

## Coach Mission 2: Coach using Inner Freedom

### Inner Freedom Coaching Playbook

#### Outline:

- 1) **Power up:** You are on a mission to coach using the Inner Freedom Method!
- 2) **Game Action:** Conduct Inner Freedom Coaching Sessions by following the Coaching Guide
- 3) **BIG WIN:** A “Thanks Coach!” message from a player



#### 1) Power Up: You are on an Inner Freedom mission!

In Mission 1 you recruited 3 people who are ready to play BIG! Now it's time to step up and Coach! Using the Inner Freedom Method you will guide your players into the Transformation Zone and into the PLAY Moves THEY aim to make to each week. In 10 Sessions they will be playing like they never have before.

If you do not yet have 3 players recruited, keep recruiting!

Remember the core concept...

To become a great coach, you must embark on a mission to transform the way you approach the FEARS that your players face when they play BIG.

**From:** Motivate your players to overcome (power through) fear and control their emotions.

**To:** Guide your players to transcend fear and respond to their emotions.

As we move beyond the Industrial Age of Work into the Connected Age of Play more and more people are yearning to play Life in a BIG way. When they do this, they will naturally bump up against fear. They need a great coach with a reliable method to walk with them on the edge of their comfort zone!

Your role now is to keep encouraging your players to play as BIG as they can so that they keep bumping into the edge of their preservation zone into the growth zone.

**Coaching using the Inner Freedom method requires a combination of openness AND tenacity by the player AND the coach.**

Thriving in the Connected Age of Play requires deep connections, self-expression and the vulnerability to contribute to others in a unique way.

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You need to tap into your players' Hearts Desires to be great and their willingness to look deeper into themselves. You recruited 3 players who you know are ready to face the fears that come up when they make the PLAY moves necessary to make good things happen in the world.

**PLAY:** **Relate** for Influence, **Create** and share, **Explore** people, places, actions and ideas

**NOW IT IS PLAY TIME!**

**Every time you use your Inner Freedom Method, you become a more capable coach!**

### Share on your Game Card



A **POWER UP** is an activity where you listen, read or do an exercise and then share your insights and/or plans.



#### **Coach Mission #2:**

*I read the Coach Mission 2 playbook and confirmed my plan to coach my 3 players using the Inner Freedom Method.*



Share

**WHAT TO SHARE:** Write something affirming... with style!



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See the "Facebook Login" or "Share on Facebook" button. Copy what you shared, and paste it into the Facebook Share box. Edit if desired.

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## 2) Game Action: Coach using Inner Freedom

During the first few Sessions with your player you will be learning the method and going deeper into it each time. As you gain experience you will use the complete method to move your player towards the FREEDOM to play LIFE in a BIG way by exploring "Pivotal Moments of Choice".

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As you move along with your players, they will often come to the session prepared to dive into something they experienced since your last session.

### After the conversation

No matter how it turns out, share about your experience on your game card.  
IMPORTANT: Even if you feel like it was not a great session, share something.

**ALSO IMPORTANT:** Give each of your players a “Number” or use their Initials.  
At the top of each share write:

**Player #3 - Session #1:**

or

**Player LBJ – Session #1**

This way that your class instructor and classmates can track your progress with each player.

No matter how it turns out, share about your experience on your game card.



A **GAME ACTION** is an activity where you do something in the world and then share about what you did and what you learned.



### *Coach Mission #2:*

*I just conducted an Inner Freedom Coaching Session with one of my players. Here is what happened and what I learned...*



Share

**WHAT TO SHARE:** Share a few details about your experience in the conversation. What did you learn?

REMEMBER: if you got a “YES” response share about that on the **BIG WIN** tab.



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After you share about the coaching session in the GAME ACTION tab, a BIG WIN item will pop onto your game card.

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WHEN one of your players shares a: “Thanks, Coach” with you, click through to the BIG WIN tab on the game card and share about that as well.

### 3) The BIG WIN: A player shares: “Thanks, Coach!”

This is something to celebrate!



A **BIG WIN** is when you get the desired result or experience from an action you take in the world. This is a BIG DEAL and we want to celebrate you!



#### *Coach Mission #2:*

*I just got a “Thanks, Coach” note from one of my Inner Freedom players! Here are the highlights of what they said...*



Share

**WHAT TO SHARE:** Share a few details about the note that you received.



POSSIBILITY!! Whenever possible, share a photo of you in action celebrating with someone on your team!



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