



Coach Intensive “Gathering Guide”

Session 03
Growth Opportunity Sharing

By Coach Dave Buck, MCC

This is the Coach Intensive Session 3 “Gathering Guide”

WELCOME!

In this “Gathering Guide” you will find the outlines and guides for each practice that you will do with your partner.

For a ZOOM event, it is usually best to print the Guide before each session.

Enjoy your experience.

Enjoy your partner.

Enjoy your emerging Advanced Human Connection SKILLS



Coach Dave Buck and the CoachVille Team!

Focus for Session #3: Growth Opportunity Sharing

The BIG IDEA

The BIG Idea for Advanced Human Connection SKILLS is to engage with people and grow relationships based on sharing Dreams and then stories of growth opportunities and adventure.

This is a BIG shift since in the toxic Industrial Culture, we are all indoctrinated into presenting to the world that we are perfect and have everything figured out.

As a person with Advanced Human Connection SKILLS you will have a unique approach that will make you a MAGNET for connections and opportunities... and the ripple effect of good that you can bring to the people around you.

So the idea is that AFTER you meet someone new and share your Dream, and transformation story... the next thing you want to share with them is your growth opportunity; this will make you trustworthy, real and HUMAN!

We call this Growth Opportuntiy Sharing and we will practice this together in the third session.

BE THE PERSON WHO SHARES ABOUT TRANSFORMATION AND GROWTH!

Your Dream is a “game” in the Play Life Station

PLAY YOUR DREAM is a totally new idea. The best way to explain it is with a metaphor.

You are most likely familiar with the various game consoles where you plug a game into the console and the screen comes alive with a new world that you explore, face fun challenges and develop new abilities.

Imagine that this amazing world that we live in is a fully alive “Play Life Station”!

Your Dream is like a game that you plug into the game console.

After you activate your Dream by sharing it with the people around you, the world around you comes alive in a new way.

THIS IS SUPER IMPORTANT...

Your Dream will present you with numerous opportunities for Growth and Transformation. The most common is the transformation of your natural abilities or perceived weaknesses into SKILLSETS and MINDSETS. On your adventure you will become the next version of you! The key is to SHARE about it so that others want to join you on the adventure.

Outline for the Session

The Social Scene we are practicing together in this session is: Growth Opportunity Sharing!

In session three we will practice several Advanced Human Connection Skills oriented toward the social situation of Growth Opportunity Sharing..

.1. Welcome and Warm Up

.2. Transformation Sharing Practice

- Share your Dream
- Social Situation = Share a Growth Opportunity
- Human Connection Practice

.3. Proficiency #05 Expands the Person's Best Efforts

You have observed your partner sharing a Transformation Story.

Coach, aim to expand their effort with new a new skill or mindset/belief or BOTH.

Coach and Player will co-create Next Level Transformation Story Sharing Scenes.

Then we will use the Peak Experience Technique to practice the desired future scene where you are stepping into the EXPANDED version of you with new SKILLS and new MINDSET.

BIG GROUP = Peak Experience... Imagine and FEEL your future moment

Practice together with your partner debriefing and growing from practice.

.4. Proficiency #06 Navigates Via Curiosity

Using Role Play we will practice roles of being a Curious Coach and the Transforming Player who is "being / embodying" the NEXT version of themselves; with new SKILLSET and MINDSET.

Player shares their biggest challenge / growth opportunity right now.

Coach practices navigating via curiosity. (NOT trying to solve the challenge!)

.5. Proficiency #07 Recognizes the Perfection in Every Situation

Use The same Challenge / Growth Opportunity

Player, choose from the Menu to Recognize the Perfection.

Coach: Share your outside perspective to recognize what is perfect.

Then... Co-create awareness of perfection together.

If you have time, the player can choose another item on the menu.

.6. Proficiency #04 Enjoys the Person Immensely

We will practice using the “Quirky Role Play” technique.

The Coach will ask the player to describe growth opportunities, struggles, including situations where they experience impatience and frustration.

Then the coach aims to “embody” enjoyment of the player and share what they enjoy about them in each situation; especially “the struggles”.

.7. Completion and Celebrations!

Both partners share a celebration of the shared experience.

Both partners aim to go deeper...

What do you have in common with your partner

What do you see is unique and special about your partner

Prepare your Transformation Story for the Session

Consider a somewhat recent situation of awakening and transformation from your life that you would be willing to share with someone as you get to know each other better.

You probably have a few of these, so choose one that you want to:

.A. Practice with your partner.

.B. Can see yourself sharing with one or more people AFTER Session 2 of the Intensive.

A basic transformation story has 3 parts

Part 1: The situation you were in that sparked the transformation (can have a short backstory)

Part 2: What was the Awakening or Transformation; including new SKILLSET and MINDSET

Part 3: What you are doing as a result of this transformation.

You can use the Prep Sheet on the next page to write a few notes.

Prep Exercise BEFORE the session

Dream Prep...	Notes from during the practice...
<p>.1. Describe your BEFORE Transformation situation...</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>.2. Describe how you Transformed (weave in new SKILLS and MINDSET)...</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>.3. Describe the AFTER Transformation situation...</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

GATHERING GUIDE

.1. Group Warm Up

A coaching session ALWAYS starts with a warmup. Warming up gets you ready to practice.

We will use our special warm up routine that we use in all of our programs.

The warm up which includes:

- 3 “connecting breaths”,
- an independent visualization and
- a brief “guided visualization” to co-create a safe space to practice

Then, the event leader will organize zoom breakout rooms with 2 in each room.

.2. Share Your Dream and Growth Opportunity (6 minutes each)

You will meet your partner for the experience in a zoom breakout room.

CHOOSE which Partner will ASK first.

.1. Dream Share (about 1-2 minutes)

ASK: Can you share with me your Dream right now? ...

{listen and encourage them ... }

SAY: I can see you doing that!

.2. Growth (about 2 minute)

ASK: How is your Dream asking you to grow? (2 minute version)

{Partner: just listen!}

.3. SKILLS (about 1 minute)

ASK: Describe the new SKILLS you are developing? (1 minute)

{Partner: listen}

.4. Mindset / Beliefs? (about 1 minute)

ASK: What is the new MINDSET / Beliefs you are developing? (1 minute)

{Partner: listen}

{SWITCH PLACES – the other partner asks the questions}

Then after both share their Celebration and Transformation...

.5. Human Connection Practice:

LAST 3 minutes... TAKE TURN SHARING

Both Share... This is something I see we have in common...{fill in the blank}

Both share... This is something I see that is unique about you...{fill in the blank}

**How to hone in
on what's most important**

Listen for dissonance



Look for the glow



Notice resistance



Define success measures



Respond to synchronicity



Ask the client



Identify consequences



Prioritize benefits



Respect serendipity



What strengthens integrity



What positions better



Strategic vs tactical value



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NOTES SHEET for Exercise #3 Honed In on Most Important

Players Perspective...	Other Perspective...
<p>Briefly describe the “Honed In” Scene for your Growth Opportunity.</p> <hr/> <hr/>	<p><i>Describe how you want the other person to feel in this scene...</i></p> <hr/> <hr/>
<p>Describe your new SKILLS and MINDSET in this Growth Scene?</p> <hr/> <hr/>	<p><i>Describe what you want them to do...</i></p> <hr/> <hr/>
<p><i>Free flow write your thoughts and feelings</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p><i>Free flow write your thoughts and feelings</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

.3. #08 Hones in on What is Most Important (Peak Experience)

Two Roles

Coach: who is Honing in on the Most Important Peak Experience to practice

Player: with a growth opportunity who is ready to practice new SKILLS and Mindset

Choose Roles for the first practice (you will both play both roles)

You have observed your partner sharing their Growth Opportunity

Coach, aim to Hone in on What is Most Important with new a new skill and new mindset/belief.

Coach SAY: Let's look at the "Hones In" Menu and choose a focus for your Growth Opportunity.

{Coach, look at the Menu together and co-create with your player}

Coach ASK: What is an action you can take on Monday based on this focus?

{Coach, co-create with your player}

Coach ASK: Let's co-create a Growth Oriented Peak Experience Scene of you engaging in this action?

{Coach, co-create with your player}

Coach ASK: Describe the SKILL you will be expressing?

{Coach, Listen and then share your ideas?}

Coach ASK: What mindset or belief shift you will need for this SKILL?

{Coach, Listen and then share your ideas?}

SAY: Next we will push the energy to another person in the scene (either in the moment of AFTER if it is a creation)

ASK: What do you want the other person to feel during this experience?

{Coach, Listen}

ASK: What do you want the other person to do in the experience?

{Coach, Listen}

{SWITCH ROLES}

BIG GROUP

The Event Leader will guide the next part of the Practice:

Visualize and embody the scene from both perspectives **WITH** non-conscious writing!

BACK WITH YOUR PARTNER

Follow the gathering guide to ask the questions. As you listen, **tune into the energy and emotion MORE than the words**. After you listen share an observation about the energy that is popping up for you.... trust yourself and share it.

- An observation is an outside perspective:
For example... This is what I am hearing...
- An observation... is SEEING at a deeper level.
- An observation is not ADVICE... NOT you should do X

Choose again who will ask first...

Coach ASK: Briefly describe what you experienced...

{Partner. Listen. Then share your energy observation}

Coach ASK: Of all the thoughts you noticed during the visualization, which are you most curious about and why?

{Partner. Listen. Then share your energy observation and/or question}

Coach ASK: Of all the physical sensations you noticed in your body which are you most curious about and why?

{Partner. Listen. Then share your energy observation and/or question}

Coach ASK: One last thing, when you were in the visualization, did you notice any desires coming up? Often these reveal action items or growth opportunities.

{Partner. Listen. Then share your energy observation and/or question}

{SWITCH ROLES}

Communicates Cleanly Menu for Exercise #4

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How to communicate cleanly

Throw away your coaching hat



Communicate any biases



Share concerns as they appear



Believe in the client



Step in the client's shoes



Share inklings/intuition frequently



Share with vs talk to/at the client



Be unconditionally constructive



Be responsible for how you're heard



Replace puffery with respect



Lighten the significance in your voice



Resolve the need you have to speak



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.4. #09 Communicates Cleanly (Quirky Role Play)

Two Roles

Coach: who is practicing Clean Communication

Player: with a Dream and a growth opportunity.

Choose Roles for the first practice (you will both play both roles)

Coach: Choose a SKILL on the Communicate Cleanly Menu that you want to practice.

SHARE with your player Partner

Coach Share: Let's explore your growth opportunity while I practice X {name the SKILL}

Coach: Trust yourself to explore with your player while you practice your Clean Communication SKILL

Player: Think of this as a treasure hunt for new awareness.

With 2 minutes left, the facilitator will invite you to stop the role play and share observations about the experience.

{SWITCH ROLES}

What to share with a client

What you see



What you sense



What you can barely sense



What concerns you



What you like



What you know



What you don't know



What you want them to know



What you believe to be true



What you have seen that works



What you want from them



What you need from them



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.5. #10 Shares What is There (Menu)

The Two Roles for this exercise are

Coach: who is “Sharing What is There”

Player: with a Dream and growth opportunities

Choose Roles for the first practice (you will both play both roles)

You will continue to explore the growth opportunity.

Coach: **present the menu to the player. Ask them to choose something for YOU to “SHARE”. After they choose: speak from the heart / intuition / imagination.**

After the coach shares, the player can add their perspective too.

After you both share, the player picks another item from the menu. Keep going until it's time to switch roles or time runs out.

{SWITCH ROLES}

.6. #11 Champions the Player (Exploration Exercise)

This practice is called an “Exploration Exercise”

Two Roles

Coach: who is CHAMPIONING their partner

Player: who is being Championed.

Choose Roles for the first practice (you will both play both roles)

Questions to ASK to Champion your Player

.1. **Coach ASK:** What is something you accomplished or overcame recently that you would like to be championed for

{Coach, Just Listen}

.2. **Coach ASK:** What was special about what you did?

.3. **Coach Share:** I want to congratulate you for... {Share back what you heard}

.4. **Coach ASK:** What did it take for you to do that?

.5. **Coach Share:** I want to compliment you for... {Share back what you heard}

.6. **Coach ASK:** Who did you become from this experience?

.7. **Coach Share:** I want to cheer for you for... {Amplify what you heard}

.8. **Coach ASK:** What does this accomplishment mean and why does it matter?

.9. **Coach Share:** I want to champion you for... {Amplify what you heard}

.10. **Coach & Player:** Keep co-creating what it means and why until time runs out.

{SWITCH ROLES}

.7. Celebrate Human Connection

BOTH ASK: What do you want to celebrate about this experience of practicing together?

TAKE TURNS SHARING

Both Share... Uplevel (go deeper) something you see you have in common...

Both share... Uplevel (go deeper) something you see that is unique about them...

We are transforming Human Nature
into Advanced Human Connection SKILLS.

FEEL YOUR POWER!

Thanks for being AWESOME!

Coach Dave