



Coach Intensive “Gathering Guide”

Session 04
Adventure Sharing

By Coach Dave Buck, MCC

This is the Coach Intensive Session 4 “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 #4: Adventure 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 transformation, 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, Growth Opportunity and transformation story... the next thing you want to share with them is your adventure; this will make you magnetic, real and HUMAN!

We call this Adventure Sharing and we will practice this together in the fourth session.

BE THE PERSON WHO SHARES ABOUT ADVENTURE!

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 Adventure. Most adventures will call upon our natural abilities and provide opportunities to transform them 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: Adventure Sharing!

In session four we will practice several Advanced Human Connection Skills oriented toward the social situation of Adventure Sharing..

.1. Welcome and Warm Up

.2. Transformation Sharing Practice

- Share your Dream
- Social Situation = Share the Adventure
- Human Connection Practice

.3. Proficiency #12 Enters New Territories

You have observed your partner sharing their Adventure.

Coach, co-create a New Territory Framework for the Adventure.

Coach and Player will co-create a New Territory Scene.

Then we will use the Peak Experience Technique to practice the desired future scene where you are stepping into the New Territory 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 #14 Designs Supportive Environments

Using “Speed Drill” Role Play we will practice roles of being an Environmental Design Coach and the Adventuring Player who must upgrade their environments to embody the NEXT version of themselves needed for this adventure; (with new SKILLSET and MINDSET).

Player has shared their new territory / adventure.

Coach practices “Speed Drill” environmental scan for desired upgrades

.5. Proficiency #13 Relishes Truth

Use The same Challenge / Growth Opportunity

Player, choose from the Relish Truth Menu.

Coach: Shares the Truth that they see.

Player: Shares the Truth that they see.

Then... Player and Coach practice “Relishing Truth” together.

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

.6. Proficiency #15 Respect the Persons Humanity

We will practice using the “Exploration” technique.

The Coach presents the Respects Humanity Model for the Player to choose an area to Respect Together..

Then the coach aims to Respect the player’s Humanity AND encourage the player to respect their own Humanity as well. Coach and Player co-create mutual respect for Humanity in the chosen area.

.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 Adventure Story for the Session

Whatever you are going to do with / for other people in your Dream, you are going to need companions. That means you are going to need the SKILL of adventure sharing!

The best way to engage a person and enroll them to be a part of what you are doing is to make it sound MORE like an adventure and LESS like a transaction.

A basic Adventure Invitation story has 4 parts

Part 1: Describe your Dream like a growth-oriented adventure story that includes Human Connection? (can have a short backstory)

Part 2: Describe the Adventure Highlights that you can envision?

Part 3: Describe the potential rewards of this adventure?

Part 4: Describe the new SKILLS and MINDSET that you will develop

Note: You can weave in potential challenges. But often when you are enrolling someone for an adventure, you don’t talk about that part. 😊

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 Dream like a growth-oriented adventure story that includes Human Connection...</p> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
<p>.2. Describe the Adventure Highlights that you can envision...</p> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
<p>.3. Describe the potential rewards of this adventure...</p> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
<p>.4. Describe the SKILLS and MINDSET that you will develop...</p> <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 Adventure (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. Adventure (about 2 minute)

ASK: Describe your Dream like a growth-oriented adventure story that includes Human Connection? (2 minute version)

{Partner: just listen!}

.3. Envision Highlights (about 1 minute)

ASK: Describe the Adventure Highlights that you can envision? (1 minute)

{Partner: listen}

.4. The Rewards (about 1 minute)

ASK: What are the potential rewards of this adventure? (1 minute)

{Partner: listen}

.5. New Skills and Mindset (about 1 minute)

ASK: What are the new SKILLS and MINDSET that you will develop? (1 minute)

{Partner: listen}

{SWITCH PLACES – the other partner asks the questions}

Then after both share their Celebration and Transformation...

.6. 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}

#12. Enters New Territories



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.3. #12 Enters New Territory (Peak Experience)

Two Roles

Coach: who is guiding the player to Enter New Territory

Player: with a Dream Adventure 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 Dream as a Growth adventure

Coach, use the Enters New Territories Model (and Mindset).

Coach SAY: Let's look at the "Enters New Territories" Model and choose a focus for your Growth Adventure.

{Coach, look at the Model 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}

Environments for Speed Drill Exercise #4

Environment	Upgrade Ideas
	Memetic (Ideas)
	Relationships (Inner circle)
	Network (Everyone you know + Community)
	Financial (Wealth, Revenue Streams, Expenses)
	Physical (Home, Office, Car and Things)
	Technology (Tech Devices and Social Spaces)
	Body (Physique, Energy, Strength, Wardrobe)
	Spiritual (Including Nature)

.4. #14 Designs Supportive Environments (Quirky Role Play)

Two Roles

Coach: who is practicing Environmental Design Speed Drill.

Player: with a Dream and a growth adventure who needs to upgrade.

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

Coach: You are going to facilitate an Environmental Scan “Speed Drill” to identify environmental upgrade opportunities.

Walk through the 8 (of 9) environments together... QUICKLY

Coach Say: We all transform by adapting to our environment. Let’s scan your environments for possible upgrades to facilitate your transformation.

An upgrade can be adding something new or cleaning up something “messy”.

Coach, Share: The name each environment and co-create upgrade ideas with your player.

The Player should use the chart to write keywords as you co-create

About 1 minute per environment.

Remember... It’s a “speed drill”. The purpose is to spark awareness.

Memetic (Ideas)

Relationships (Inner circle)

Network (Everyone you know + Community)

Financial (Wealth, Revenue Streams, Expenses)

Physical (Home, Office, Car and Things)

Technology (Tech Devices and Social Spaces)

Body (Physique, Energy, Strength, Wardrobe)

Spiritual (Including Nature)

{SWITCH ROLES}

Types of truth to relish

Truth about oneself



Truth about people



Truth about business



Truth about families



Truth about learning



Truth about evolution



Truth about problems



Truth about opportunities



Truth about emotions



Truth about success



Truth about life



Truth about coaching



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.5. #13 Relishes Truth (Menu)

The Two Roles for this exercise are

Coach: who Relishes Truth

Player: with a Dream who is open to Mindset Shifts

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

You will continue to explore the Dream Adventure.

Coach: **present the menu to the player. Ask them to choose a “Truth” to Relish. After they choose: speak from the heart / intuition / imagination.**

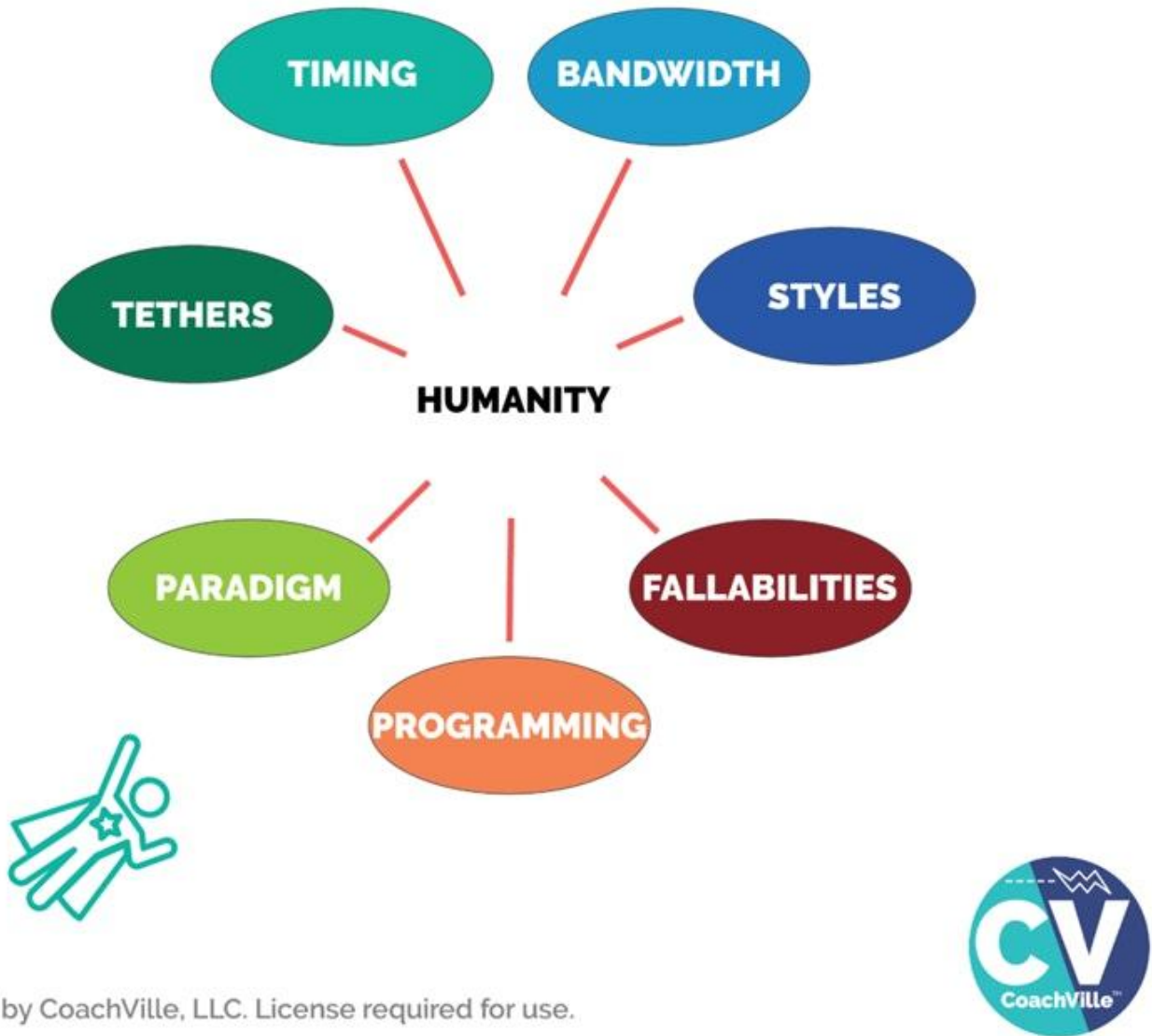
After the coach shares, the player share the Truth that they see.

Together co-create RELISH for the Truth.

If you have time, the player picks another item from the Relish Truth menu. Keep going until it's time to switch roles or time runs out.

{SWITCH ROLES}

#15. Respects the Player's Humanity



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.6. #15 Respects the Persons Humanity (Exploration Exercise)

This practice is called an “Exploration Exercise”

Two Roles

Coach: who is RESPECTING the Humanity of their partner

Player: who is being Respected.

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

Questions to ASK to Champion your Player

.1. **Coach ASK:** Choose an area from the Respects Model that you would love expanded Respect for your Humanity...

{Coach, Just Listen}

.2. **Coach ASK:** What would Respect in this area mean to you?

Coach: after the player shares, add your insights and co-create together.

.3. **Coach ASK:** How will this level of Respect enhance your Dream Adventure?

Coach: after the player shares, add your insights and co-create together.

.4. **Coach ASK:** Is there another aspect of your situation or YOU, that needs more RESPECT for you to thrive?

Coach: after the player shares, add your insights and co-create together.

{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