



CoachVille Center for Coaching Mastery

Great coaching will transform our world!

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Teleclass Welcome!

Welcome to the Center for Coaching Mastery!

Abera Ca Dabera

This phrase from the Aramaic Language means: I create as I speak.

This is a potentially life-changing affirmation that illuminates the power of the spoken word. In every class you will participate in a variety of provocative exploratory conversations and coaching sessions.

A few key points to consider as you start this class.

1) Our programs are based on dialogue-based learning. So we expect you to jump in and participate in the conversations. Be BOLD! Share your thoughts and questions; Your voice is a contribution to everyone else in the program. Your instructor is a highly trained coach and very capable of weaving diverse thoughts into a web of learning for everyone!

2) You will coach in every class. It is possible that this will be your first coaching conversation. So be easy on yourself! Don't expect to be a masterful coach on day #1.

If you have been coaching for a while – maybe even a LONG while - coaching in class is your opportunity to experiment and try new things. Enjoy the opportunity to stretch and learn.

What to do in a “Coaching” Conversation

Coaching is a conversation between a coach and a player. It is a very distinct conversation. However when we converse, we tend to fall into comfortable conversational patterns like: friend to friend; colleague to colleague; boss to employee; parent to child; counselor to “counselee” etc.

For Inner Freedom coaching sessions it is a very good idea to set a specific time frame for the conversation; This can be anywhere from 30 minutes to one hour.

FOLLOW THE GUIDE AND Don't “Add Anything”!

While it may seem “unnatural” to coach using a guide, it is essential to do this while you are learning the method.

These outlines will guide you and your player through a sequence of inquiries, this way you can focus your attention learning the method rather than trying to figure out what to ask. It is very effective. Since you will be dealing with fear, it is often



very “compelling” to default back to other ways of dealing with fear. Staying with the Guides will keep you learning forward.

It is also important that you don’t “add anything” to these sessions. What I mean by that is this: you may have learned other methods that seem similar, like EFT or NLP for example. And you may think in a situation: “Oh, I will just spritz in a little EFT here and have them do some tapping”. Don’t do this.

How to do a great coaching practice session in class

1) You will both get to be Coach and Player. So choose who will be the coach and who will be the player in the first session

2) Get RIGHT INTO the coaching – skip the traditional small talk

3) **When you are the Player DO NOT READ THE Coaching Guide** - be real, be yourself; tap into your desire to play better for your dream..

4) When you are the Coach - **Follow the Coaching Guide**

Ask the questions and then BE CURIOUS to clarify what your player is sharing.

You really want your player to experience Inner Freedom.

5) **HOLD YOUR TONGUE!**; especially if you feel the urge to tip, solve the problem, talk them out of their fear or get them out of their discomfort!

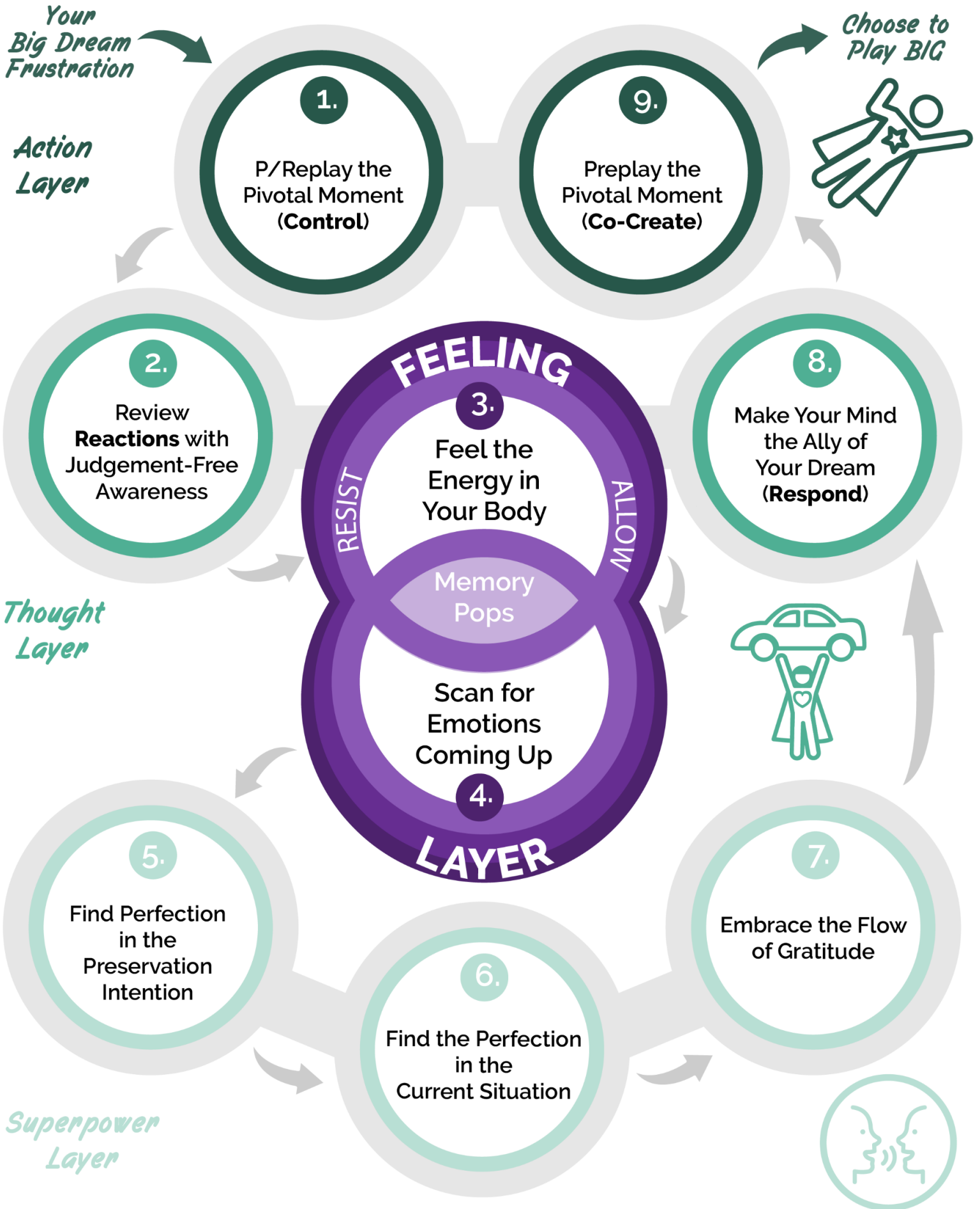
Tipping is for waiters and waitresses - NOT coaches

Tipping - is when your player shares something about their situation and you think you have a good, quick solution and share it.

"Did you ever try..."

There IS a time and place to share solutions, but that time is NOT now.

IMPORTANT: Read the “Dyad Guide” prior to class. It will provide you with a LOT of additional information about how to get the most out of your practice time in class!



The Complete Inner Freedom Method

We will start this in Class #3; Session #2 with your player.

Reading this over a few times each week will accelerate your learning process

Blue: These are content notes to help you learn the ideas behind the method

Red: These are instructions to pay attention to while you are doing the method

Black: These are the lines that you will read to your player while you are learning the method

A) Share the Dream

SAY: It's great to be back with you! Today we are going to dive deeper into playing for your Dream and play with a Pivotal Moment where you are experiencing FEAR or resistance.

B) Share Experiences

0) Explore for Pivotal Moments with inner resistance

This is when your player is resisting or avoiding an important action. Or where they are doing the action but they REALLY have to force themselves to do it; they do not have ease. OR they are doing the activity but they are not getting the results that they expect.

When any of these situations are occurring, it is a good time to use the Inner Freedom Method.

ASK: *Are there any key actions that you are avoiding or resisting?*

Listen for hesitation and uncertainty

ASK: *Are there any actions that you take through great resistance?*

Where you really had to power through and force yourself to do it?

Listen carefully.

ASK: *What about results? Are there any key results that are not happening?*

Maybe something where you are doing what you need to do but the results are not happening or not happening often enough?

Listen. This is often where you will find the struggle.

C) Play Together / Growth

1) Preplay (or replay) the Pivotal moment of choice

Action Layer

Coach Note: When you play BIG you experience inner resistance (fear) to certain actions; and certain expected results don't happen. This first step is to find the pivotal moments where inner resistance is restricting positive action. You do this WITH your player by looking together straight at what is NOT happening.

1a) Choose The “moment” to focus on

Coach Note: when you know about the endeavor your player is playing, your experience will guide you to the “moment” that is most important.

ASK: *Which “moment” do you want to focus on right now?*

Coach: They may know EXACTLY what it is. OR they may not know!

If it is not clear which action is THE most important, just pick one that seems really important right now. You may need to suggest one from what you have heard.

Clarify the Action and Desired Result

SAY: *OK let's make sure we are clear on what is happening and not happening.*

ASK: *The activity that we are playing with is **X** (say the action)?*

*And when you do **X** (the action), what do you want to have happen?*

Listen: It is important that you are both clear about the action and the intended results.

Preplay the moment (OR choose a RECENT example to replay)

Coach: You and the player need to decide to do either a Preplay or a Replay.

Preplay: The player imagines a near future moment doing the activity.

Replay: The player imagines a recent moment doing the activity.

If the player has a vivid recent experience then a Replay can work well.

The Preplay can work in ANY situation.

The first few times through the method I recommend you choose for the player and just do it. After a few times you can ask them if they prefer a Replay or a Preplay.

In the Guide you will see P/Replay. You say which one you are doing.

PREPLAY

ASK: *Can you imagine yourself doing the activity in the near future?*

REPLAY

SAY: *Let's explore this recent moment you were talking about earlier...*

1b) Start the Preplay Technique

SAY: *we will use a visualization technique called: “P/Replay the Moment”. You know how in sports they use instant replay to slow down the moment so everyone can see what REALLY happened? Well, we are going to use your imagination to do something similar right now.*

Ensure a Safe Space

Coach Note: Make sure they are in an environment where it is safe to close their eyes for a few moments. Eg. Not driving. Not in a busy public place. Not watching something on the stove top. Not chopping vegetables.

ASK: *Are you in a place where you can safely close your eyes?*

Assuming they say yes...

Start the Visualization

SAY: *close your eyes, breath naturally, and take a few moments to create the scene in your imagination.*

ASK: *Can you describe the scene for me?*

Coach: Listen carefully and get into the moment with them.
Make sure you can “see” it with them based on what they are describing.

Coach Note: Some people are more fluid with visualization than others. Let them dictate the level of detail they describe.

2) Use judgment-free awareness to Scan for Thoughts and Inklings (aka Reactions)

Thought Layer

Coach Note: With this step you will scan the mind for thoughts that reveal patterns of reaction or charged energy. It creates a safe space to acknowledge fear.

It is VERY important that you introduce the concept of “Judgment-free Awareness” to the player. This idea makes a HUGE difference in the exercise and often sparks an experience of self-discovery for the player.

Understand that when you step into the growth zone, your body experiences the buzzing sensations associated with fear. Then your mind becomes the strong ally of a “PRESERVATION intention” to keep safe / play small / fit in. When you scan for thoughts you need to recognize that it is the “PRESERVATION intention” that is stirring up these thoughts.

SAY: *Now we are going to look at the moment from several different perspectives.*

Just keep breathing naturally; keep your eyes closed and we'll talk together.

SAY: *It is very important that you **maintain judgment-free awareness** during this exercise. Imagine that we are both looking at this situation together and we*

are both curious, open and caring yet detached. This will help us expand awareness more easily.

ASK: When you imagine yourself in the scene, *do you notice any thoughts going through your mind? What are they?*

SAY: *Take your time. Continue to see yourself in the scene while being curious about everything that was going through your mind at that moment.*

Just wait and listen

ASK: *With the moment slowed down a bit is there anything else that you notice about the situation?*

3) Feel the Energy in the Body

Feeling Layer

Coach Note: Your body is your non-conscious mind. All inner resistance begins as a subtle (or not so subtle) physical sensation. e.g. I feel something in my chest. Feeling the energy in the body will shift you from resisting to allowing.

By actively feeling the buzzing energy in the body - just allowing it to be there - you can dissipate the fear because feeling allows the stuck energy of fear to flow through.

3a) Scan the Body

SAY: *Now I want you to scan your body for physical sensations from the top of your head down to your waist. Scan slowly and remain open.*

ASK: *What sensations are you feeling in your body?*

Coach: They may have lots of words coming up; For many people feeling is something they have resisted for a long time. And talking is a common way to avoid feeling.

Listen patiently and then...

If they are not saying anything,

SAY: Check their gut, chest, throat...

If they feel several things (this is common)...

ASK: *Which sensation is the most intense?*

Coach: If they are not sure, just pick one.

IF THEY ARE UNABLE TO FEEL...

NOTE: if they feel nothing:

this is not likely but it does happen sometimes; often people have a challenge with feeling within their body...

SAY: Often it takes practice to feel the subtle energies in the body. But I assure you the physical sensations are in there. I want you to really quiet your mind and feel your body: check your gut, your solar plexus, your heart, your throat, your back, your shoulders, your head, a general feeling all around you.

Stay quiet. Stay certain that they can do it. Give them time to get into the experience.

Coach Note: often a person will start talking; talking as a way to avoid feeling:

Interrupt them gently. Ask them to just feel. The coach's certainty and comfort is ESSENTIAL here.

NOTE: if they STILL feel nothing...

This will be quite rare. But there are times when the person is just REALLY blocked and has essentially gone numb to the whole experience. If this happens you just want to encourage them to pay close attention to their body in the week ahead.

You can make the most out of the situation by skipping ahead to step #8.

3b) Feel the Energy (Allow it to be there)

Next we will guide the player through the experience of feeling the energy in the body – just allowing it to be there.

SAY: *Bring your full attention to the physical sensation. Feel into it as deeply as you can. ...{pause}... You may notice some emotions coming up. Just let them pass for now and focus on the physical sensation.*

ASK: *Does the feeling have a shape? What is it?*

ASK: *Does the feeling have a color? What is it?*

ASK: *Does the feeling have a temperature? What is it?*

Be very affirming and open to whatever IS there.

SAY: *The next step is to just feel this sensation for 30 seconds. I will time you. Just allow it to be there. Welcome it to your experience. I will be here if you want to say something. I will let you know when 30 seconds is up.*

ASK: *Can you do that?*

SAY: *Go for it.*

Stay fully tuned into them and just be there – keeping an eye on your watch.

3c) Debrief the experience – Listen for pattern language

ASK: *What was the experience like?*

Listen carefully and be with them – they will often share lots of interesting things.

3d) Go Deeper

ASK: *Do you feel that you are able to go a little deeper?*

If yes, refocus them on the physical sensation;

Coach Note: VERY often the physical sensation will move to another place in the body.

SAY: *I will time you for another 30 seconds.*

Encourage them gently – this is often a BIG moment for them.

4) Scan for Memory Pops or Emotions

Feeling Layer

Emotions are a powerful source of energy that can lead to deep awareness. Mostly we have been trained to suppress them. Exploring them will reveal the source of the inner resistance.

Next by exploring the “memory pops” or emotions you can connect the earlier moment to the present situation which expands awareness.

IMPORTANT: Talking to a person about something that happened in the past does NOT mean you are “doing therapy”. It means you are talking with them about their past and how it connects to the present.

IMMEDIATELY after feeling the energy the 2nd time.

ASK: When is the first time you can remember feeling this sensation in your body?

Note: it is SUPER important that you phrase this question in exactly this way.

Wait patiently. This may take a few moments. Listen carefully.

There are several different things that can happen here; Most of the time they will remember an earlier event in life. Depending on what happened, they may or may not want to tell you about it and either way is ok; in fact, the details are not important. It is the feelings that matter.

MOST of the time it will be something that SEEMED BIG at the moment – as a young person – but now as an adult is will look like a “normal” event. The key is to understand it from the young persons’ perspective.

AND sometimes the event that happened will be a traumatic experience. These things happen in life and it is a perfectly human thing to talk about the experience with them; as long as a) they want to talk about it and b) as a coach you are not claiming to offer any healing, just understanding and awareness.

IF THEY HAVE A MEMORY POP...

SAY: If you want to, you can tell me about the essence of what happened without getting into the details. But you don't need to.

Dialogue as much as feels right.

You only need to get the essence of what happened from their perspective and not the details. Be sure not to get lost in the story AND IT IS ESSENTIAL to maintain judgment-free awareness toward the event and anyone else involved in the event.

The point of this exercise is NOT to get into the past, but to understand the source of the thoughts, emotions and physical feelings that are happening in the present.

Coach Note: They may or may not experience a release of the energy. Either way it is ok.

Sometimes people have done similar techniques where the objective was for the energy to release. That is NOT the objective here. The objective is just to ALLOW it to be there and experience the feeling. This is enough.

IF THEY DON'T HAVE A MEMORY POP THEN...

ASK: *Did you notice any emotions?*

Listen carefully and be with them – they will often share lots of interesting things.

5) Find the Perfection in the PRESERVATION (Survival) Intention and look for hidden unique abilities AKA Superpower Potential

Superpower Layer

IMPORTANT: There are 2 versions of Step #5.

One where the player has a “memory pop” of an earlier moment in life

One where the player does NOT have a “memory pop”.

At the heart of inner resistance to the Play BIG action is the PRESERVATION Intention to stay safe or fit in to a social situation. The Heart's Intention to play big brings these thoughts and feelings of resistance to the surface. Finding the perfection of the PRESERVATION intention in non-conscious mind is a key step toward freedom.

Also this is where we can explore the FEAR as a treasure map to a Superpower! The “Thing” we learn to fear the most is expressing our Unique power.

VERSION 1: IF THE PLAYER HAS A MEMORY POP

Next you label the “PRESERVATION” intention formed in that earlier moment in life. Then you develop a new understanding of the purpose it served in your life - this is called finding the perfection of the PRESERVATION intention.

Finally, you play with the situation to look together for hidden superpowers!!

SAY: *When things like this happen we come to conclusions about life; especially about how to survive or play safe in the situation or how to hide something about ourselves. MOSTLY these conclusions occur at the non-conscious level of feeling.*

SAY: Let's see if we can identify the PRESERVATION Intention that you created in that moment **finding a short phrase that really captures the essence it.**

ASK: Fill in the blank: It is not safe for me to _____

Listen and dialogue together. This is a powerful conversation for them.

SAY: *These PRESERVATION intentions serve an important purpose in our lives.*

ASK: *How did this PRESERVATION intention serve you at that time?*

Listen. Often people are judgmental about their *PRESERVATION* intentions. Help them to see if from the perspective of the young person they were at the time. Remind them to use judgment-free awareness.

Is there a Superpower Potential?

Consider the situation the player described. Is it possible that there was a unique ability that went underground in this situation? If so, now is the time to explore this.

SAY: This moment could reveal a potential superpower!

ASK: *Is it possible that during this time to “learned” to hide one of your unique abilities? If so, let’s explore what it is.*

Listen and explore ideas.

Coach: *here you go into “PLAY WITH” mode and co-create a new possibility with them.*

If nothing comes of it, just let it go.

SAY: *Let’s give this ability a name.*

ASK: *What shall we call it?*

VERSION 2: IF THE PLAYER DOES NOT HAVE A MEMORY POP

You can help the player use their imagination to find the “PRESERVATION” intention formed earlier in life. And then find the perfection of the PRESERVATION intention.

Finally, you play with the situation to look together for hidden superpowers!!

SAY: We learn social FEAR all throughout our lives... and it lives in our non-conscious mind. So when we experience fear, doubt, resistance or even just a buzzing sensation in our body that is the fear trying to keep us safe by protecting, preserving or hiding something.

SAY: So we can tap into our imagination to explore what your non-conscious mind is communicating.

SAY: Try this fill in the blank statement: It’s not safe for me to _____.

Listen and dialogue together. This is a powerful conversation for them.

SAY: Let’s see if we can identify the PRESERVATION Intention that you created in that moment;

ASK: What is your non-conscious mind wanting to preserve or protect or hide?

Listen and dialogue together. PLAY WITH ideas that pop up for them or for you.

SAY: *These PRESERVATION intentions serve an important purpose in our lives.*

ASK: *How has this PRESERVATION intention served you in the past?*

Listen. Often people are judgmental about their *PRESERVATION* intentions. Remind them to use judgment-free awareness.

Is there a Superpower Potential?

Consider the fear the player is experiencing. Is it possible that there was a unique ability that went underground earlier in life that the fear is protecting? If so, now is the time to explore this.

SAY: Often our fears are hiding a potential superpower that got us in trouble earlier in life!

ASK: *Is it possible that somewhere along the line you “learned” to hide one of your unique abilities? If so, let’s explore what it is.*

Listen and explore ideas.

Coach: *here you go into “PLAY WITH” mode and co-create a new possibility with them.*

If nothing comes of it, just let it go.

SAY: *Let’s give this ability a name.*

ASK: *What shall we call it?*

6) Find the Perfection in the Current Situation

Superpower Layer

Here you will explore how the challenges your player is facing in their current situation are serving them to make their dream a reality. When they recognize the perfection they can shift from attempting to control the situation to co-creating with reality; and from reacting to responding.

Now you can guide your player to shift their conscious mind from reacting energetically to the fear associated with the earlier moment to responding powerfully to the current situation.

SAY: *next we want to look at the challenges you are facing now. And instead of seeing them as problems, we will look at them as opportunities to grow and become a better player. Whenever you make up your mind to play BIG, the universe will provide you with both challenges and support.*

ASK: *From that perspective, how would you describe the challenge and what is the ability it is asking you to express?*

Listen. This perspective takes some time. You may have to help them to see things from this perspective.

You may see that the challenge is “Calling for” the superpower that was hidden in the past and revealed in Step #5.

OR you may see that it is calling for an ability that they have expressed the desire to cultivate.

Coach: SHARE anything you see here. And CO-CREATE with them

**IF SOMETHING DIFFERENT FROM STEP #5 CAME UP
OR IF YOU DIDN'T DO STEP #5**

SAY: *Let's give this ability a name.*

ASK: *What shall we call it?*

Shift gears to look for support

SAY: *Often in the face of a challenge there is support around you that you are not seeing. The universe always provides support when it throws a challenge your way.*

ASK: *What support can you see if you really open up look for it?*

Listen. Again, you may have to point out support that they are not seeing. AS you have listened to them though this and other coaching conversations, you are probably aware of several ways that they are being supported

ASK: *What is the growth opportunity for you in asking for or allowing this support into your life?*

7) Experience the flow of gratitude

Superpower Layer

This next step solidifies your player's capacity to expand into the growth zone and play big in the world.

ONLY IF THEY HAD A MEMORY POP...

SAY: *Let's connect the dots between your current situation and the past situation that popped up.*

ASK: *How are they connected?*

Coach: be prepared to jump in here; this is another PLAY WITH situation; and it may be easier for you to see the connection at first.

Most likely the current situation reveals the earlier situation and the unique ability that was hidden then, is needed now.

EITHER WAY, DO THIS...

SAY: *In a heroes journey, every challenge reveals either a hidden power or a unseen support.*

ASK: *When you look at all of this, can you see how amazing it is that you have this desire to play big and then all of these growth opportunities have happened.?*

What do you see?

SAY: *Let's take a moment to FEEL the gratitude for how your Dream is unfolding.*

Coach: just give them a little space.

8) Make Your Mind the Ally of your Dream (Respond)

Thought Layer

Here we will create a new pattern of thought that will support the Hearts Intention to play BIG.

You will co-create a shift from thinking reactive thoughts to responding powerfully in the moment.

After feeling the energy, the mind is now open and available to new possibilities. You can now focus their thoughts on what is most important for their Heart's Play BIG intentions. We call this shifting process from react to respond: **"Make Your Mind the Ally of your Dreams"**

To do this you clarify the new Play BIG intention.

Then you ask their mind to think thoughts - possibly for the first time - that support their Heart's intention. Have fun with the experience of inviting your player to think new thoughts using their imagination. You will find that when the mind is not reacting to fear, it can think some powerfully amazing thoughts!

Then they can CHOOSE which thoughts are best for their current situation.

Sometimes the Preservation thoughts are better and most of the time the Play BIG thoughts are better.

NOTE: Even if you are doing the "1,2,3,8,9" path, you can still refer to the fact that buzzing energy relates to the past. This will spark their curiosity.

SAY: *What happens is this: when a current moment in your life is energetically similar to an earlier moment, your body starts to buzz with energy because the emotional component of these memories is actually stored in your body. This is how your non-conscious mind communicates FEAR.*

Since these moments were emotionally intense, your body feels that it is in some emotional or social risk. When this happens your mind starts to produce thoughts based on that fear because your conscious minds' #1 job is PRESERVATION and SURVIVAL.

SAY: *Next we want to focus your mind on your new HEART'S Intention to play BIG*

SAY: *Say again your HEART'S intention.*

Listen. Also you can remind them.

SAY: *Let's create a short phrase that captures the essence of your HEART'S Intention to step into the Growth Zone.*

PLAY WITH THEM! You can keep exploring examples until you feel that they have one that feels right when they say it;

This step is where you create new pattern language for the HEART'S Intention.

9) Preplay the pivotal moment with the Heart's Intention to Play Big

Action Layer

Creating new patterns of feeling, thought and action takes practice. Using visualization accelerates the process and reveals additional patterns of resistance to explore.

Create a NEW Picture

It is important to create a new picture of the HEART'S intention with your player so that they go into the new dream with a feeling of possibility.

SAY: *OK. Now we are going to create a new picture for your HEART'S intention to Play BIG for your dream.*

ASK: *How would you like it to be?*

Coach: *listen.*

If you did steps 5,6,7, perhaps encourage them to express their revealed Superpower in the visualization.

SAY: *Close your eyes again for a few moments.*

SAY: *Next, THINK and FEEL your new HEART'S Intention using the Language we just created. {say the language pattern for them}*

{give them a few moments}

SAY: *Now preplay the scene the way you want it to be; imagine you have power, freedom and the capability to make the big moves.*

{wait a few moments}

SAY: *Now, see yourself getting the results you desire. See it turning out just right.*

{wait a few moments}

SAY: *Open your eyes again and share with me a little bit of what you saw.*

Listen as they share about the new picture.

D) Play Plan for the week ahead

Create the **NEW PLAY PLAN** and journal **Pivotal Moments** as they come up

SAY: Our purpose was to create deeper awareness about your situation and I think we accomplished that! Way to go!

Coach Note: this next part you will say the first 2 or 3 times you use the method with them. After that they will know what to look for. Skip to the Play Plan

SAY: I have an important exercise for you:

SAY: As you play this week, take a time out from time to time to **NOTICE Pivotal Moments AND JOURNAL** about the experience.

SAY: Make notes about:

- a) Actions that you **KNOW** would help you to win - but you avoid
- b) Thoughts that pop up while you are playing that are not supportive of **YOU** or playing well
Notice these thoughts while you are not playing too
- c) What is happening around you - things happening and **NOT** happening
- d) Practice using judgment-free awareness whenever you can.

CREATE YOUR PLAY PLAN FOR NEXT WEEK

SAY: Ok, Let's create the play plan for the week

Coach Note: Create a play plan for the next time period. Make sure it includes the activity that you just did the Preplay on.

01 Coaching Guide for Class 01 - Exploratory Session

You are the coach, so start the conversation by guiding it right away.

1) Welcome

Say: "Thanks so much for doing this with me. I really appreciate your time and I can't wait to see what we discover together. It will take about 30 minutes.

Ask: Are you ready to go?

{Coach: wait for them to say: YES}

Say: "OK. Let's go. So as I mentioned I am participating in a Life Coaching Training program at CoachVille called Inner Freedom and they are really big on looking at business, career and life as a playing for your dream. My role as the coach is to help you play better, expand your possibilities, and step outside of your comfort zone to unleash your superpowers."

2) Discover their dream

Ask: If you looked at your life / business / career as living your dream...How would you describe your big dream is right now?

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

Discover their definition of success

Ask: What does success look like for you over the next 3 months?

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

3) Find the GAP

Say: In coaching we are always looking for the GAP between how you are playing now and how you imagine that you can play for this dream.

Ask: How do you see yourself playing bigger or better or exploring new possibilities?

{Coach: listen; stay judgment-free; people are yearning to talk about seeing themselves as really BIG but they rarely feel the encouragement or safe space to do so; some people will talk about possibilities others will start sharing about challenges or obstacles}

Ask: What are some activities that are pulling you outside of your current comfort zone?

Ask: Anything else come to mind?

{Coach: listen; stay judgment-free; again **AVOID AVOID AVOID** offering solutions!!}

4) Play together!

Say: Let's have some fun with your imagination

Ask: Are there any aspects of YOU – like creative ideas or talents - that you would love to bring out into the world in a bigger way?

{Coach: listen and then **have fun with them**; encourage them to dream bigger
IF you know them OR you sense something about them this is a great opportunity to champion what you see in them }

Ask: In the Inner Freedom Method there is a saying that your doubts and fears are like a treasure map to your Superpowers. What would it be like if we unleashed your Superpowers?

{Coach: listen with your energetic presence; it will be very interesting to see where they go with this question. This is where you pump them up with the possibility that having an Inner Freedom coach like YOU will make a big impact on their dream!}

5) Moment of choice

{Coach: Here you have to choose! Do you have a good connection with them? Does something about them intrigue you as a learning opportunity for you?}

If YOU are a “YES”:

Say: I love your Dream and I think we could have great success together.

Ask: Would you like to be one of my players?

If they say “yes”, move on to #6A. If not, skip to 6B.

If YOU are a “no”, skip to 6B.

6A) Confirm the commitment

Say: Excellent. I just want to confirm that you are committing to meet with me for about 30 minutes each week. If we can't do a session one week for some reason, we will try to make it up the next week.

Ask: Are you good with that?

{Coach: wait for them to say: YES}

Say: Let's get our first two sessions on the calendar now.

{get your first 2 sessions set up in your calendar for as soon as possible after the start date for the program}

6B) If either of you say “no”: thank them for their time.

Say: I have learned a lot from this conversation. Thank you. But I don't think we are a good match for coaching together. Thanks so much for your time today!

Your BIG DREAM

Describe your BIG Dream.



Your BIG Why

Why MUST you play for this dream?



Results / Objectives

What are your "In the World" Results?



Attempts to Control Results

What Results / Objectives are NOT happening?
(What is not turning out according to plan?)



Challenges

Describe some of the challenges that are asking you to grow.



React to Challenges

How are you reacting to the challenges?
(forcing, powering through, bunker in)



Actions

Describe your Actions in pursuit of Results.



Resist Taking Action

What actions are you not doing?
(resisting, avoiding, distracted, no time)



02 Coaching Guide for Class 02 - Session 1 – Play With FEAR

Use the Inner Freedom Method Play Sheet to guide your inquiry
{Coach Fill in the top of the play sheet first.}

1) Share the Dream

SAY: It's great to be back with you! Today we are going to dive deeper into how you are playing for your Dream right now and then we are going to use judgment-free awareness to explore where FEAR is coming into your experiences.

DREAM

ASK: We spoke about your BIG Dream in our last conversation. Can you give me a recap in your words and update me with any additions you have thought of since we spoke last.

PURPOSE

SAY: In Inner Freedom we talk about your BIG Dream as getting your heart's desire out into the world. We want to create awareness of the driving force behind this dream for you.

ASK: Why is this DREAM really important to you right now?

{Coach Fill in the left side of the play sheet next.}

RESULTS / OBJECTIVES

SAY: Next we will flesh out some of the details of playing for this DREAM.

ASK: Describe a few of your objectives for this Dream over the next 3 months. These can be tangible accomplishments or new experiences.

ASK: what are the results and experiences that you are playing for on a regular basis? In other words: What needs to happen on a regular basis for you to fulfill this Dream?

{Coach, skip down to the Actions box}

ACTIONS

ASK: Describe the primary actions when you are playing this Dream?

ASK: Which of these actions are you doing on a regular basis?

ASK: What are some of your unique abilities that you want to bring to your actions? Any ideas about this since our last conversation?

{Coach, Go back up to the challenges box}

CHALLENGES

ASK: Describe some of the challenges that you are facing as you pursue your Dream?

ASK: Do you have any thoughts about how these challenges are calling out your superpowers?

{Coach, mostly listen during this part.
Share curious questions if they pop up.
AVOID making any recommendations about how to overcome the challenges
AVOID dismissing the challenge eg. “Oh that will be easy for us to solve”}

2) Share Experiences: Explore the Dream for symptoms of FEAR... WITH Judgment-Free Awareness

{Coach, Next, explore the right side of the playsheet
Here you really need to focus on being judgment-free and even bring a little lightness. People often take FEAR REALLY seriously. Your “lightness” and not getting sucked into any “drama” will prepare your player for the energy of PLAYING with fear.}

SAY: One of the BIG Ideas of the Inner Freedom Method is that the reason we get a purposeful Dream in our heart is to challenge us to grow and expand and unleash our superpowers in the world. So next we need to explore your Dream for growth opportunities which will look like doubts and fear and other difficult experiences like frustration, overwhelm and isolation.

A very important concept for all of our coaching sessions is judgment-free awareness. This is the ability to be open and curious about everything you are experiencing and just put everything on the table!

ATTEMPTS TO CONTROL

ASK: What desired results and experiences are NOT happening?

ASK: Where are you experiencing frustration?

{Coach, mostly listen. Share insights and curious questions if they pop up.
AVOID offering solutions!}

REACT TO CHALLENGES

ASK: What are the actions that you are taking but you experience resistance? In other words, you have to force yourself to do them? Or you have to “talk” yourself into it.

ASK: Are you experiencing reactive or negative thoughts about yourself or your abilities?

{Coach, mostly listen. Share insights and curious questions if they pop up.}

AVOID offering solutions!}}

RESIST TAKING ACTION

ASK: What are the actions that you are NOT taking?

ASK: Is there anything that you are resisting or avoiding?

ASK: Are there are times when you could be doing important actions for your Dream but you find yourself doing trivial things or “busy work”

ASK: Are you experiencing overwhelm? Too MUCH to do? Often you can't figure out where to begin?

{Coach, mostly listen. Share insights and curious questions if they pop up. AVOID offering solutions!}}

3) Play Together / Growth

SAY: Let's play with your situation for a few moments. Together we need to explore the relationship between your Dream and your Preservation Zone also known as your Comfort Zone.

The BIG Question is this: is your Dream big enough to pull you out of the comfort zone and into the growth zone?

ASK: From this review, what is your assessment of your situation?

{Coach, here is your opportunity to share what you have observed so far. Add your insights to what the player is sharing. PLAY WITH IT. Look at it from both sides.}

Do they need challenge or support?

(Are they in or out of their comfort zone?)

If support / encouragement is needed...

SAY: This is where the Inner Freedom coaching begins. It sounds like you are out of your comfort zone here. That is good. It means you are playing for a BIG Dream! We will use the Inner Freedom method together to get you into the flow of creative action for results and experiences.

If challenge is needed...

SAY: OK. This might sound strange, but I think the problem is that this Dream is too small for you right now. You are feeling stuck because you are trapped inside your comfort zone. You are not allowing yourself to be challenged. So, I am going to challenge you to play for a bigger Dream to get out of this rut.

4) Give them the “Play and Journal” Exercise:

SAY: Remember, your FEARS are a treasure map to your superpowers.

ASK: What is one recurring activity that is outside of your comfort zone that you can engage in this week to expand your awareness of the doubts and fears that you are experiencing?

ASK: What are the results that you want to come from this activity?

SAY: Keep a little journal of your experiences as you play or avoid playing: .

NOTICE AND JOURNAL...

- a) Actions that you KNOW would fulfill your Dream – but you avoid
- b) Actions that you take through great inner resistance.
- c) Thoughts or judgments that pop up that seem to be negative.
- d) Notice the results that are happening and NOT happening

SAY: I want you to play as BIG as you can this week. Really put yourself into it.

ASK: Can you do that?

{Coach, wait for them to say “Yes”}

SAY: OK. We have a plan. I can't wait to see what happens next!

03 Coaching Guide for Class 03 – Session 2 – Preplay a Pivotal Moment

Quick overview

- a) Go quickly through steps 0 and 1: Identify the moment to Preplay
- b) Go into detail in steps 2 and 3: Review Reactions with Judgment free awareness of thoughts and feeling the Feel the energy in the body.
- c) Go quickly through step #8: Make your mind the ally of your Dream (create Dream language)
- d) Go quickly through step #9 Preplay the Pivotal Moment (with Dream Language)

Note for class: with your class partner, Step “0” should be very quick; just skip to 1A and ask them what moment they want to play with. However, with your players, you will probably need to go through these questions to hone in on the pivotal moment to play with the first few times.

A) Share the Dream

SAY: It’s great to be back with you! Today we are going to dive deeper into playing for your Dream and play with a Pivotal Moment where you are experiencing FEAR or resistance.

B) Share Experiences

0) Explore for Pivotal Moments with inner resistance

ASK: *Are there any key actions that you are avoiding or resisting?*

Listen for hesitation and uncertainty

ASK: *Are there any actions that you take through great resistance? Where you really had to power through and force yourself to do it?*

Listen carefully.

ASK: *What about results? Are there any key results that are not happening? Maybe something where you are doing what you need to do but the results are not happening or not happening often enough?*

Listen. This is often where you will find the struggle.

C) Play Together / Growth

1) Preplay (or replay) the Pivotal moment of choice

Action Layer

1a) Choose The “moment” to focus on

ASK: *Which “moment” do you want to focus on right now?*

Coach: They may know EXACTLY what it is. OR they may not know!

If it is not clear which action is THE most important, just pick one that seems really important right now. You may need to suggest one from what you have heard.

Clarify the Action and Desired Result

SAY: *OK let's make sure we are clear on what is happening and not happening.*

ASK: *The activity that we are playing with is **X** (say the action)?*

*And when you do **X** (the action), what do you want to have happen?*

Listen: It is important that you are both clear about the action and the intended results.

Preplay the moment (OR choose a RECENT example to replay)

PREPLAY

ASK: *Can you imagine yourself doing the activity in the near future?*

REPLAY

SAY: *Let's explore this recent moment you were talking about earlier...*

1b) Start the Preplay Technique

SAY: *we will use a visualization technique called: “P/Replay the Moment”. You know how in sports they use instant replay to slow down the moment so everyone can see what REALLY happened? Well, we are going to use your imagination to do something similar right now.*

Ensure a Safe Space

Coach Note: Make sure they are in an environment where it is safe to close their eyes for a few moments. Eg. Not driving. Not in a busy public place. Not watching something on the stove top. Not chopping vegetables.

ASK: *Are you in a place where you can safely close your eyes?*

Assuming they say yes...

Start the Visualization

SAY: *close your eyes, breath naturally, and take a few moments to create the scene in your imagination.*

ASK: *Can you describe the scene for me?*

Coach: Listen carefully and get into the moment with them.

Make sure you can “see” it with them based on what they are describing.

2) Use judgment-free awareness to Scan for Thoughts and Inklings (aka Reactions)

Thought Layer

SAY: *Now we are going to look at the moment from several different perspectives.*

Just keep breathing naturally; keep your eyes closed and we'll talk together.

SAY: *It is very important that you **maintain judgment-free awareness** during this exercise. Imagine that we are both looking at this situation together and we are both curious, open and caring yet detached. This will help us expand awareness more easily.*

ASK: *When you imagine yourself in the scene, do you notice any thoughts going through your mind? What are they?*

SAY: *Take your time. Continue to see yourself in the scene while being curious about everything that was going through your mind at that moment.*

Just wait and listen

ASK: *With the moment slowed down a bit is there anything else that you notice about the situation?*

3) Feel the Energy in the Body

Feeling Layer

3a) Scan the Body

SAY: *Now I want you to scan your body for physical sensations from the top of your head down to your waist. Scan slowly and remain open.*

ASK: *What sensations are you feeling in your body?*

Coach: They may have lots of words coming up; For many people feeling is something they have resisted for a long time. And talking is a common way to avoid feeling.

Listen patiently and then...

If they are not saying anything,

SAY: Check their gut, chest, throat...

If they feel several things (this is common)...

ASK: *Which sensation is the most intense?*

Coach: If they are not sure, just pick one.

IF THEY ARE UNABLE TO FEEL...

NOTE: if they feel nothing:

this is not likely but it does happen sometimes; often people have a challenge with feeling within their body...

SAY: Often it takes practice to feel the subtle energies in the body. But I assure you the physical sensations are in there. I want you to really quiet your mind and feel your body: check your gut, your solar plexus, your heart, your throat, your back, your shoulders, your head, a general feeling all around you.

Stay quiet. Stay certain that they can do it. Give them time to get into the experience.

NOTE: if they STILL feel nothing...

This will be quite rare. But there are times when the person is just REALLY blocked and has essentially gone numb to the whole experience. If this happens you just want to encourage them to pay close attention to their body in the week ahead.

Skip ahead to step #8.

3b) Feel the Energy (Allow it to be there)

SAY: *Bring your full attention to the physical sensation. Feel into it as deeply as you can. ...{pause}... You may notice some emotions coming up. Just let them pass for now and focus on the physical sensation.*

ASK: *Does the feeling have a shape? What is it?*

ASK: *Does the feeling have a color? What is it?*

ASK: *Does the feeling have a temperature? What is it?*

Be very affirming and open to whatever IS there.

SAY: *Great! You did it. That is excellent body awareness for your first time doing this together.*

8) Make Your Mind the Ally of your Dream (Respond)

Thought Layer

SAY: *What happens is this: when a current moment in your life is energetically similar to an earlier moment, your body starts to buzz with energy because the*

emotional component of these memories is actually stored in your body. This is how your non-conscious mind communicates FEAR.

Since these moments were emotionally intense, your body feels that it is in some emotional or social risk. When this happens your mind starts to produce thoughts based on that fear because your conscious minds' #1 job is PRESERVATION and SURVIVAL.

SAY: *Next we want to focus your mind on your new HEART'S Intention to play BIG*

SAY: *Say again your HEART'S intention.*

Listen. Also you can remind them.

SAY: *Let's create a short phrase that captures the essence of your HEART'S Intention to step into the Growth Zone.*

PLAY WITH THEM! You can keep exploring examples until you feel that they have one that feels right when they say it;

This step is where you create new pattern language for the HEART'S Intention.

9) Preplay the pivotal moment with the Heart's Intention to Play Big

Action Layer

Create a NEW Picture

SAY: *OK. Now we are going to create a new picture for your HEART'S intention to Play BIG for your dream.*

ASK: *How would you like it to be?*

Coach: *listen.*

SAY: *Close your eyes again for a few moments.*

SAY: *Next, THINK and FEEL your new HEART'S Intention using the Language we just created. {say the language pattern for them}*

{give them a few moments}

SAY: *Now preplay the scene the way you want it to be; imagine you have power, freedom and the capability to make the big moves.*

{wait a few moments}

SAY: *Now, see yourself getting the results you desire. See it turning out just right.*

{wait a few moments}

SAY: *Open your eyes again and share with me a little bit of what you saw.*

Listen as they share about the new picture.

D) Play Plan for the week ahead

Create the **NEW PLAY PLAN** and journal **Pivotal Moments** as they come up

SAY: Our purpose was to create deeper awareness about your situation and I think we accomplished that! Way to go!

Coach Note: this next part you will say the first 2 or 3 times you use the method with them. After that they will know what to look for. Skip to the Play Plan

SAY: I have an important exercise for you:

SAY: As you play this week, take a time out from time to time to **NOTICE Pivotal Moments AND JOURNAL** about the experience.

SAY: Make notes about:

- a) Actions that you **KNOW** would help you to win - but you avoid
- b) Thoughts that pop up while you are playing that are not supportive of **YOU** or playing well
Notice these thoughts while you are not playing too
- c) What is happening around you - things happening and **NOT** happening
- d) Practice using judgment-free awareness whenever you can.

CREATE YOUR PLAY PLAN FOR NEXT WEEK

SAY: Ok, Let's create the play plan for the week

Coach Note: Create a play plan for the next time period. Make sure it includes the activity that you just did the Preplay on.