

# Human Connection Transformation Coaching

Playsheet Pack

By Coach Dave Buck, MCC

# **This is the Human Connection Transformation Coaching (HCTC) “Playsheet Pack”**

In this playsheet pack you will find the “coaching notes” sheets for your 12 Session Engagement with your coach. And a few awesome full page diagrams of the essential coaching techniques that your coach will practice with you.

**For each coaching session there is a sheet for notes that follows the flow of the conversation in words and icons, they are like a mind map of the session.**

Writing a few keyword notes will help you capture the growth, awareness and plans that emerge in the session. You can write notes either during the session or immediately after; whichever helps you stay fully present.

The key is to find a sweet spot with your notes. Not none; Not too much.

## **1) Pages 3 & 4: Play Plan Parts 1 and 2**

Print 6 copies each

## **3) Pages 5 – 19: Adventure Logs, Coaching Session Notes.**

Print 1 copy of pages 5 - 17

The Adventure Log is a great way to capture your progress through the program.

Coaching Notes sheets match the flow of the coaching session. There is a unique sheet for each of the 12 coaching sessions.

## **4) Recommended: Print 1 copy of pages 20-25**

These are valuable reference pages for the models and techniques we will use together.



Enjoy your adventure.

Enjoy your coach!

Enjoy your FREEDOM!

Coach Dave Buck and the CoachVille Team!

# Transformation Coaching Play Plan - Part 1

#

Date:

Your **BIG Dream**:

Your **Transformation**:



**FROM:**

**TO:**

**SOCIAL ACTIONS** with the Spirit of Play  
*Planned*

Challenges / Experiences / Results:

*Spontaneous!*



**Celebrations:**



**Growth:**



Your **BIG Dream**:

Your Transformation:



FROM:

TO:

**SOCIAL ACTIONS** with the Spirit of Play

Challenges / Experiences / Results:

Explore for **VISIBILITY** > INVITE > *Risk Trouble*



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Relate for **INFLUENCE** > OFFER > *Risk Rejection*



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Create for **INSPIRATION** > SHARE > *Risk Disappointment*



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Play for **TRANSFORMATION** > *Risk Mistakes*



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

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

Celebrations:



.....  
.....

Growth:



.....  
.....

# Human Connection Transformation Adventure Log (Part I)

The Dream



1.

**Dream  
Activation**

Date: / /

2.

**Ability to  
Believe**

Date: / /

3.

**Drive to  
Be Free**

Date: / /

4.

**Love to  
Befriend**

Date: / /

5.

**Urge to  
Become**

Date: / /

6.

**Need to  
Belong**

Date: / /

# Human Connection Transformation Adventure Log (Part II)

7.

Dream  
Play Plan

Date: / /

8.

Explore for  
Visibility

Date: / /

9.

Relate for  
Influence

Date: / /

10.

Co-create for  
Inspiration

Date: / /

11.

Play for  
Transformation

Date: / /

12.

Celebration

Date: / /

Highlights



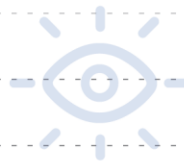
1. WARM-UP:



2. CELEBRATE



3. GROW (from Play)



4. (Practice) PLAN: *Dream Activation*

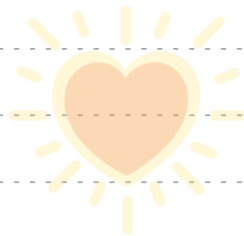
EXPLORE

Dream \_\_\_\_\_

Spark \_\_\_\_\_

Ripple \_\_\_\_\_

Self-worth \_\_\_\_\_



CO-CREATE

Peak Experiences \_\_\_\_\_

5. PRACTICE: *Peak Experience Technique*



1. You do: \_\_\_\_\_

You feel: \_\_\_\_\_

2. They feel: \_\_\_\_\_

They do: \_\_\_\_\_

3. Thoughts: \_\_\_\_\_

Body: \_\_\_\_\_

4. *Push the Energy*

5. Thoughts: \_\_\_\_\_

Body: \_\_\_\_\_

6. Curious thoughts: \_\_\_\_\_

7. Curious feelings: \_\_\_\_\_

8. Curious desires: \_\_\_\_\_

6. GROW (from Practice)

Learn about your dream? \_\_\_\_\_

Learn about your self? \_\_\_\_\_

7. PLAY PLAN: Social actions?



1. WARM-UP and DREAM SHARE:



2. CELEBRATE



3. GROW (from Play)



4. (Practice) PLAN: *Ability to Believe*

EXPLORE

Core beliefs

Self-confidence

Social risk

I am not enough?



CO-CREATE

Social Actions

5. PRACTICE: *Peak Experience Technique*

1. You do:

You feel:

2. They feel:

They do:



3. Thoughts:

Body:

4. *Push the Energy*

5. Thoughts:

Body:

6. Curious thoughts:

7. Curious feelings:

8. Curious desires:

6. GROW (from Practice)

Learn about your dream?

Learn about your self?



7. PLAY PLAN: Transformation for this week?

Social actions?

FROM:

TO:



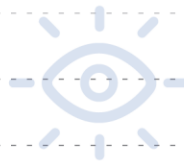
**1.** WARM-UP and DREAM SHARE:



**2.** CELEBRATE



**3.** GROW (from Play)



**4.** (Practice) PLAN: *Drive to be Free*  
EXPLORE

Adventure

Self-determination

Self-trust

Free of expectations?



CO-CREATE

Social Actions

**5.** PRACTICE: *Peak Experience Technique*



**1.** You do: \_\_\_\_\_ You feel: \_\_\_\_\_ **2.** They feel: \_\_\_\_\_ They do: \_\_\_\_\_

**3.** Thoughts: \_\_\_\_\_ Body: \_\_\_\_\_ **4.** *Push the Energy* **5.** Thoughts: \_\_\_\_\_ Body: \_\_\_\_\_

**6.** Curious thoughts: \_\_\_\_\_ **7.** Curious feelings: \_\_\_\_\_ **8.** Curious desires: \_\_\_\_\_

**6.** GROW (from Practice)  
Learn about your dream?

Learn about your self?



**7.** PLAY PLAN: Transformation for this week?

Social actions?

FROM: \_\_\_\_\_

TO: \_\_\_\_\_



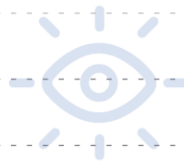
1. WARM-UP and DREAM SHARE:



2. CELEBRATE



3. GROW (from Play)



4. (Practice) PLAN: *Love to Befriend*  
EXPLORE

Companionship

Co-create

Collective care

Free of do it yourself?



CO-CREATE

Conversations

5. PRACTICE: *Role Play Technique*

1. Situation: \_\_\_\_\_ Feel/express: \_\_\_\_\_ 2. The role: \_\_\_\_\_ Questions? \_\_\_\_\_



3. Play and observe: \_\_\_\_\_ 4. Debrief and Level-up: \_\_\_\_\_ 5. Play again: \_\_\_\_\_

6. Curious about your self: \_\_\_\_\_ 7. Curious about the other: \_\_\_\_\_ 8. Curious about desires: \_\_\_\_\_

6. GROW (from Practice)  
Learn about your dream?

Learn about your self?



7. PLAY PLAN: Transformation for this week?

Social actions?

FROM: \_\_\_\_\_  
TO: \_\_\_\_\_



**1.** WARM-UP and DREAM SHARE:



**2.** CELEBRATE

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**3.** GROW (from Play)

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**4.** (Practice) PLAN: *Urge to Become*

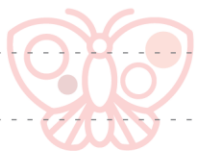
EXPLORE

**Get better at** .....

**Self-expression** .....

**Spirit of Play** .....

**Free of perfection trap?** .....



CO-CREATE

**Peak Experiences** .....

.....

.....

.....

**5.** PRACTICE: *Peak Experience Technique*

**1.** You do:                      You feel:                      **2.** They feel:                      They do:

.....

.....

**3.** Thoughts:                      Body:                      **4.** *Push the Energy*                      **5.** Thoughts:                      Body:

.....

.....

**6.** Curious thoughts:                      **7.** Curious feelings:                      **8.** Curious desires:

.....

.....



**6.** GROW (from Practice)

Learn about your dream? .....

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Learn about your self? .....

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.....



**7.** PLAY PLAN: Transformation for this week?                      Social actions?

FROM: .....

TO: .....



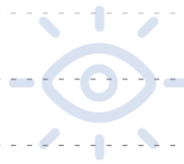
1. WARM-UP and DREAM SHARE:



2. CELEBRATE



3. GROW (from Play)

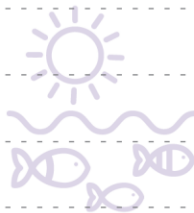


4. (Practice) PLAN: *Need to Belong*  
EXPLORE

Environments

Unique value

Challenge  
status quo  
Free of I don't  
belong?



CO-CREATE

Conversations

5. PRACTICE: *Role Play Technique*



1. Situation: \_\_\_\_\_ Feel/express: \_\_\_\_\_ 2. The role: \_\_\_\_\_ Questions? \_\_\_\_\_

3. Play and observe: \_\_\_\_\_ 4. Debrief and Level-up: \_\_\_\_\_ 5. Play again: \_\_\_\_\_

6. Curious about your self: \_\_\_\_\_ 7. Curious about the other: \_\_\_\_\_ 8. Curious about desires: \_\_\_\_\_

6. GROW (from Practice)  
Learn about your dream?

Learn about your self?



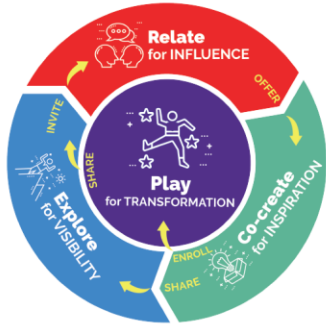
7. PLAY PLAN: Transformation for this week?

Social actions?

FROM: \_\_\_\_\_  
TO: \_\_\_\_\_



**Describe the Dream:**



Explore for **VISIBILITY** > Invite > **YES!**

Relate for **INFLUENCE** > Offer > **YES!**

Create for **INSPIRATION** > **Enroll > YES!** > Share > **YES!**

Play for **TRANSFORMATION** > Share > **YES!**

**Explore**

*Connection Spark*

for

**VISIBILITY**

SCENE ONE

Action:

Feel:

Feel:

Invite:

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**Relate**

*Transformational Coffee*

for

**INFLUENCE**

SCENE TWO

Action:

Feel:

Feel:

Offer:

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**Create**

*Gateway Experience*

for

**INSPIRATION**

SCENE THREE

Action:

Feel:

Feel:

Enroll:

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**Play**

*Your Program*

for

**TRANSFORMATION**

SCENE FOUR

Action:

Feel:

Feel:

Share:

.....

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.....



**1.** WARM-UP and DREAM SHARE:



**2.** CELEBRATE 

**3.** GROW (from Play) 

**4. + 5.** (Practice) PLAN: *Embody the Dream* ▲ *Speak the Dream* ● *Embody the Dream*

<p><b>Explore</b></p> <p>▲ Do: _____ Feel: _____</p> <p>● Thoughts: _____ Body: _____</p>	<p><b>for VISIBILITY</b></p> <p>Feel: _____ Do: _____</p> <p>Thoughts: _____ Body: _____</p>
<p><b>Relate</b></p> <p>▲ Do: _____ Feel: _____</p> <p>● Thoughts: _____ Body: _____</p>	<p><b>for INFLUENCE</b></p> <p>Feel: _____ Do: _____</p> <p>Thoughts: _____ Body: _____</p>
<p><b>Co-create</b></p> <p>▲ Do: _____ Feel: _____</p> <p>● Thoughts: _____ Body: _____</p>	<p><b>for INSPIRATION</b></p> <p>Feel: _____ Do: _____</p> <p>Thoughts: _____ Body: _____</p>
<p><b>Play</b></p> <p>▲ Do: _____ Feel: _____</p> <p>● Thoughts: _____ Body: _____</p>	<p><b>for TRANSFORMATION</b></p> <p>Feel: _____ Do: _____</p> <p>Thoughts: _____ Body: _____</p>

**6.** Curious thoughts: \_\_\_\_\_ **7.** Curious feelings: \_\_\_\_\_ **8.** Curious desires: \_\_\_\_\_

**6.** GROW (from Practice) 

Learn about your dream? \_\_\_\_\_ Learn about your self? \_\_\_\_\_

**7.** PLAY PLAN: Transformation for this week? \_\_\_\_\_ Social actions? \_\_\_\_\_

FROM: \_\_\_\_\_ TO: \_\_\_\_\_ 

**1.** WARM-UP and DREAM SHARE:



**2.** CELEBRATE

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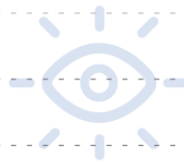


**3.** GROW (from Play)

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**4.** (Practice) PLAN: *Explore for Visibility*

EXPLORE

Meet people .....

Spark .....

Invite .....

Fear of trouble? .....



CO-CREATE

Conversations .....

.....

.....

.....

**5.** PRACTICE: *Role Play Technique*



**1.** Situation: \_\_\_\_\_ Feel/express: \_\_\_\_\_ **2.** The role: \_\_\_\_\_ Questions? \_\_\_\_\_

.....

.....

**3.** Play and observe: \_\_\_\_\_ **4.** Debrief and Level-up: \_\_\_\_\_ **5.** Play again: \_\_\_\_\_

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**6.** Curious about your self: \_\_\_\_\_ **7.** Curious about the other: \_\_\_\_\_ **8.** Curious about desires: \_\_\_\_\_

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.....

**6.** GROW (from Practice)

Learn about your dream? .....

.....

.....

Learn about your self? .....

.....

.....



**7.** PLAY PLAN: Transformation for this week? \_\_\_\_\_ Social actions? \_\_\_\_\_

FROM: .....

TO: .....



1. WARM-UP and DREAM SHARE:



2. CELEBRATE  
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.....  
.....  
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3. GROW (from Play)  
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4. (Practice) PLAN: *Relate for Influence*  
EXPLORE  
**Connect**  
**Transform stories**  
**Offer**  
**Fear of rejection?**  
.....  
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.....



CO-CREATE  
**Conversations**  
.....  
.....  
.....

5. PRACTICE: *Role Play Technique*  
1. Situation: \_\_\_\_\_ Feel/express: \_\_\_\_\_ 2. The role: \_\_\_\_\_ Questions? \_\_\_\_\_  
.....  
.....



3. Play and observe: \_\_\_\_\_ 4. Debrief and Level-up: \_\_\_\_\_ 5. Play again: \_\_\_\_\_  
.....  
.....

6. Curious about your self: \_\_\_\_\_ 7. Curious about the other: \_\_\_\_\_ 8. Curious about desires: \_\_\_\_\_  
.....  
.....

6. GROW (from Practice)  
Learn about your dream? \_\_\_\_\_ Learn about your self? \_\_\_\_\_  
.....  
.....



7. PLAY PLAN: Transformation for this week? \_\_\_\_\_ Social actions? \_\_\_\_\_  
FROM: \_\_\_\_\_  
TO: \_\_\_\_\_  
.....  
.....



1. WARM-UP and DREAM SHARE:



2. CELEBRATE



3. GROW (from Play)



4. (Practice) PLAN: *Co-create for Inspiration*

EXPLORE

Do something

Gateway

Enroll

Fear of disappointment?



CO-CREATE

Gateway Experience

5. PRACTICE: *Peak Experience Technique*



1. You do: \_\_\_\_\_ You feel: \_\_\_\_\_ 2. They feel: \_\_\_\_\_ They do: \_\_\_\_\_

3. Thoughts: \_\_\_\_\_ Body: \_\_\_\_\_ 4. *Push the Energy* 5. Thoughts: \_\_\_\_\_ Body: \_\_\_\_\_

6. Curious thoughts: \_\_\_\_\_ 7. Curious feelings: \_\_\_\_\_ 8. Curious desires: \_\_\_\_\_

6. GROW (from Practice)  
Learn about your dream?

Learn about your self?



7. PLAY PLAN: Transformation for this week?

Social actions?

FROM: \_\_\_\_\_  
TO: \_\_\_\_\_



**1.** WARM-UP and DREAM SHARE:



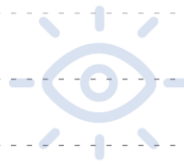
**2.** CELEBRATE

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



**3.** GROW (from Play)

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



**4.** (Practice) PLAN: *Play for Transformation*

EXPLORE

Adventure together .....

Growth .....

Share .....

Fear of mistakes? .....



CO-CREATE

Peak Experiences .....

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

**5.** PRACTICE: *Peak Experience Technique*



**1.** You do: \_\_\_\_\_ You feel: \_\_\_\_\_ **2.** They feel: \_\_\_\_\_ They do: \_\_\_\_\_

.....  
 .....

**3.** Thoughts: \_\_\_\_\_ Body: \_\_\_\_\_ **4.** *Push the Energy* **5.** Thoughts: \_\_\_\_\_ Body: \_\_\_\_\_

.....  
 .....

**6.** Curious thoughts: \_\_\_\_\_ **7.** Curious feelings: \_\_\_\_\_ **8.** Curious desires: \_\_\_\_\_

.....  
 .....

**6.** GROW (from Practice)

Learn about your dream? .....

.....

Learn about your self? .....

.....



**7.** PLAY PLAN: Transformation for this week? \_\_\_\_\_ Social actions? \_\_\_\_\_

FROM: .....

TO: .....



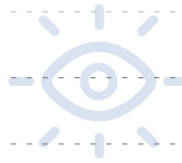
1. WARM-UP and DREAM SHARE:



2. CELEBRATE



3. GROW (from Play)



4. (Practice) PLAN: *Celebration and Growth*

5. PRACTICE:

Ability to Dream: \_\_\_\_\_



Ability to BELieve: \_\_\_\_\_



Drive to BE free: \_\_\_\_\_



Love to BEfriend: \_\_\_\_\_



Urge to BEcome: \_\_\_\_\_



Need to BELong: \_\_\_\_\_



Explore



Relate



Co-create



Play

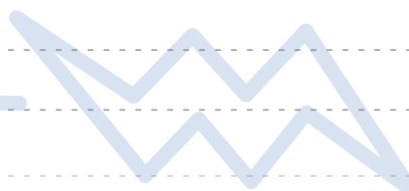


6. GROW (from Practice)

7. PLAY PLAN: What is your next Dream?

FROM:

TO:



# The Superskills of Freedom

The Superpowers of Human Nature

## Drive to BE free

Self-determination  
Self-trust  
Action bias



CHOOSE YOUR ADVENTURE!

## Love to BEfriend

Collective care  
Co-create  
Empathy



CHOOSE YOUR COMPANIONS!

## Courage to Dream



CHOOSE YOUR DESIRE!

Self-worth  
Self-love  
Purpose

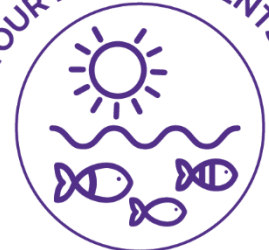
CHOOSE YOUR PRACTICE!



## Urge to BEcome

Self-expression  
Spirit of play  
Creativity

CHOOSE YOUR ENVIRONMENTS!



## Need to BELong

Social-value  
Social safety instinct  
Inclusivity

CHOOSE YOUR BELIEFS!



## Ability to BELieve

Self-preservation  
Self-confidence  
Intuition



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# Transformation Coaching Technique "Plan-Play-Grow"

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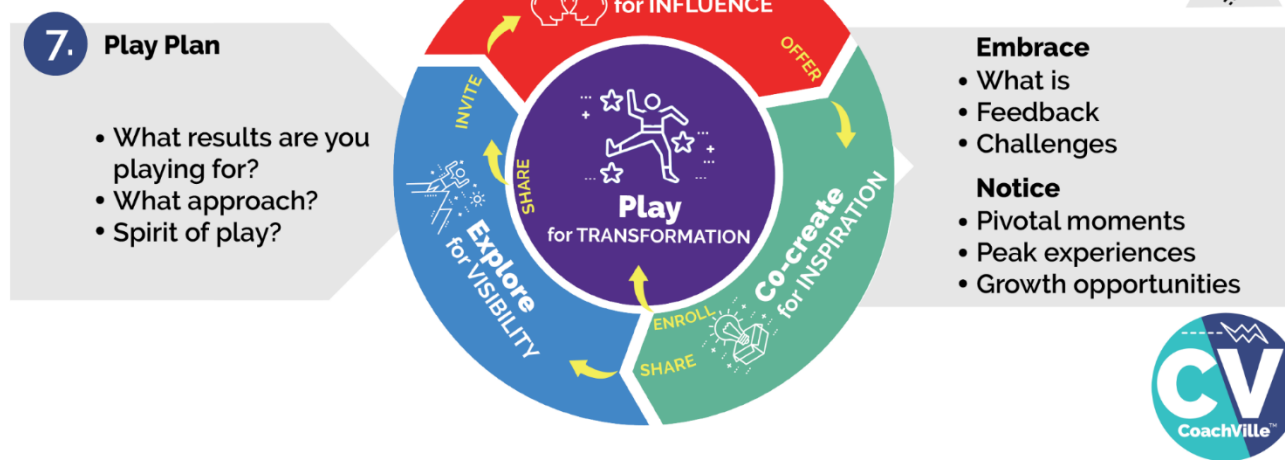
## Get started



## Practice together



## Plan together



## Plan

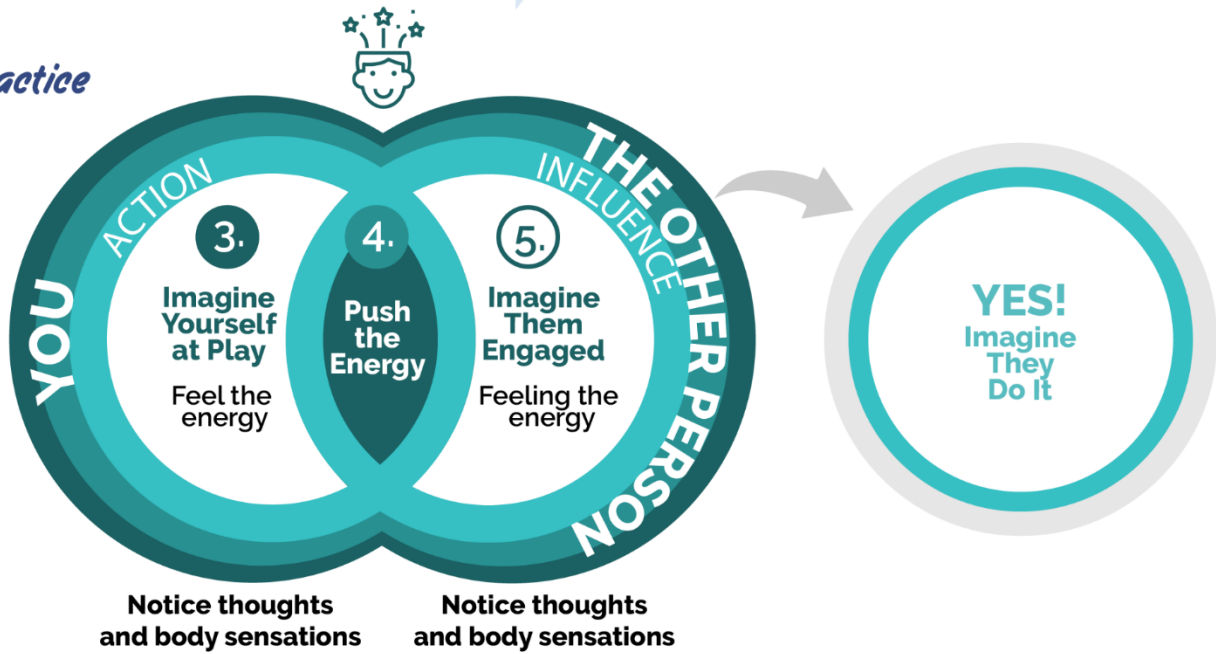
### 1. Social Play Action

What do you want to feel / express?

### 2. Describe Their Feeling

What do you want them to do?

## Practice



## Grow

### 6.



### 7.



### 8.



## Plan

### 1. Define The Situation

- Connect / Meet
- Ask / Request / Offer
- Share Truth / Idea

What do you want to feel / express?

### 2. Define The Role

- Specific or Avatar
- Character Sketch
- Attitude

Specific questions / statements?

## Practice

### 3. PLAY



The Coach Is Observing

- A: Clarity of Intent
- B: Feelings
- C: Words

### 4.

### DEBRIEF & LEVEL-UP

- Observed feeling
- Tweak role
- New approach

? Pivotal moment ?

### 5. PLAY AGAIN

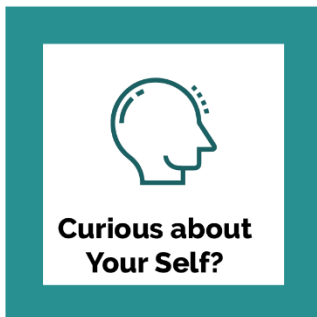


The Coach Is Observing

- A: Confidence
- B: New Expression
- C: Better Words

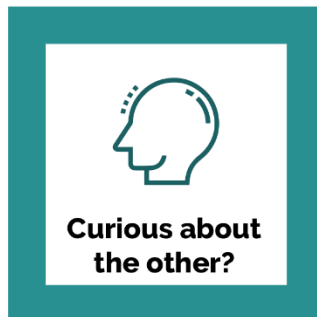
## Grow

### 6.



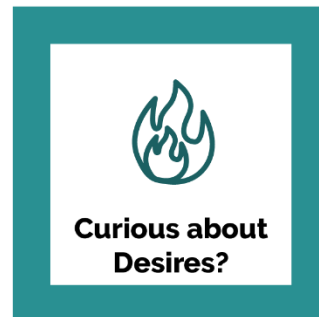
- A: Reactions
- B: Feelings
- C: Words

### 7.



- A: Situations
- B: Feelings
- C: Needs

### 8.

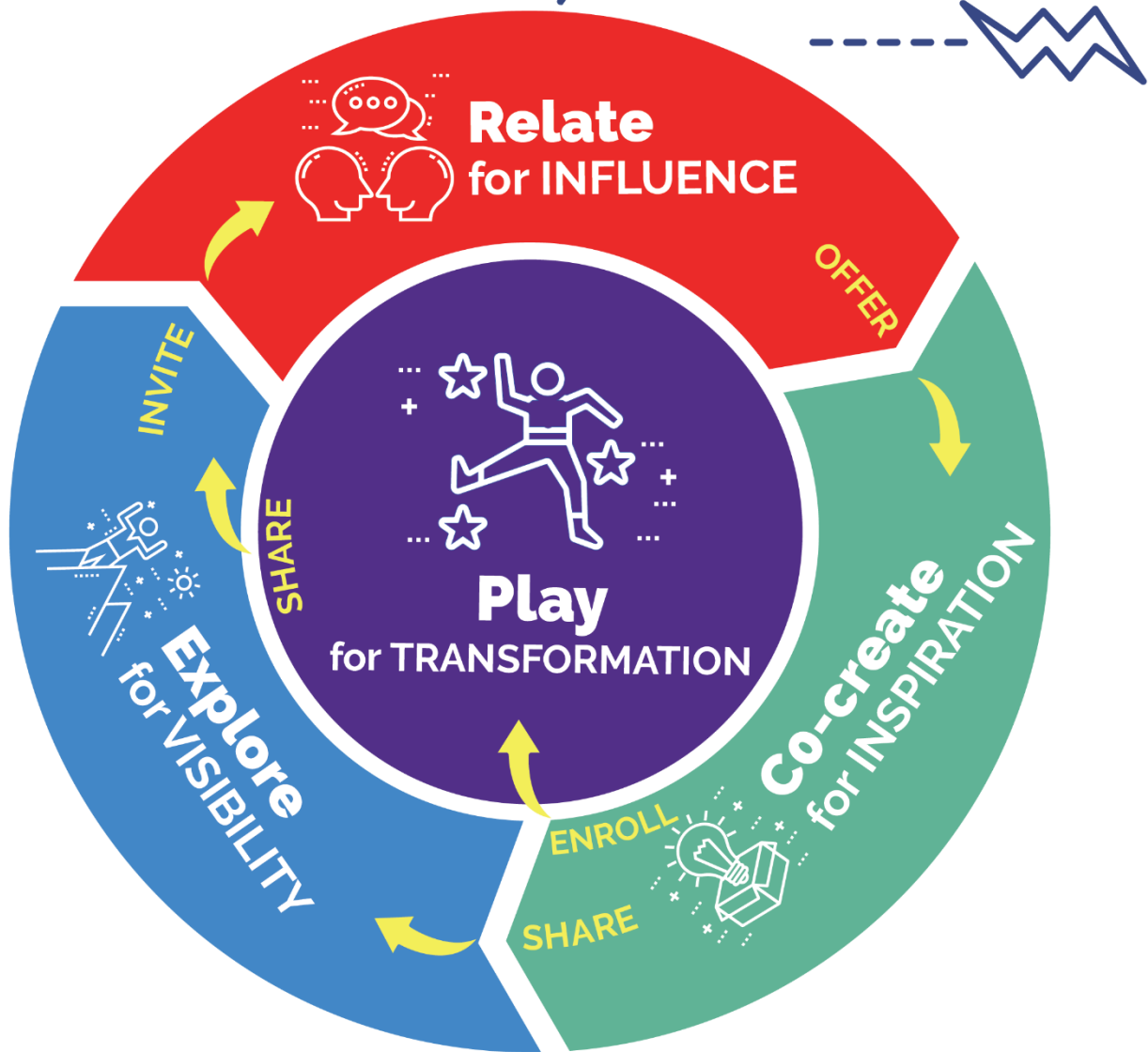


What do you really want?



# Human Connection Super Skills

## Social Play Model



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# Social Play with 7 Social Fears



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# Free People, FREE PEOPLE

Thanks for being AWESOME!

Coach Dave