. Let's go."

ASK: Did you have a chance to listen to the audio or read the play playbook for this session?

{No judgment. This will let you know if you may need to explain a few things along the way. }

COACHING PLAN

B) DEEPEN THE DREAM

SAY: Today we are going to dive deeper into playing for your Dream and play with a Pivotal Moment where you are experiencing resistance or fear.

ASK: In every session I am going to ask you to share your BIG Dream with me so that we both stay connected to it in every session. Share with me your big DREAM is right now?

{Listen and clarify}

C) EXPLORE EXPERIENCES for celebrations and pivotal moments

SAY: In each session we will explore actions and results that are happening and not happening to look for growth opportunities.

ASK: Is there anything you want to celebrate with me?

Listen for experiences to champion

ASK: What about results? Did you co-create any desired results?

Listen for results to champion

SAY: Let's explore your experiences from the growth / fear zone?

ASK: Are there any key actions that you are avoiding or resisting?

Listen for hesitation and uncertainty

*ASK: Are there any actions that you take through great resistance?
Where you really had to power through and force yourself to do it?*

Listen carefully.

ASK: Are there any key results that are not happening?

Maybe something where you are doing what you need to do but the results are not happening or not happening often enough?

Listen. This is often where you will find the struggle.

PRACTICE ~ PLAY TOGETHER ~
[Explore the Performance-Possibility Gap]

D) START the Inner Freedom Method

1) Preplay (or replay) the Pivotal moment of choice

Action Layer

1a) Choose The “moment” to focus on

ASK: Of all the things we explored so far, *what is the Pivotal “moment” you want to play with together today?*

Coach: They may know EXACTLY what it is. OR they may not know!
If it is not clear which action is THE most important, just pick one that seems really important right now. You may need to suggest one from what you have heard.

Clarify the Action and Desired Result

SAY: *OK let's make sure we are clear about the action and the intention.*

ASK: *The activity that we are playing with is X (say the action)?
And when you do X (the action), what do you want to have happen?*

Listen: It is important that you are both clear about the action and the intended results.

Preplay a future moment OR choose a RECENT moment to replay)

Coach: you can ask or suggest about doing a preplay or a replay.

ASK: Do you want to preplay a future moment or replay a recent moment?

Or suggest...

PREPLAY

ASK: *Can you imagine yourself doing the activity in the near future?*

REPLAY

SAY: *Let's explore this recent moment you were talking about earlier...*

1b) Start the Preplay Technique

SAY: *we will use a visualization technique called: “P/Replay the Moment”. You know how in sports they use instant replay to slow down the moment so everyone can see what REALLY happened? Well, we are going to use your imagination to do something similar right now.*

Ensure a Safe Space

Coach Note: Make sure they are in an environment where it is safe to close their eyes for a few moments. Eg. Not driving. Not in a busy public place. Not watching something on the stove top. Not chopping vegetables.

ASK: Are you in a place where you can safely close your eyes?

Assuming they say yes...

Start the Visualization

SAY: close your eyes, breath naturally, and take a few moments to create (or recreate) the scene in your imagination.

{wait a moment}

ASK: Can you describe the scene for me?

Coach: Listen carefully and get into the moment with them.

Make sure you can “see” it with them based on what they are describing.

2) Use judgment-free awareness to Scan for Thoughts and Inklings (aka Reactions)

Thought Layer

SAY: Now we are going to look at the moment from several different perspectives. Just keep breathing naturally; keep your eyes closed and we'll talk together.

*SAY: It is very important that you **maintain judgment-free awareness** during this exercise. Imagine that we are both looking at this situation together and we are both curious, open and caring yet detached. This will help us expand awareness more easily.*

ASK: When you imagine yourself in the scene, do you notice any thoughts going through your mind? What are they?

Just wait and listen

SAY: Take your time. Continue to see yourself in the scene while being curious about everything that was going through your mind at that moment.

Just wait and listen

ASK: With the moment slowed down a bit is there anything else that you notice about the situation?

3) Feel the Energy in the Body

Feeling Layer

3a) Scan the Body

SAY: Take a moment to scan your body for physical sensations from the top of your head to your waist.

ASK: Do you notice any physical sensations? Perhaps in your gut or in your chest?

{Listen} Coach: They may have lots of words coming up; For many people feeling is something they have resisted for a long time. And talking is a common way to avoid feeling.

IF they are talking a lot,

SAY: “That is interesting. Try to tune into your body and notice what is happening there.”

CHOOSE A OR B

A = they don't notice a physical sensation.

B = The DO notice a physical sensation

A) {if they DON'T notice a physical sensation; this happens sometimes}

SAY: That is OK. The key is to get in the practice of paying attention to your body.

SAY: Often it takes practice to feel the subtle energies in the body. I want you to really quiet your mind and feel your body: check your gut, your solar plexus, your heart, your throat, your back, your shoulders, your head, a general feeling all around you.

{Wait a few moments; Stay quiet. Stay certain that they can do it. Give them time to get into the experience.}

ASK: Do you notice any physical sensations?

If they still don't notice any physical sensations

Say: That is OK. We will practice this again next time. It will come to you.

{Skip to 4}

B) {if they notice a physical sensation}

SAY: I acknowledge your courage for noticing and feeling these sensations!

IF they mention more than one body sensation...

ASK: Which sensation is most intense?

{Let them answer to choose which sensation to focus on}

3b) Feel the Energy (Allow it to be there)

SAY: Bring your full attention to the physical sensation. Feel into it as deeply as you can. ...{pause}... You may notice some emotions coming up. Just let them pass for now and focus on the physical sensation.

ASK: Does the feeling have a shape?

ASK: Does the feeling have a color?

ASK: Does the feeling have a temperature?

Be very affirming and open to whatever IS there.

*SAY: OK, now all you need to do is just allow yourself to feel that energy **{temp/color/shape}** for 30 seconds.*

Just welcome it, allow it to be there and feel into it as deeply as you can.

ASK: Do you think you can do that?

{Wait for the “yes”}

SAY: OK, I will time you. I will be here if you want to SAY anything.

For 30 seconds. Here we go.

at 15 seconds quietly SAY: keep going

at 30 seconds quietly SAY: excellent. You did it.

ASK: What was that experience like? Did anything come up for you?

{If your player has a "Memory Pop"}

Often while FEELING physical sensations your player will have a memory POP of an earlier moment in life. This is because the physical sensations ARE memories! Here is what you do...

{Just listen! Don't judge the memory or try to fix anything}

4) Explore the “body belief”

Feeling Layer

SAY: The moment we are practicing is bringing up a body belief because it resembles a social risk experience from your past. It is trying to keep you safe.

SAY: This is natural. Let's explore it together.

SAY: Try to fill in the blank of this statement:

SAY: It's not safe for me to....”fill in the blank”

{Listen; if they are having trouble finding the words offer suggestions}

SAY: Great! You did it. That is excellent awareness for your first time doing this together.

8) Make Your Mind the Ally of your Dream (Respond)

Thought Layer

SAY: When your body feels a social risk your mind starts to produce thoughts based on that fear because your conscious minds' #1 job is PRESERVATION and SURVIVAL.

SAY: Next we want to focus your mind on your new HEART'S Intention to play BIG

SAY: What is your HEART'S intention in this situation.

Listen. Also you can remind them.

SAY: Let's create a short phrase that captures the essence of your HEART'S Intention to step into the Growth Zone.

PLAY WITH THEM! You can keep exploring examples until you feel that they have one that feels right when they say it;

This step is where you create new pattern language for the HEART'S Intention.

9) Preplay the pivotal moment with the Heart's Intention to Play Big

Action Layer

Create a NEW Picture

SAY: OK. Now we are going to create a new picture for your HEART'S intention to Play BIG for your dream.

ASK: How would you like it to be?

Coach: listen.

SAY: Close your eyes again for a few moments.

SAY: Next, THINK and FEEL your new HEART'S Intention using the Language we just created. {say the language pattern for them}

{give them a few moments}

SAY: Now preplay the scene the way you want it to be; imagine you have the freedom to express your power and the capability to co-create the experience you desire.

{wait a few moments}

SAY: See it turning out just right.

{wait a few moments}

SAY: Open your eyes again and share with me a little bit of what you saw.

Listen as they share about the new picture.

GROW

E) GROWTH MODE

SAY: "OK, this is a good time to switch into growth mode"

ASK: "What did you learn about playing for your dream today?"

{Coach: listen }

ASK: "What did you learn about yourself and your superpowers in this session?"

{Coach: listen }

ASK: "Can I share an observation?"

{Wait for them to say Yes}

{Coach: share an observation about how the Pivotal Moment exercise can move them toward their BIG Dream.}

ASK: “How do you feel about our progress in the pivotal moment we played with today?”

{Coach: listen and share}

PLAY PLAN

F) PLAY PLAN ~ FOR THE DAYS AHEAD

SAY: “OK, let’s make sure we have a Play Plan... And try to get at least one thing from each of the play areas: Relate, Create, Explore and Experiment...”

ASK: “What are the **ACTIONS** (or perspectives) you will focus on?”

{Coach: listen for the Pivotal Moment Action you just practiced; Listen for: Relate for Influence, Create to Share, Explore and Experiment}

Coach Note: this next part you will say the first 2 or 3 times you use the method with them. After that they will know what to look for. Skip to your Observation.

SAY: I have an important exercise for you:

SAY: As you play this week, take a time out from time to time to NOTICE Pivotal Moments AND JOURNAL about the experience using judgment-free awareness

ASK: “How will you keep our play plan alive between now and our next session?”

{Coach: listen their need for support or structure}

G) SUPPORTIVE OBSERVATIONS

SAY: {Share a supportive observation about the player’s progress in the session}

{Coach, remember to make a few notes on the Inner Freedom Playsheet for this player AFTER THE SESSION}

H) ENDING

SAY: “Great! Have a great week of play. Talk to you soon”

NOTE: if you want to stay connected with them via text or email, you can confirm those details with them.

ALTERNATE ENDING

SAY: “Great! Please keep me tuned in to your progress by email during the week (or text or however you choose). I want to hear from you. OK? Have a great week of play. Talk to you soon”.

04 Coaching Guide for Session 04 – Memory Pops

WELCOME (and permission to coach)

A) WELCOME

SAY: "It's great to be back with you! I can't wait to see what we co-create together."

ASK: Do I have your permission to be your coach today? Are you ready to get started?

{wait for them to say, YES}

SAY: "OK. Let's go."

ASK: Did you have a chance to listen to the audio or read the play playbook for this session?

{No judgment. This will let you know if you may need to explain a few things along the way. }

COACHING PLAN

B) DEEPEN THE DREAM

SAY: Today we are going to dive deeper into playing for your Dream and play with another Pivotal Moment where you are experiencing resistance or fear.

ASK: Like we do every week, share with me your big DREAM is right now?

{Listen and clarify}

C) EXPLORE EXPERIENCES for celebrations and pivotal moments

SAY: In each session we will explore actions and results that are happening and not happening to look for growth opportunities.

ASK: Is there anything you want to celebrate with me?

Listen for experiences to champion

ASK: What about results? Did you co-create any desired results?

Listen for results to champion

SAY: Let's explore your experiences from the growth / fear zone?

ASK: Are there any key actions that you are avoiding or resisting?

Listen for hesitation and uncertainty

*ASK: Are there any actions that you take through great resistance?
Where you really had to power through and force yourself to do it?*

Listen carefully.

ASK: Are there any key results that are not happening?

Maybe something where you are doing what you need to do but the results are not happening or not happening often enough?

Listen. This is often where you will find the struggle.

PRACTICE ~ PLAY TOGETHER ~
[Explore the Performance-Possibility Gap]

D) START the Inner Freedom Method

1) Preplay (or replay) the Pivotal moment of choice

Action Layer

1a) Choose The “moment” to focus on

ASK: Of all the things we explored so far, what is the Pivotal “moment” you want to play with together today?

Coach: They may know EXACTLY what it is. OR they may not know!

If it is not clear which action is THE most important, just pick one that seems really important right now. You may need to suggest one from what you have heard.

Clarify the Action and Desired Result

SAY: OK let's make sure we are clear about the action and the intention.

*ASK: The activity that we are playing with is X (say the action)?
And when you do X (the action), what do you want to have happen?*

Listen: It is important that you are both clear about the action and the intended results.

Preplay a future moment OR choose a RECENT moment to replay)

Coach: you can ask or suggest about doing a preplay or a replay.

ASK: Do you want to preplay a future moment or replay a recent moment?

Or suggest...

PREPLAY

ASK: Can you imagine yourself doing the activity in the near future?

REPLAY

SAY: Let's explore this recent moment you were talking about earlier...

1b) Start the Preplay Technique

SAY: we will use a visualization technique called: “P/Replay the Moment”. You know how in sports they use instant replay to slow down the moment so everyone can see what REALLY happened? Well, we are going to use your imagination to do something similar right now.

Ensure a Safe Space

Coach Note: Make sure they are in an environment where it is safe to close their eyes for a few moments. Eg. Not driving. Not in a busy public place. Not watching something on the stove top. Not chopping vegetables.

ASK: Are you in a place where you can safely close your eyes?

Assuming they say yes...

Start the Visualization

SAY: close your eyes, breath naturally, and take a few moments to create (or recreate) the scene in your imagination.

{wait a moment}

ASK: Can you describe the scene for me?

Coach: Listen carefully and get into the moment with them.

Make sure you can “see” it with them based on what they are describing.

2) Use judgment-free awareness to Scan for Thoughts and Inklings (aka Reactions)

Thought Layer

SAY: Now we are going to look at the moment from several different perspectives. Just keep breathing naturally; keep your eyes closed and we'll talk together.

*SAY: remember to **maintain judgment-free awareness** during this exercise. We are both curious, open and caring yet detached.*

ASK: When you imagine yourself in the scene, do you notice any thoughts going through your mind? What are they?

Just wait and listen

ASK: With the moment slowed down a bit is there anything else that you notice about the situation?

3) Feel the Energy in the Body

Feeling Layer

3a) Scan the Body

SAY: Take a moment to scan your body for physical sensations from the top of your head to your waist.

wait

ASK: Do you notice any physical sensations? Perhaps in your gut or in your chest?

CHOOSE A OR B

A = they don't notice a physical sensation.

B = The DO notice a physical sensation

A) {if they DON'T notice a physical sensation; this happens sometimes}

SAY: That is OK. The key is to get in the practice of paying attention to your body.

SAY: Often it takes practice to feel the subtle energies in the body. I want you to really quiet your mind and feel your body: check your gut, your solar plexus, your heart, your throat, your back, your shoulders, your head, a general feeling all around you.

{Wait a few moments; Stay quiet. Stay certain that they can do it. Give them time to get into the experience.}

ASK: Do you notice any physical sensations?

If they still don't notice any physical sensations

Say: That is OK. We will practice this again next time. It will come to you.

{Skip to 4}

B) {if they notice a physical sensation}

SAY: I acknowledge your courage for noticing and feeling these sensations!

IF they mention more than one body sensation...

ASK: Which sensation is most intense?

{Let them answer to choose which sensation to focus on}

3b) Feel the Energy (Allow it to be there)

SAY: Bring your full attention to the physical sensation. Feel into it as deeply as you can. ...{pause}... You may notice some emotions coming up. Just let them pass for now and focus on the physical sensation.

ASK: Does the feeling have a shape?

ASK: Does the feeling have a color?

ASK: Does the feeling have a temperature?

Be very affirming and open to whatever IS there.

*SAY: OK, now all you need to do is just allow yourself to feel that energy **{ temp/color/shape }** for 30 seconds.*

Just welcome it, allow it to be there and feel into it as deeply as you can.

ASK: Do you think you can do that?

{Wait for the "yes"}

SAY: OK, I will time you. I will be here if you want to SAY anything.

For 30 seconds. Here we go.

at 15 seconds quietly SAY: keep going

at 30 seconds quietly SAY: excellent. You did it.

ASK: What was that experience like? Did anything come up for you?

{Listen for a moment}

{If your player has a "Memory Pop"}

SAY: *If you want to, you can tell me about the essence of what happened without getting into the details. But you don't need to.*

{Dialogue as much as feels right.

You only need to get the essence of what happened from their perspective and not the details. Be sure not to get lost in the story **AND IT IS ESSENTIAL** to maintain judgment-free awareness toward the event and anyone else involved in the event.

Skip ahead to 4)

Otherwise... keep going

3c) Go Deeper

ASK: *Do you feel that you are able to go a little deeper?*

If yes, refocus them on the physical sensation;

Coach Note: Sometimes the physical sensation will move to another place in the body.

SAY: *I will time you for another 30 seconds.*

Encourage them gently – this is often a **BIG** moment for them.

**) Scan for Memory Pops

Feeling Layer

IMMEDIATELY after feeling the energy the 2nd time.

ASK: *When is the first time you can remember feeling this sensation in your body?*

Wait patiently. This may take a few moments. Listen carefully.

CHOOSE A OR B

A) IF THEY HAVE A MEMORY POP...

SAY: *If you want to, you can tell me about the essence of what happened without getting into the details. But you don't need to.*

Dialogue as much as feels right.

You only need to get the essence of what happened from their perspective and not the details. Be sure not to get lost in the story **AND IT IS ESSENTIAL** to maintain judgment-free awareness toward the event and anyone else involved in the event.

B) IF THEY DON'T HAVE A MEMORY POP THEN...

ASK: *Did you notice any emotions coming up?*

Listen carefully and be with them – they will often share lots of interesting things.

Either way... move into Step 4

4) Explore the “body belief”

Feeling Layer

SAY: *The moment we are practicing is bringing up a body belief because it resembles a social risk experience from your past. It is trying to keep you safe.*

SAY: *This is natural. Let's explore it together.*

SAY: *Try to fill in the blank of this statement:*

SAY: *It's not safe for me to....”fill in the blank”*

{Listen; if they are having trouble finding the words offer suggestions}

SAY: *Great! You did it. That is excellent awareness.*

5) Explore the Superpower Potential

Supermind Layer

CHOOSE A OR B

A = if you are exploring a memory pop.

B = No memory pop (rare)

A) if you are playing with a memory pop; explore for the superpower in the earlier moment}

ASK: Do you have an inkling about the unique power that you were expressing (or trying to express) in that earlier moment?

{co-create this with them}

B) No Memory pop: explore for an inkling about the superpower

ASK: Do you have an inkling about the unique power that may be in a shadow beneath this self-preservation intention?

{co-create this with them}

8) Make Your Mind the Ally of your Dream (Respond)

Thought Layer

SAY: Now we understand the self-preservation instinct pulling you toward avoiding social risk and playing safe...

SAY: *Next we want to focus your mind on your new HEART'S Intention to play BIG*

SAY: *What is your HEART'S intention in this situation?*

Listen. Also you can remind them.

SAY: *Let's create a short phrase that captures the essence of your HEART'S Intention to step into the Growth Zone.*

PLAY WITH THEM! You can keep exploring examples until you feel that they have one that feels right when they say it;

This step is where you create new pattern language for the HEART'S Intention.

9) Preplay the pivotal moment with the Heart's Intention to Play Big

Action Layer

Create a NEW Picture

SAY: *OK. Now we are going to create a new picture for your HEART'S intention to Play BIG for your dream.*

ASK: *How would you like it to be?*

Coach: listen.

SAY: *Close your eyes again for a few moments.*

SAY: *Next, THINK and FEEL your new HEART'S Intention using the Language we just created. {say the language pattern for them}*

{give them a few moments}

SAY: *Now preplay the scene the way you want it to be; imagine you have the freedom to express your power and the capability to co-create the experience you desire.*

{wait a few moments}

SAY: *See it turning out just right.*

{wait a few moments}

SAY: *Open your eyes again and share with me a little bit of what you saw.*

Listen as they share about the new picture.

GROW

E) GROWTH MODE

SAY: "OK, this is a good time to switch into growth mode"

ASK: “What did you learn about playing for your dream today?”

{Coach: listen }

ASK: “What did you learn about yourself and your superpowers in this session?”

{Coach: listen }

ASK: “Can I share an observation?”

{Wait for them to say Yes}

{Coach: share an observation about how the Pivotal Moment exercise can move them toward their BIG Dream.}

ASK: “How do you feel about our progress in the pivotal moment we played with today?”

{Coach: listen and share}

PLAY PLAN

F) PLAY PLAN ~ FOR THE DAYS AHEAD

SAY: “OK, let’s make sure we have a Play Plan... And try to get at least one thing from each of the play areas: Relate, Create, Explore and Experiment...”

ASK: “What are the **ACTIONS** (or perspectives) you will focus on?”

{Coach: listen for the Pivotal Moment Action you just practiced; Listen for: Relate for Influence, Create to Share, Explore and Experiment}

SAY: Keep your Pivotal Moments JOURNAL going OK?

G) SUPPORTIVE OBSERVATIONS

SAY: {Share a supportive observation about the player’s progress in the session}

{Coach, remember to make a few notes on the Inner Freedom Playsheet for this player AFTER THE SESSION}

H) ENDING

SAY: “Great! Have a great week of play. Talk to you soon”

Here is your 7-step method for a great role play:

Note: if your player can not think of a pivotal conversation to play with, a good default for most people is to practice introducing themselves in a social situation or business event that leads to an offer or invitation.

- 1) Ask the player to describe the persons' general characteristics in 30 seconds.
- 2) Ask the player to describe the persons' point of view toward the issue/situation
- 3) Ask the player what is the positive influence that they are playing for in the conversation; what do they want the other person to say or do. Usually this means there is some offer or request that they want the other person to say "Yes" to.

Note: To play the role of another person, you do not have to change your voice. You can sound like yourself and still play the role.

- 4) As the coach, play it straight the first time and just get into it for a few minutes to see what happens.
- 5) **Call time out!** Share your observations. Ask the player for feedback on how you are playing the role and refine if necessary.

{Do Inner Freedom on whatever your player is experiencing}

- 6) Role Play again with new "Dream Language".
Throw in a few twists as the role player if you want to see how your player responds
- 7) Repeat as many times as necessary until you feel your player has confidence for the conversation.

05 Coaching Guide for Session 05 – Superpower Potential (role play)

WELCOME (and permission to coach)

A) WELCOME

SAY: "It's great to be back with you! I can't wait to see what we co-create together."

ASK: Do I have your permission to be your coach today? Are you ready to get started?

{wait for them to say, YES}

SAY: "OK. Let's go."

ASK: Did you have a chance to listen to the audio or read the play playbook for this session?

{No judgment. This will let you know if you may need to explain a few things along the way. }

COACHING PLAN

B) DEEPEN THE DREAM

SAY: Today we are going to role play a pivotal conversation that is important for your BIG Dream... and practice to expand your influence.

ASK: Like we do every week, share with me your big DREAM right now?

{Listen and clarify}

C) EXPLORE EXPERIENCES for celebrations and pivotal moments

SAY: In each session we will explore actions and results that are happening and not happening to look for growth opportunities.

ASK: Is there anything you want to celebrate with me?

Listen for experiences to champion

ASK: What about results? Did you co-create any desired results?

Listen for results to champion

SAY: Let's explore your experiences from the growth / fear zone?

ASK: Are there any key actions that you are avoiding or resisting?

Listen for hesitation and uncertainty

*ASK: Are there any actions that you take through great resistance?
Where you really had to power through and force yourself to do it?*

Listen carefully.

ASK: Are there any key results that are not happening?

Listen. This is often where you will find the struggle.

PRACTICE ~ PLAY TOGETHER ~ Start with a Role Play
[Explore the Performance-Possibility Gap]

D START with a Role Play

Action Layer

1a) Choose The “conversation” to play with

If the conversation to Role Play is obvious from the last conversation you can skip this question.

ASK: *What is the Pivotal “conversation” you want to Role Play today?*

Listen carefully.

You may need to recommend one from your initial playsheet

Clarify the Action and Desired Result

SAY: *OK let's make sure we are clear on what you want to experience in the conversation.*

ASK: *When you talk to X about... (say the situation)?
What do you want to have happen?*

Listen: It is important that you are both clear about the action and the intended results.

1b) Set up the Role Play

Ask: Who am I playing? Please describe the person's general characteristics in 30 seconds.

Ask: What is the result or influence that you want in this conversation?

Ask: What is the person's point of view toward the subject?

1c) Start the Role Play

Jump into the Role Play for a few minutes. Remember... It's PLAY!!

The key is to “push it” to the place where the player needs to do or say something that is a social risk.

1d) Call Time Out

When you sense that the player is hesitating or experiencing doubt...

Call time out! Share your observations.

ASK: What was happening for you right there?

Listen. Get a few clues about what your player is experiencing.

SAY: OK. This is a good moment for us to explore with Inner Freedom.

E) SHIFT into the Inner Freedom Method

1e) Ensure a Safe Space for Inner Freedom Visualization

Coach Note: Make sure they are in an environment where it is safe to close their eyes for a few moments.

ASK: Are you in a place where you can safely close your eyes?

Assuming they say yes...

Start the Visualization

SAY: close your eyes, breath naturally, and take a few moments to put yourself back into the scene we were just playing.

2) Use judgment-free awareness to Scan for Thoughts and Inklings (aka Reactions)

Thought Layer

SAY: Now we are going to look at the moment from several different perspectives. Just keep breathing naturally; keep your eyes closed and we'll talk together.

*SAY: remember to **maintain judgment-free awareness** during this exercise. We are both curious, open and caring yet detached.*

ASK: When you imagine yourself in the scene, do you notice any thoughts going through your mind? What are they?

Just wait and listen

ASK: With the moment slowed down a bit is there anything else that you notice about the situation?

3) Feel the Energy in the Body

Feeling Layer

3a) Scan the Body

SAY: Take a moment to scan your body for physical sensations from the top of your head to your waist.

wait

ASK: Do you notice any physical sensations? Perhaps in your gut or in your chest?

CHOOSE A OR B

A = they don't notice a physical sensation.

B = The DO notice a physical sensation

A) {if they DON'T notice a physical sensation; this happens sometimes}

SAY: That is OK. The key is to get in the practice of paying attention to your body.

SAY: Often it takes practice to feel the subtle energies in the body. I want you to really quiet your mind and feel your body: check your gut, your solar plexus, your heart, your throat, your back, your shoulders, your head, a general feeling all around you.

{Wait a few moments; Stay quiet. Stay certain that they can do it. Give them time to get into the experience.}

ASK: Do you notice any physical sensations?

If they still don't notice any physical sensations

Say: That is OK. We will practice this again next time. It will come to you.

{Skip to 4}

B) {if they notice a physical sensation}

SAY: I acknowledge your courage for noticing and feeling these sensations!

IF they mention more than one body sensation...

ASK: Which sensation is most intense?

{Let them answer to choose which sensation to focus on}

3b) Feel the Energy (Allow it to be there)

SAY: Bring your full attention to the physical sensation. Feel into it as deeply as you can. ...{pause}... You may notice some emotions coming up. Just let them pass for now and focus on the physical sensation.

ASK: Does the feeling have a shape?

ASK: Does the feeling have a color?

ASK: Does the feeling have a temperature?

Be very affirming and open to whatever IS there.

*SAY: OK, now all you need to do is just allow yourself to feel that energy **{temp/color/shape}** for 30 seconds.*

Just welcome it, allow it to be there and feel into it as deeply as you can.

ASK: Do you think you can do that?

{Wait for the "yes"}

SAY: OK, I will time you. I will be here if you want to SAY anything.

For 30 seconds. Here we go.

at 15 seconds quietly SAY: keep going

at 30 seconds quietly SAY: excellent. You did it.

ASK: What was that experience like? Did anything come up for you?

{Listen for a moment}

{If your player has a "Memory Pop"}

SAY: *If you want to, you can tell me about the essence of what happened without getting into the details. But you don't need to.*

{Dialogue as much as feels right.

You only need to get the essence of what happened from their perspective and not the details. Be sure not to get lost in the story AND IT IS ESSENTIAL to maintain judgment-free awareness toward the event and anyone else involved in the event.

Skip ahead to 4)

Otherwise... keep going

3c) Go Deeper

ASK: *Do you feel that you are able to go a little deeper?*

If yes, refocus them on the physical sensation;

Coach Note: Sometimes the physical sensation will move to another place in the body.

SAY: *I will time you for another 30 seconds.*

Encourage them gently – this is often a BIG moment for them.

****) Scan for Memory Pops**

Feeling Layer

IMMEDIATELY after feeling the energy the 2nd time.

ASK: *When is the first time you can remember feeling this sensation in your body?*

Wait patiently. This may take a few moments. Listen carefully.

CHOOSE A OR B

A) IF THEY HAVE A MEMORY POP...

SAY: *If you want to, you can tell me about the essence of what happened without getting into the details. But you don't need to.*

Dialogue as much as feels right.

You only need to get the essence of what happened from their perspective and not the details. Be sure not to get lost in the story AND IT IS ESSENTIAL to maintain judgment-free awareness toward the event and anyone else involved in the event.

B) IF THEY DON'T HAVE A MEMORY POP THEN...

ASK: *Did you notice any emotions coming up?*

Listen carefully and be with them – they will often share lots of interesting things.

Either way... move into Step 4

4) Explore the “body belief”

Feeling Layer

SAY: *The moment we are practicing is bringing up a body belief because it resembles a social risk experience from your past. It is trying to keep you safe.*

SAY: *This is natural. Let's explore it together.*

SAY: *Try to fill in the blank of this statement:*

SAY: *It's not safe for me to....."fill in the blank"*

{Listen; if they are having trouble finding the words offer suggestions}

SAY: *Great! You did it. That is excellent awareness.*

5) Explore the Superpower Potential

Supermind Layer

CHOOSE A OR B

A = if you are exploring a memory pop.

B = No memory pop (rare)

A) if you are playing with a memory pop; explore for the superpower in the earlier moment}

ASK: Do you have an inkling about the unique power that you were expressing (or trying to express) in that earlier moment?

{co-create this with them}

B) No Memory pop: explore for an inkling about the superpower

ASK: Do you have an inkling about the unique power that may be in a shadow beneath this self-preservation intention?

{co-create this with them}

8) Make Your Mind the Ally of your Dream (Respond)

Thought Layer

SAY: Now we understand the self-preservation instinct pulling you toward avoiding social risk and playing safe...

SAY: *Next we want to focus your mind on your new HEART'S Intention to play BIG*

SAY: *What is your HEART'S intention in this situation?*

Listen. Also you can remind them.

SAY: *Let's create a short phrase that captures the essence of your HEART'S Intention to step into the Growth Zone.*

PLAY WITH THEM! You can keep exploring examples until you feel that they have one that feels right when they say it;

This step is where you create new pattern language for the HEART'S Intention.

9) Preplay the pivotal moment with the Heart's Intention to Play Big

Action Layer

Back to the Role Play

SAY: *OK. Now we are going to go back to the Role Play with your new picture for your HEART'S intention to Play BIG for your dream.*

Go back to the Role Play.

Throw in a few twists as the role player if you want to see how your player responds

Repeat

Repeat it as many times as necessary until you feel your player has confidence for the conversation.

Ask: What are your insights from this practice?

Listen as they share about the experience.

GROW

E) GROWTH MODE

SAY: "OK, this is a good time to switch into growth mode"

ASK: "What did you learn about playing for your dream today?"

{Coach: listen }

ASK: "What did you learn about yourself and your superpowers in this session?"

{Coach: listen }

ASK: "Can I share an observation?"

{Wait for them to say Yes}

{Coach: share an observation about how the Pivotal Moment exercise can move them toward their BIG Dream.}

ASK: “How do you feel about our progress in the pivotal moment we played with today?”

{Coach: listen and share}

PLAY PLAN

F) PLAY PLAN ~ FOR THE DAYS AHEAD

SAY: “OK, let’s make sure we have a Play Plan... And try to get at least one thing from each of the play areas: Relate, Create, Explore and Experiment...”

ASK: “What are the **ACTIONS** (or perspectives) you will focus on?”

{Coach: listen for the Role Play Action you just practiced; **Listen for: Relate for Influence, Create to Share, Explore and Experiment**}

Coach Note: this next part you will say the first 2 or 3 times you use the method with them. After that they will know what to look for. Skip to your Observation.

SAY: *I have an important exercise for you:*

SAY: *As you play this week, take a time out from time to time to NOTICE Pivotal Moments AND JOURNAL about the experience using judgment-free awareness*

ASK: “How will you keep our play plan alive between now and our next session?”

{Coach: listen their need for support or structure}

G) SUPPORTIVE OBSERVATIONS

SAY: **{Share a supportive observation about the player’s progress in the session}**

{Coach, remember to make a few notes on the Inner Freedom Playsheet for this player **AFTER THE SESSION**}

H) ENDING

SAY: “Great! Have a great week of play. Talk to you soon”

06 Coaching Guide for Session 6 – The Supermind Zone

WELCOME (and permission to coach)

A) WELCOME

SAY: "It's great to be back with you! I can't wait to see what we co-create together."

ASK: Do I have your permission to be your coach today? Are you ready to get started?

{wait for them to say, YES}

SAY: "OK. Let's go."

ASK: Did you have a chance to listen to the audio or read the play playbook for this session?

{No judgment. This will let you know if you may need to explain a few things along the way. }

COACHING PLAN

B) DEEPEN THE DREAM

SAY: Today we are going to dive deeper into playing for your Dream and play with another Pivotal Moment where you are experiencing resistance or fear.

ASK: Like we do every week, share with me your big DREAM is right now?

{Listen and clarify}

C) EXPLORE EXPERIENCES for celebrations and pivotal moments

SAY: In each session we will explore actions and results that are happening and not happening to look for growth opportunities.

ASK: Is there anything you want to celebrate with me?

Listen for experiences to champion

ASK: What about results? Did you co-create any desired results?

Listen for results to champion

SAY: Let's explore your experiences from the growth / fear zone?

ASK: Are there any key actions that you are avoiding or resisting?

Listen for hesitation and uncertainty

*ASK: Are there any actions that you take through great resistance?
Where you really had to power through and force yourself to do it?*

Listen carefully.

ASK: Are there any key results that are not happening?

Maybe something where you are doing what you need to do but the results are not happening or not happening often enough?

Listen. This is often where you will find the struggle.

PRACTICE ~ PLAY TOGETHER ~
[Explore the Performance-Possibility Gap]

D) START the Inner Freedom Method

1) Preplay (or replay) the Pivotal moment of choice

Action Layer

1a) Choose The “moment” to focus on

ASK: Of all the things we explored so far, what is the Pivotal “moment” you want to play with together today?

*Coach: They may know EXACTLY what it is. OR they may not know!
If it is not clear which action is THE most important, just pick one that seems really important right now. You may need to suggest one from what you have heard.*

Clarify the Action and Desired Result

SAY: OK let's make sure we are clear about the action and the intention.

*ASK: The activity that we are playing with is X (say the action)?
And when you do X (the action), what do you want to have happen?*

Listen: It is important that you are both clear about the action and the intended results.

Preplay a future moment OR choose a RECENT moment to replay)

Coach: you can ask or suggest about doing a preplay or a replay.

ASK: Do you want to preplay a future moment or replay a recent moment?

Or suggest...

PREPLAY

ASK: Can you imagine yourself doing the activity in the near future?

REPLAY

SAY: Let's explore this recent moment you were talking about earlier...

1b) Start the Preplay Technique

SAY: we will use a visualization technique called: “P/Replay the Moment”. You know how in sports they use instant replay to slow down the moment so everyone can see what REALLY happened? Well, we are going to use your imagination to do something similar right now.

Ensure a Safe Space

Coach Note: Make sure they are in an environment where it is safe to close their eyes for a few moments. Eg. Not driving. Not in a busy public place. Not watching something on the stove top. Not chopping vegetables.

ASK: Are you in a place where you can safely close your eyes?

Assuming they say yes...

Start the Visualization

SAY: close your eyes, breath naturally, and take a few moments to create (or recreate) the scene in your imagination.

{wait a moment}

ASK: Can you describe the scene for me?

Coach: Listen carefully and get into the moment with them.

Make sure you can “see” it with them based on what they are describing.

2) Use judgment-free awareness to Scan for Thoughts and Inklings (aka Reactions)

Thought Layer

SAY: Now we are going to look at the moment from several different perspectives. Just keep breathing naturally; keep your eyes closed and we'll talk together.

*SAY: remember to **maintain judgment-free awareness** during this exercise. We are both curious, open and caring yet detached.*

ASK: When you imagine yourself in the scene, do you notice any thoughts going through your mind? What are they?

Just wait and listen

ASK: With the moment slowed down a bit is there anything else that you notice about the situation?

3) Feel the Energy in the Body

Feeling Layer

3a) Scan the Body

SAY: Take a moment to scan your body for physical sensations from the top of your head to your waist.

wait

ASK: Do you notice any physical sensations? Perhaps in your gut or in your chest?

CHOOSE A OR B

A = they don't notice a physical sensation.

B = The DO notice a physical sensation

A) {if they DON'T notice a physical sensation; this happens sometimes}

SAY: That is OK. The key is to get in the practice of paying attention to your body.

SAY: Often it takes practice to feel the subtle energies in the body. I want you to really quiet your mind and feel your body: check your gut, your solar plexus, your heart, your throat, your back, your shoulders, your head, a general feeling all around you.

{Wait a few moments; Stay quiet. Stay certain that they can do it. Give them time to get into the experience.}

ASK: Do you notice any physical sensations?

If they still don't notice any physical sensations

Say: That is OK. We will practice this again next time. It will come to you.

{Skip to 4}

B) {if they notice a physical sensation}

SAY: I acknowledge your courage for noticing and feeling these sensations!

IF they mention more than one body sensation...

ASK: Which sensation is most intense?

{Let them answer to choose which sensation to focus on}

3b) Feel the Energy (Allow it to be there)

SAY: Bring your full attention to the physical sensation. Feel into it as deeply as you can. ...{pause}... You may notice some emotions coming up. Just let them pass for now and focus on the physical sensation.

ASK: Does the feeling have a shape?

ASK: Does the feeling have a color?

ASK: Does the feeling have a temperature?

Be very affirming and open to whatever IS there.

*SAY: OK, now all you need to do is just allow yourself to feel that energy **{ temp/color/shape }** for 30 seconds.*

Just welcome it, allow it to be there and feel into it as deeply as you can.

ASK: Do you think you can do that?

{Wait for the "yes"}

SAY: OK, I will time you. I will be here if you want to SAY anything.

For 30 seconds. Here we go.

at 15 seconds quietly SAY: keep going

at 30 seconds quietly SAY: excellent. You did it.

ASK: What was that experience like? Did anything come up for you?

{Listen for a moment}

{If your player has a "Memory Pop"}

SAY: *If you want to, you can tell me about the essence of what happened without getting into the details. But you don't need to.*

{Dialogue as much as feels right.

You only need to get the essence of what happened from their perspective and not the details. Be sure not to get lost in the story **AND IT IS ESSENTIAL** to maintain judgment-free awareness toward the event and anyone else involved in the event.

Skip ahead to 4)

Otherwise... keep going

3c) Go Deeper

ASK: *Do you feel that you are able to go a little deeper?*

If yes, refocus them on the physical sensation;

Coach Note: Sometimes the physical sensation will move to another place in the body.

SAY: *I will time you for another 30 seconds.*

Encourage them gently – this is often a **BIG** moment for them.

**) Scan for Memory Pops

Feeling Layer

IMMEDIATELY after feeling the energy the 2nd time.

ASK: *When is the first time you can remember feeling this sensation in your body?*

Wait patiently. This may take a few moments. Listen carefully.

CHOOSE A OR B

A) IF THEY HAVE A MEMORY POP...

SAY: *If you want to, you can tell me about the essence of what happened without getting into the details. But you don't need to.*

Dialogue as much as feels right.

You only need to get the essence of what happened from their perspective and not the details. Be sure not to get lost in the story **AND IT IS ESSENTIAL** to maintain judgment-free awareness toward the event and anyone else involved in the event.

B) IF THEY DON'T HAVE A MEMORY POP THEN...

ASK: *Did you notice any emotions coming up?*

Listen carefully and be with them – they will often share lots of interesting things.

Either way... move into Step 4

4) Explore the “body belief”

Feeling Layer

SAY: *We learn social FEAR all throughout our lives... and it lives in our non-conscious mind. So when we experience fear, doubt, resistance or even just a buzzing sensation in our body that is the fear trying to keep us safe by protecting, preserving or hiding something.*

SAY: *Fill in the blank of this statement:*

SAY: *It's not safe for me to....."fill in the blank"*

{Listen: if they are having trouble finding the words offer suggestions}

SAY: *Great! You did it. That is excellent awareness.*

5) Explore the Superpower Potential

Supermind Layer

CHOOSE A OR B

A = if you are exploring a memory pop.

B = No memory pop (rare)

A) if you are playing with a memory pop; explore for the superpower in the earlier moment}

ASK: *Do you have an inkling about the unique power that you were expressing (or trying to express) in that earlier moment?*

SAY: *Let's give this potential superpower a name.*

ASK: *What shall we call it?*

{co-create this with them}

B) No Memory pop: explore for an inkling about the superpower

ASK: *Do you have an inkling about the unique power that may be in a shadow beneath this self-preservation intention?*

SAY: *Let's give this potential superpower a name.*

ASK: *What shall we call it?*

{co-create this with them}

6) Find the Perfection in the Situation

Supermind Layer

6a) Find the Perfection in the Self-PRESERVATION Intention

CHOOSE A OR B

A = if you are exploring a memory pop.

B = No memory pop (rare)

A) if you are playing with a memory pop; explore for the superpower in the earlier moment}

SAY: *These SELF-PRESERVATION intentions that we create earlier in life serve an important purpose in our lives.*

ASK: *How did this SELF-PRESERVATION intention serve you at that time?*

Listen. Often people are judgmental about their SELF-PRESERVATION intentions. Help them to see if from the perspective of the young person they were at the time. Remind them to use judgment-free awareness.

{co-create this with them}

B) No Memory pop: explore the Self-Preservation Intention Together

SAY: *These SELF-PRESERVATION intentions serve an important purpose in our lives.*

ASK: *How has this SELF-PRESERVATION intention served you in the past?*

Listen and explore ideas.

8) Make Your Mind the Ally of your Dream (Respond)

Thought Layer

SAY: Now we understand the self-preservation instinct pulling you toward avoiding social risk and playing safe...

SAY: *Next we want to focus your mind on your new HEART'S Intention to play BIG*

SAY: *What is your HEART'S intention in this situation?*

Listen. Also you can remind them.

SAY: *Let's create a short phrase that captures the essence of your HEART'S Intention to step into the Growth Zone.*

PLAY WITH THEM! You can keep exploring examples until you feel that they have one that feels right when they say it;

This step is where you create new pattern language for the HEART'S Intention.

9) Preplay the pivotal moment with the Heart's Intention to Play Big

Action Layer

Create a NEW Picture

SAY: OK. Now we are going to create a new picture for your HEART'S intention to Play BIG for your dream.

ASK: How would you like it to be?

Coach: listen.

SAY: Close your eyes again for a few moments.

SAY: Next, THINK and FEEL your new HEART'S Intention using the Language we just created. {say the language pattern for them}

{give them a few moments}

SAY: Now preplay the scene the way you want it to be; imagine you have the freedom to express your power and the capability to co-create the experience you desire.

{wait a few moments}

SAY: See it turning out just right.

{wait a few moments}

SAY: Open your eyes again and share with me a little bit of what you saw.

Listen as they share about the new picture.

GROW

E) GROWTH MODE

SAY: "OK, this is a good time to switch into growth mode"

ASK: "What did you learn about playing for your dream today?"

{Coach: listen }

ASK: "What did you learn about yourself and your superpowers in this session?"

{Coach: listen }

ASK: "Can I share an observation?"

{Wait for them to say Yes}

{Coach: share an observation about how the Pivotal Moment exercise can move them toward their BIG Dream.}

ASK: “How do you feel about our progress in the pivotal moment we played with today?”

{Coach: listen and share}

PLAY PLAN

F) PLAY PLAN ~ FOR THE DAYS AHEAD

SAY: “OK, let’s make sure we have a Play Plan... And try to get at least one thing from each of the play areas: Relate, Create, Explore and Experiment...”

*ASK: “What are the **ACTIONS** (or perspectives) you will focus on?”*

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SAY: As you play this week, take a time out from time to time to NOTICE Pivotal Moments AND JOURNAL about the experience using judgment-free awareness

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G) SUPPORTIVE OBSERVATIONS

SAY: {Share a supportive observation about the player’s progress in the session}

{Coach, remember to make a few notes on the Inner Freedom Playsheet for this player AFTER THE SESSION}

H) ENDING

SAY: “Great! Have a great week of play. Talk to you soon”