

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 - 21

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 22-28

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*



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

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



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



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

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



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



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

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



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



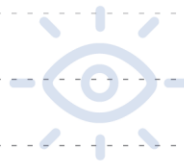
1. WARM-UP:



2. CELEBRATE



3. GROW (from Play)



4. (Practice) PLAN: *Dream Activation*

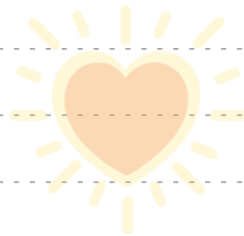
EXPLORE

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: _____



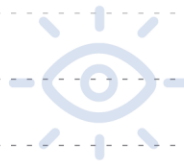
1. WARM-UP and DREAM SHARE:



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:



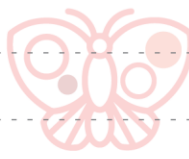
2. CELEBRATE
.....
.....
.....
.....



3. GROW (from Play)
.....
.....
.....
.....



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?
.....
.....
Learn about your self?
.....
.....



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



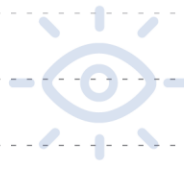
1. WARM-UP and DREAM SHARE:



2. CELEBRATE



3. GROW (from Play)

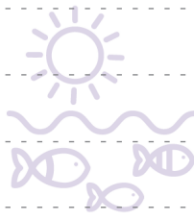


4. (Practice) PLAN: *Need to Belong*
EXPLORE

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?



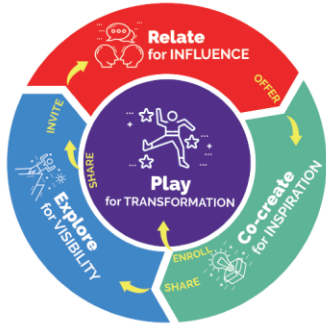
7. PLAY PLAN: Transformation for this week?

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:

.....

.....

.....



.....

.....

.....

Relate

Transformational Coffee

for

INFLUENCE

SCENE TWO

Action:

Feel:

Feel:

Offer:

.....

.....

.....



.....

.....

.....

Create

Gateway Experience

for

INSPIRATION

SCENE THREE

Action:

Feel:

Feel:

Enroll:

.....

.....

.....



.....

.....

.....

Play

Your Program

for

TRANSFORMATION

SCENE FOUR

Action:

Feel:

Feel:

Share:

.....

.....

.....



.....

.....

.....



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



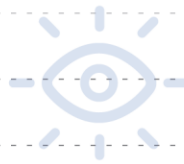
1. WARM-UP and DREAM SHARE:



2. CELEBRATE



3. GROW (from Play)



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: _____

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: _____



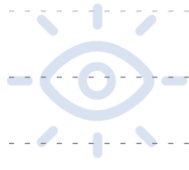
1. WARM-UP and DREAM SHARE:



2. CELEBRATE



3. GROW (from Play)



4. (Practice) PLAN: *Relate for Influence*

EXPLORE

Connect

Transform stories
Offer

Fear of rejection?



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: _____



Co-create for Inspiration Play Sheet - Your Gateway Experience

Your BIG Dream



Vibe 	Describe the Energy You Will Project
Special Skills 	Describe Your Special Skills to Feature
Prep 	Describe What You Will Share to Prepare Them
Seen and Valued 	Describe How You Will Bring Out Their Best and Make Them Feel Seen and Valued
Welcome 	Describe How You Will Welcome Them and Set the Tone
Key Moment #1 	Describe Key Moment #1
Key Moment #2 	Describe Key Moment #2
Key Moment #3 	Describe Key Moment #3
Alignment 	Describe How You Will Know There is Resonance and Alignment
Enroll 	Describe How You Will Initiate Enrollment
Follow-up 	Describe Your Follow-up Approach



1. WARM-UP and DREAM SHARE:



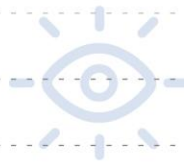
2. CELEBRATE

.....



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*

Vibe



--

Key Moment #1



--

Special Skills



--

Key Moment #2



--

Prep



--

Key Moment #3



--

Seen and Valued



--

Alignment



--

Welcome



--

Enroll



--

Curious thoughts:

Curious feelings:

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:

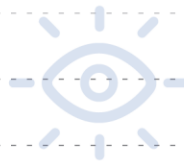
2. CELEBRATE

.....



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*

Scene:	You Transform:	They Transform:
#1		
#2		
#3		
#4		

Curious thoughts:

Curious feelings:

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:



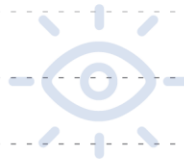
1. WARM-UP and DREAM SHARE:



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

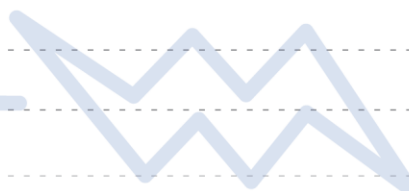


6. GROW (from Practice)

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

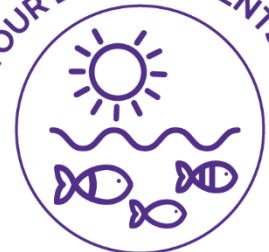
CHOOSE YOUR PRACTICE!



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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Treasure Map of Problems "Caterpillar Problems"

Human Nature Superpower	INDUSTRIAL CULTURE	PROBLEM / FLAW	Deep Challenge	FEAR	Scarcity Complaint	Industrial Mindset	Growth Challenge
Courage to Dream 	OBEY	STRESS	Depression	Not safe to fail	Not enough fulfillment	I must sacrifice for others	Need more clarity
Drive to Be Free 	CONTROL	LAZINESS	Self-doubt Procrastination	Not safe to disappoint	Not enough time	I must do what others expect	Need more certainty
Love to Befriend 	NEGLECT	LONELINESS	Isolation Addiction	Not safe to be rejected	Not enough support	I must do it myself	Need more influence
Urge to Become 	COMMAND	THE EGO	Frustration	Not safe to make mistakes	Not enough self-expression	I must be perfect	Need more creativity
Need to Belong 	COMPLIANCE	THE "BEAST"	Anxiety Bullying	Not safe to be judged	Not enough \$\$ / Security	I must suppress myself to fit in	Need more visibility
Ability to Believe 	MANIPULATE	SELF-SABOTAGE	Disharmony Chronic pain	Not safe to be myself	Not enough confidence	I must hide "I am not enough"	Need more inspiration

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Transformation Coaching Technique "Plan-Play-Grow"

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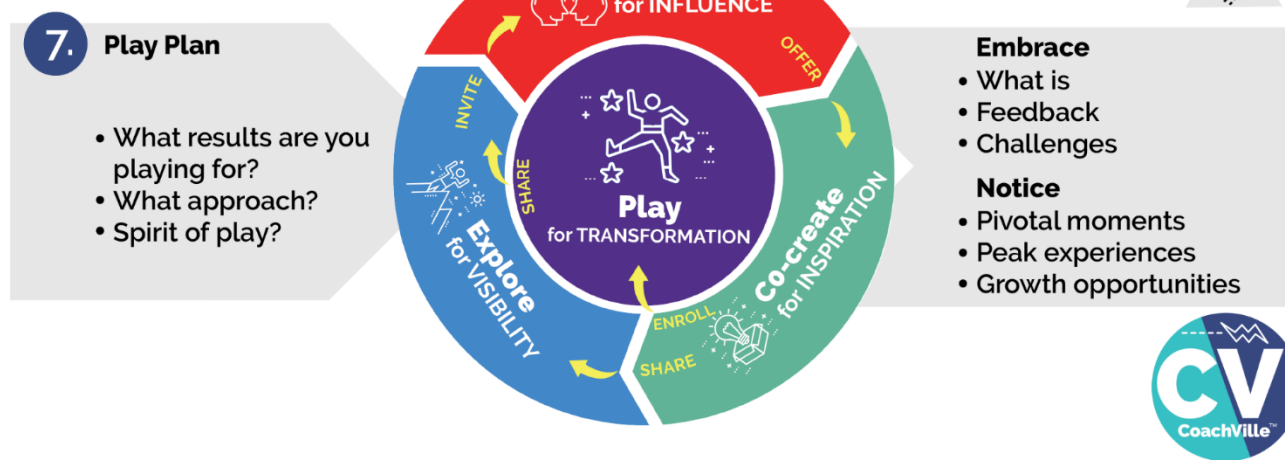
Get started



Practice together



Plan together



Plan

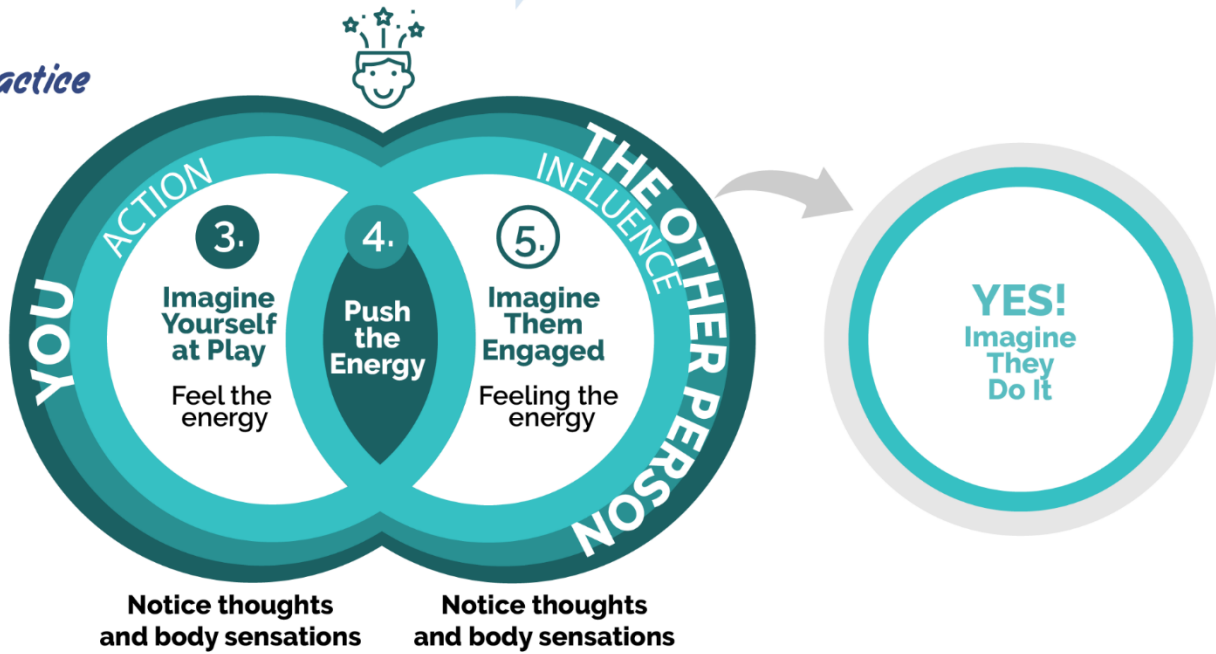
1. Social Play Action

What do you want to feel / express?

2. Describe Their Feeling

What do you want them to do?

Practice



Grow

6.

Curious about Thoughts?

7.

Curious about Body Sensations?

8.

Curious about Desires?



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

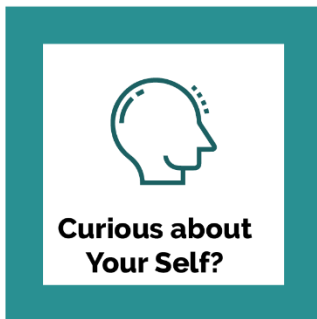


The Coach Is Observing

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

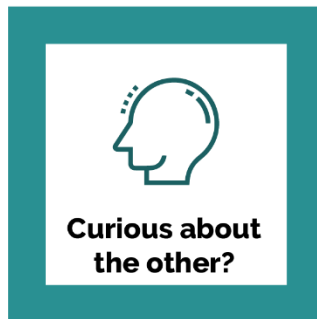
Grow

6.



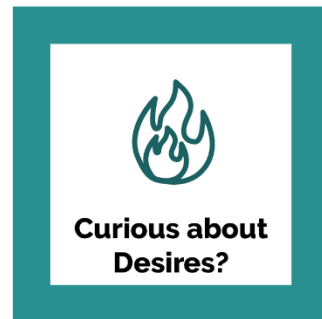
- A: Reactions
- B: Feelings
- C: Words

7.



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

8.

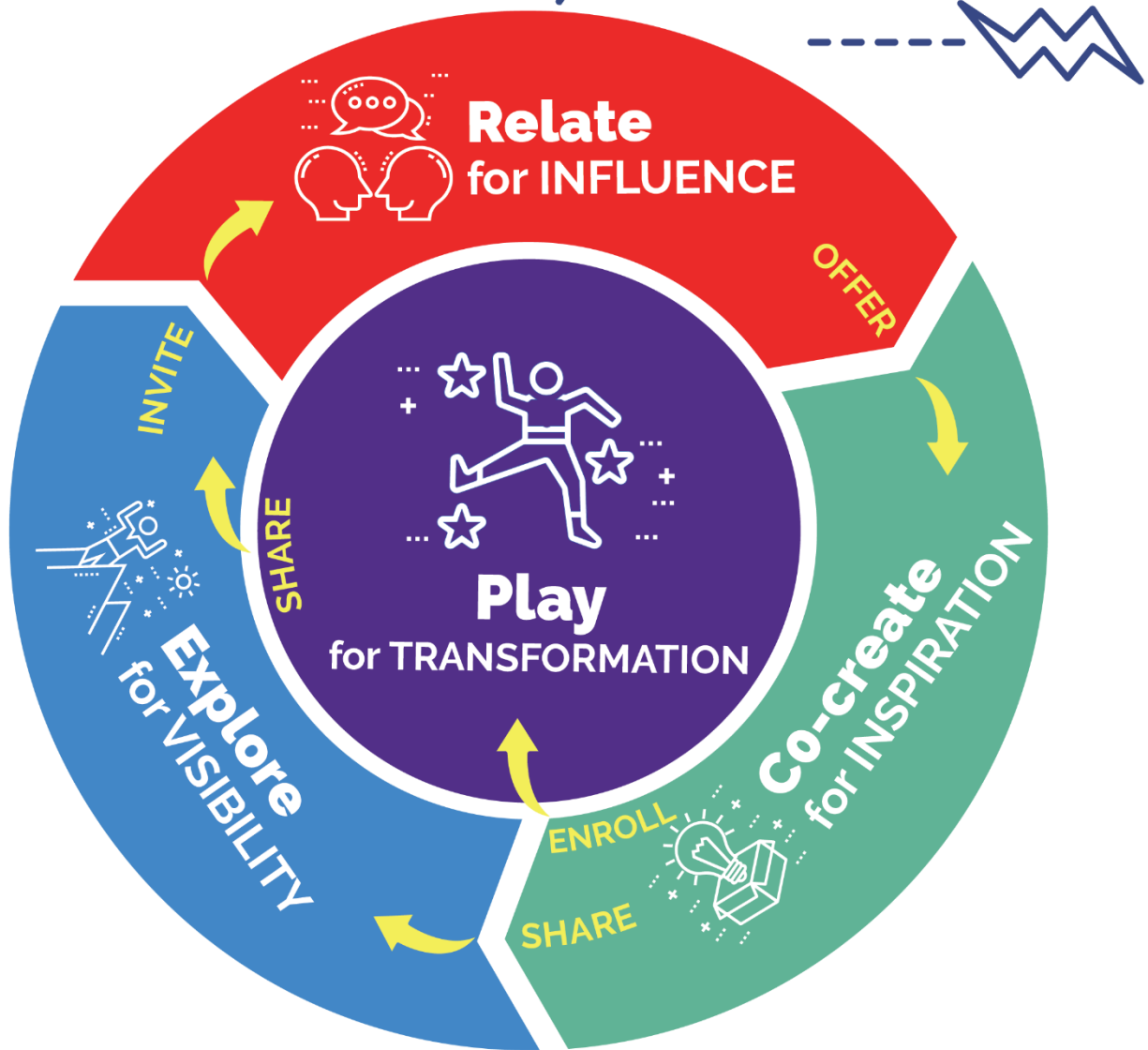


What do you really want?



Human Connection Super Skills

Social Play Model



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Social Play with 7 Social Fears



<p>Relate for INFLUENCE</p>  <p><i>Fear of REJECTION</i></p>	<p>Create for INSPIRATION</p>  <p><i>Fear of DISAPPOINTMENT</i></p>
<p>Explore for VISIBILITY</p>  <p><i>Fear of TROUBLE</i></p>	<p>Play for TRANSFORMATION</p>  <p><i>Fear of MISTAKES</i></p>
<p><i>Fear of JUDGMENT</i> ☆ <i>Fear that I am NOT ENOUGH</i> ☆ <i>Fear of FAILURE</i></p>	

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Free People, FREE PEOPLE

Thanks for being AWESOME!

Coach Dave