

HUMAN CONNECTION BUSINESS ACCELERATOR



Playbook
by Dave Buck, MCC

CoachVille Center for Coaching Mastery
We are the champions of dreams!

Human Connection Business Accelerator

Gathering Guides

By Coach Dave Buck, MCC

Welcome. On behalf of the entire CV Team, I want to welcome you to the Human Connection Business Accelerator program.

This is the playbook of “Gathering Guides” for group coaching program.

The Human Connection Business Accelerator is a new kind of program called a “Coach Approach” program.

During each gathering you will be both a coach and a player and we will practice coaching principles, techniques and skills together.

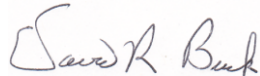
Learning how to coach and play life is a lot like learning how to play a musical instrument WITH the intention to play in an improvisational jazz group with other musicians.

Using this metaphor, these “Gathering Guides” are “the songs”. They enable us to play together and really enjoy the co-creative experience; to be “on the same page”, so to speak.

Before each session read the Gathering Guide a few times to get familiar with the words, the questions, the ideas and the flow of the conversation.

This will help you get the most out of each session as both a player and as a coach; which is the best way to grow into your Dream and grow your network at the same time.

Enjoy every moment...



Coach Dave Buck and the CV Team!

We are the champions of dreams!



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Gathering Guide Format

Here is the format for the Gathering Guides

!!!

WELCOME

SAY: Our practice plan for today is to go deeper into your Dream; and co-create some growth opportunities by exploring the Superpowers of Human Nature.

To Dream

ASK: We are going to co-create a starting place for your Dream right now in two parts the impact and your focus for the next 90 days.

ASK: One – what is the ripple effect you hope to have by playing this dream?

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

ASK: Two – what is your focus for the next 90 Days? We can update this as we go along.

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

!!!

NOTES

1) You say to the player the text after the **ASK:** or **SAY:**

While sounding conversational;

as if that question just popped into your mind.

2) **The copy in Red** – {also in curly brackets if you don't see color} You DO NOT say to your player.

These notes are guidance for you.

Gathering Guide: Dream Activation (Part 1)

Welcome!

Greetings!

1) WARMUP

Together we will do the Connected Breath Exercise

Together we will to an imagination warm up

Together we will do the “safe space” guided visualization

BREAKOUT with your partner ~ 10 minutes

{Choose who will be the coach first and player first}

ASK: share with me a short version of the Dream you are playing right now.

{Listen...}

SAY: I can see you doing that.

{pause for a moment}

ASK: Can you share with me something you would love to celebrate about your life right now?

{Listen}

ASK: Share with me your intention for our practice today. Is there a growth opportunity you want to explore?

{Listen}

SWITCH PLACES AS coach and player

After both share their Dream, Celebration and Intention...

BOTH SHARE with each other

SAY: Something I see we have in common is... *{fill in the blank}*

BOTH SHARE with each other

SAY: Something I see that is unique about you is... *{fill in the blank}*

2) PLAN

SAY: Our practice plan for today is to go deeper into your Dream; and co-create some growth opportunities by exploring the Superpowers of Human Nature.

To Dream

ASK: We are going to co-create a starting place for your Dream right now in two parts the impact and your focus for the next 90 days.

ASK: One – what is the ripple effect you hope to have by playing this dream?

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

ASK: Two – what is your focus for the next 90 Days? We can update this as we go along.

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

SAY: A lot of times people struggle speaking their dream because they worry about not being worthy of the possible impact they could have.

ASK: What would be a bold statement that you can make to say that you are worthy of playing this dream.

3) PLAY / Practice

Drive to BE Free

SAY: Next we will explore the Human Superpower the Drive to be Free which is about choosing your adventure every day, self-determination and self-trust

ASK: How does this dream spark your sense of adventure?

ASK: How will this dream activate your self-determination?

ASK: How will this dream require you to expand your self-trust?

BONUS Question

ASK: will you need to break free of expectations to play this dream?

Love to BEfriend

SAY: Next we will explore the Human Superpower the Love to BEFriend which is about choosing your companions in life, co-creating, giving and receiving care

ASK: How does this dream spark or satisfy your love for companionship?

ASK: How will this dream bring up opportunities to co-create with awesome people?

ASK: How will this dream require you to express your care for people?

ASK: How will this dream require you to accept care from other people?

BONUS QUESTION

ASK: will you need to break free of the do it yourself mindset?

Urge to BECOME

SAY: Next we will explore the Human Superpower the Urge to BEcome which is about self-expression, spirit of play and choosing your playful practices.

ASK: How does this dream spark your self-expression?

ASK: How can you bring the spirit of play into these actions?

ASK: Playful practice is all about getting better at doing things you enjoy. What are a few activities you envision getting better at doing?

BONUS QUESTION

ASK: will you need to break free of the perfection trap mindset?

4) GROW

SAY: “OK, this is a good time to switch into the growth zone”

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

{Coach: listen

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

{Coach: listen

SAY: “Can I share an observation?”

{Coach: share an observation about your player’s Human Nature superpower potential and the pursuit of their dream.}

SAY: “OK, let’s make sure we have a Play Plan...”

ASK: For this week what transformation can we focus on? From A to B?

{Coach: listen and CO-CREATE }

ASK: For this week what are some social actions you can take to play your dream?

{Coach: listen and CO-CREATE }

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

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.

Coaching Notes Sheet

We will use the coaching notes sheet for the Dream Activation Session from the Human Connection Transformation Coaching program. It is valuable to get extra practice with these sheets.

On sheet you will see a few areas that we won’t do in the group session.

You can explore the segments that we don’t do in the group either:

- a) with your partner outside of the group session. (AWESOME!)
- b) on your own.

The notes sheet is on the next page for your reference.

Role Play – Notes Sheet

Transformation Coaching Session #2 Notes

Date: _____

1. WARM-UP and Dream sharing: 

2. CELEBRATE

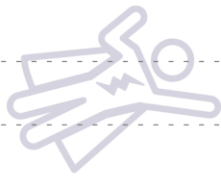
3. GROW

4. (Practice) PLAN: *Dream Activation*

5. PRACTICE

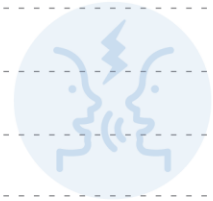
Drive to be free:
Self-determination & self-trust

B



C


Love to befriend:
Co-create & care



Start here
Brief description:

A





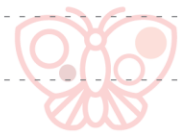
Your Dream
Self-love & self-worth

Ripple Effect:

Focus:

D

Urge to become:
Self-expression & spirit of play



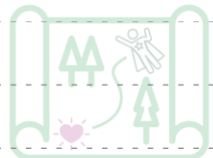
Need to belong:
Self-value & social safety instinct

F



E

Ability to believe:
Self-confidence & self-preservation



6. GROW (from Practice)
What did you learn about playing for your dream?



What did you learn about yourself and your superpowers?

7. PLAY PLAN: What is your transformation for this week? What social actions?
FROM: _____ **TO:** _____

Gathering Guide: Reach Out Role Play

Welcome!

Greetings!

1) WARMUP

Together we will do the Connected Breath Exercise

Together we will to an imagination warm up

Together we will do the “safe space” guided visualization

BREAKOUT with your partner ~ 10 minutes

{Choose who will be the coach first and player first}

ASK: share with me a short version of the Dream you are playing right now.

{Listen...}

SAY: I can see you doing that.

{pause for a moment}

ASK: Can you share with me something you would love to celebrate about your life right now?

{Listen}

ASK: Share with me your intention for our practice today. Is there a growth opportunity you want to explore?

{Listen}

SWITCH PLACES AS coach and player

After both share their Dream, Celebration and Intention...

BOTH SHARE with each other

SAY: Something I see we have in common is... *{fill in the blank}*

BOTH SHARE with each other

SAY: Something I see that is unique about you is... *{fill in the blank}*

2) PLAN

{As the Practice Partner: Clarify the scene}

SAY: Let's clarify the reach out situation you want to practice.

I am going to play the role as myself BEFORE I got into coaching.

A friend recommended that we connect so we set up a quick conversation.

Clarify their approach...

ASK: When you reach out, after brief introductions, I am going to ask you about your coaching. What are the main points you want to share?

{Help your partner gain clarity}

ASK: What are a few curious questions you want me to ask you?

Examples:

How did you get into coaching?

Who are your ideal clients?

What is your goal when you work with someone?

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

ASK: What are you going to invite me to do next?

{Coach: listen and clarify, so you can help steer the conversation where they want it to go}

{SWITCH}

3) PLAY / Practice

Jump into the Role Play for 10 minutes. Remember... It's PLAY!!

MAKE SURE YOU GET TO THE INVITATION

Call time out! Share your observations and possible co-creations.

(after 15 minutes there will be a call to switch roles)

{SWITCH}

4) GROW

ASK: “What did you learn about your Reach Out skills?”

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

{Coach: listen

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

{Coach: listen

SAY: “Can I share an observation?”

{Coach: share an observation about your player’s Reach Out.}

SAY: “OK, let’s make sure we have a Play Plan...”

ASK: For this week what transformation can we focus on? From A to B?

{Coach: listen and CO-CREATE }

ASK: For this week what are some social actions you can take to play your dream?

{Coach: listen and CO-CREATE }

Coaching Notes Sheet

We will use the coaching notes sheet for the Role Play from the Human Connection Transformation Coaching program. It is valuable to get extra practice with these sheets.

On sheet you will see a few areas that we won’t do in the group session.

The notes sheet is on the next page for your reference.

1. Define the Situation

2. Define the Role

3. Advanced Prep



4.



Practice Zone...

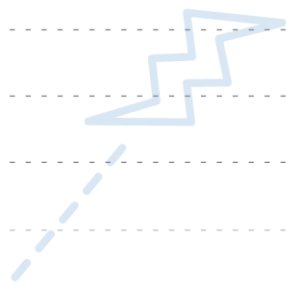
5.

6a. OBSERVATIONS

6b. CO-CREATIONS



7. DEBRIEF



T PLAY PLAN: What is the transformation you want to play for?

FROM:

TO:

Gathering Guide: Transformational Coffee Role Play

“Transformational Coffee” is a Relate for Influence Social Play Situation

Welcome!

Greetings!

1) WARMUP

Together we will do the Connected Breath Exercise

Together we will to an imagination warm up

Together we will do the “safe space” guided visualization

BREAKOUT with your partner ~ 10 minutes

{Choose who will be the coach first and player first}

ASK: share with me a short version of the Dream you are playing right now.

{Listen...}

SAY: I can see you doing that.

{pause for a moment}

ASK: Can you share with me something you would love to celebrate about your life right now?

{Listen}

ASK: Share with me your intention for our practice today. Is there a growth opportunity you want to explore?

{Listen}

SWITCH PLACES AS coach and player

After both share their Dream, Celebration and Intention...

BOTH SHARE with each other

SAY: Something I see we have in common is... *{fill in the blank}*

BOTH SHARE with each other

SAY: Something I see that is unique about you is... *{fill in the blank}*

2) PLAN

{As the Practice Partner: Clarify the scene}

SAY: Let's clarify the Transformational Coffee Scenario.

I am going to play the role as myself BEFORE I got into coaching.

We met or spoke recently and agreed to get together for a deeper conversation.

Clarify their approach...

ASK: In this Relate for Influence Situation, what are your primary intentions? What are the main points you want to share?

{Help your partner gain clarity}

ASK: What is the main topic you want to talk about?

{Help your partner gain clarity}

ASK: What are you going to ask me to share about? Are you going to ask me to share a desire or life situation or story?

{Get a little more specific}

ASK: In just a few words, describe the story that you are going to share with me?

{You want to get the "name" or "gist" of the story}

Examples: How/Why I got focused on Human Connection OR The Player X Transformation Story.

ASK: If the conversation goes well, what are you going to OFFER to move the relationship forward?

{It is important that they are clear about the OFFER}

{SWITCH}

3) PLAY / Practice

Jump into the Role Play for 10-12 minutes. Remember... It's PLAY!!

MAKE SURE YOU GET TO THE OFFER

Call time out! Share your observations and possible co-creations.

(after 15 minutes there will be a call to switch roles)

{SWITCH}

4) GROW

ASK: “What did you learn about your Relate for Influence skills?”

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

{Coach: listen}

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

{Coach: listen}

SAY: “Can I share an observation?”

{Coach: share an observation about your player’s Reach Out.}

SAY: “OK, let’s make sure we have a Play Plan...”

ASK: For this week what transformation can we focus on? From A to B?

{Coach: listen and CO-CREATE }

ASK: For this week what are some social actions you can take to play your dream?

{Coach: listen and CO-CREATE }

Coaching Notes Sheet

We will use the coaching notes sheet for the Role Play from the Human Connection Transformation Coaching program. It is valuable to get extra practice with these sheets.

On sheet you will see a few areas that we won’t do in the group session.

Peak Experience Technique - Play Sheet

Date: _____

Plan

1. Do Something Awesome
Social play action?
.....
.....
What do you want to feel?
.....
.....

2. Describe Their Feeling
What do you want them to feel?
.....
.....
.....

3. Desired Action
What do you want them to do?
.....
.....
.....

Practice

4. Imagine Yourself at Play



Thoughts:

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

Body sensations:

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

5. 6. Imagine Them Engaged

7. YES! Imagine They Do It

Thoughts:

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

Body sensations:

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

Push the Energy

Grow

8. THOUGHTS

9. BODY SENSATIONS

10. DESIRES

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



Gathering Guide: Gateway Coaching Peak Experience

Your Gateway Coaching Session is a Co-Create for Inspiration Social Play Situation

Welcome!

Greetings!

1) WARMUP

Together we will do the Connected Breath Exercise

Together we will to an imagination warm up

Together we will do the “safe space” guided visualization

BREAKOUT with your partner ~ 10 minutes

{Choose who will be the coach first and player first}

ASK: share with me a short version of the Dream you are playing right now.

{Listen...}

SAY: I can see you doing that.

{pause for a moment}

ASK: Can you share with me something you would love to celebrate about your life right now?

{Listen}

ASK: Share with me your intention for our practice today. Is there a growth opportunity you want to explore?

{Listen}

SWITCH PLACES AS coach and player

After both share their Dream, Celebration and Intention...

BOTH SHARE with each other

SAY: Something I see we have in common is... *{fill in the blank}*

BOTH SHARE with each other

SAY: Something I see that is unique about you is... {fill in the blank}

2) PLAN

{As the Practice Partner: Clarify the scene – WRITE the notes on the playsheet!}

ASK: “Which social action are we going to practice?”

{Listen, you MAY need to make a suggestion.}

SAY: “Great, next let’s confirm and clarify the social action, intended feelings and intended result.

(1) ASK: “What is the social action you are going to do in an awesome way?”

{Listen, you MAY need to help them talk it through.}

ASK: “What do YOU want to feel while you are doing this action?”

{Listen, you MAY need to help them talk it through.}

(2) ASK: “What do you want the other person to feel when they engage with you or what you created?”

{Listen, you MAY need to help them talk it through.}

(3) ASK: “What do you want the other person to do?”

{Listen, you MAY need to help them talk it through.}

{SWITCH}

3) PLAY / Practice (with Grow part 1)

SAY: “We are going to use your imagination to embody this experience. We will do this in two phases, first the action that you are doing and then the result within the other person. And the “trick is to pay attention to both your thoughts and your body sensations as we visualize”

ASK: “Do you feel safe closing your eyes?”

{Wait for them to say: Yes}

SAY: OK, close your eyes for a moment. Take a deep connecting breath....*{pause}*

(4) Now bring into your imagination a scene of you doing the action in an awesome way. Your imagination is so powerful Let it fill in all the details... as you see it and feel it as deeply as you can.

{calmly describe the action and the scene}

{pause 20 seconds}

Next bring in the feeling you want to experience while you are doing this action.

{calmly describe the feeling to them}

{pause 20 seconds}

SAY: Now notice any thoughts popping into your mind as you imagine this scene.

ASK: Please share with me what you notice.

{pause & listen; it's OK if they share a few thoughts. But don't let it go on too long}

{Affirm by saying: "I can see that"}

{make a few notes as they share}

ASK: Notice any body sensations that are coming into your awareness. Can you share with me what you notice...

{pause & listen; it's OK if they don't notice any. If it is more than one that is OK too}

{listen. Affirm by saying: "That is good body awareness"}

(5) **SAY:** OK. You are doing great. Next, I want you to push your energy out to another person.

{coach, fill in the details based on the situation}

{Pause for 10 seconds}

(6) **SAY:** Imagine them feeling {calmly share what they want the other person to feel}.

{pause}

(7) **SAY:** Imagine them enjoying it and then... {calmly share the action they want the other person to do}.

{pause}

SAY: Now notice any thoughts popping into your mind as you imagine the other person in this scene.

ASK: Keep your eyes closed for just a moment and share with me what you notice.

{listen. Affirm by saying: "I can see that"}

{WRITE DOWN A FEW KEY WORDS}

SAY: Next notice any physical sensations in your body as you imagine the other person in this scene. Share with me anything you notice...

{listen. Affirm by saying: “Good body awareness”}

{WRITE DOWN A FEW KEY WORDS}

GROW

SAY: Great! You can open your eyes now. Let’s step into the growth zone.

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

{Coach. Listen. Then you can share your insights}

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

{Coach. Listen. Then you can share your insights}

(10) ASK: One last thing, when you were in the visualization, did you notice any desires coming up?

{Listen and dialogue with them; share your observations}

{They may have felt joyful in the scenes, They may have felt doubt or even fear.}

{It’s all about noticing opportunities for growth.}

SAY: I acknowledge your courage and playfulness! Awesome.

{after 15 minutes there will be a call to switch roles}

{if you don’t finish the Grow part... you can finish it in the next segment}

{**SWITCH**}

4) GROW

ASK: “What did you learn about your Human Connection skills?”

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

{Coach: listen}

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

{Coach: listen

SAY: “Can I share an observation?”

{Coach: share an observation about your player’s Reach Out.}

SAY: “OK, let’s make sure we have a Play Plan...

ASK: For this week what transformation can we focus on? From A to B?

{Coach: listen and CO-CREATE }

ASK: For this week what are some social actions you can take to play your dream?

{Coach: listen and CO-CREATE }

Coaching Notes Sheet

We will use the Peak Experience Play Sheet from the Human Connection Transformation Coaching program. It is valuable to get extra practice with these sheets.