



INNER *Freedom*

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You are Invited: to Discover Inner Freedom

A transformational coaching method for transcending fear

The Inner Freedom Method is a precise sequence of guided inquiries, visualizations, body awareness exercises and provocative conversations. The key point is the PRECISE sequence.

It is challenging to learn AND you can't do it yourself. These are two qualities that enhance its value!

The Inner Freedom Backstory

After the launch of CoachVille in 2000, Thomas Leonard traveled the English Speaking world speaking about coaching and business. Coach Dave was the co-presenter at most of these events.

Thomas would often speak about the possibility of becoming “Super Conductive”: this is when your energy travels without friction toward your intended outcomes. He spoke about it, but he never explained how to do it.

This was a puzzle that Coach Dave set out to solve after Thomas died in 2003. And what he learned became the Inner Freedom Method.

Why is NOW a great time to learn the Inner Freedom Method?

The massive shift from the Industrial Age of Work to the Connected Age of Play is creating a BIG demand for the Inner Freedom Method.

If you organize your life around completing tasks, then you don't need Inner Freedom. However, more and more people are PLAYING life as a performance art or game or a quest; they desire to express themselves in the world to create value and influence.

A person playing life in this way is going to need a LOT of Inner Freedom

Inner Freedom Discovery Invitation

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“If you have the desire to take action for your dream and you are not doing it then you need Inner Freedom.”

– Coach Dave

Common situations that require Inner Freedom

You want to create something of value and share it ...
which requires being vulnerable

You want to express yourself to create influence
which means you risk being judged

Your actions often Require social risk such as:
ASKing for what you want; asking someone to promote you or refer you or
support you and your dream,

Making an OFFER to do something with someone or for someone where you
need to OWN your value and feel your worth ...

all of these require the risk of PERSONAL rejection.

Because it is YOU and your idea and your VALUE that is on the line.

ALL of these situations create an experience of FEAR.

Most of the time when you experience FEAR, you don't take the action; it is as
simple as that.

Industrial Age solutions like “time management” will not serve you well

Because people with BIG Dreams AND FEAR are everywhere, the need for the
Inner Freedom Method is EVERYWHERE.

Time management is NOT a solution for FEAR. And neither is trying to
overpower it. But Inner Freedom Is!

*“If you make FEAR your enemy, it will defeat you.
If you make FEAR your friend, it will guide you.
Your FEARS are a treasure map to your
Superpowers.” – Coach Dave*

In the Inner Freedom Method you learn how to make FEAR your friend because the thing you fear the most is expressing your YOUUnique Power.

On the Gamecard



A **POWER UP** is an activity where you listen to audio, read something or do an activity and then share your insights.



Invitation Message

Inner Freedom is a coaching method for transcending fear. What concept captured your curiosity?



Share

WHAT TO SHARE: Share one of the ideas from the Invitation Audio that spared your desire to learn more about it.

Invitation Audio “transcript”

Hi! Coach Dave here with you. I am SUPER excited to share the Inner Freedom Method Discovery Game with you.

The Inner Freedom Method is...

A transformational coaching method for transcending FEAR.

It is a precise sequence of guided inquiries, visualizations, body awareness exercises, provocative questions and power pattern language And it requires perceptive observations, pattern recognition, and DEEP presence by the coach ALL wrapped in a container of Judgment-Free Awareness.

I need to tell you that it is challenging to learn and it requires a LOT of practice.

BUT when you do WOW, it is an effective and sustainable way to transform lives when you are coaching and leading people who are playing BIG in the world.

And when you are the player, you will want a coach who uses this method!

So it is challenging to learn AND you can't do it yourself.

I know that this is a big departure from how most programs are pitched today: I have simple five step program to make millions that that you can do all by yourself...

It is DEEP and it requires co-creation. And maybe one of the best things about it.

If that sounds interesting to you... let's keep going.

Next I want to share a quick back story...

The method - like many concepts in the life coaching field - was originated by Thomas Leonard – the visionary founder of the Life Coaching Movement. When we were traveling around together in 2001 and 2002 speaking to large groups about coaching and business he would often talk about becoming Superconductive. This is when your energy flows freely in the direction of your desired outcomes without FRICTION holding it back. He talked about it all the time and it sounded awesome to me because many things I was doing and my players were doing just seemed to be so hard for no reason.

But he never really explained how to do it, just that it was possible. And this was one of the many puzzles that he left for me when he died in 2003. After years of experimentation, coaching a thousand people, learning and practice, this puzzle of Superconductivity evolved into the Inner Freedom Method. And I have been using for 15 years to transform lives AND I have taught to hundreds coaches who love it.

{?? Did I say in the Discovery Game you will hear audio of life changing coaching conversations}

But there is a reason why NOW is the time to bring this transformational experience to MANY more people!

If you have heard me speak before then you know that I am

focused on the emergence of 1-1 Life coaching and the massive shift happening from the Industrial Age of Work to the Connected Age of play AND that is changing the world of business, work and money. This is the shift from people working alone on routine tasks to playing for influence in the Connected World. Life and business are becoming less like a job and more like a performance art and to live and thrive this way you need Inner Freedom. A LOT of Inner Freedom.

Here is the situation where Inner Freedom coaching is super useful.

I have experienced this so many times in my 21 years as a coach And I am pretty sure you can relate to this as both a coach AND a player...

Coaching is guiding another person in pursuit of their BIG dreams...

So together you co-create the actions they want to take and the results they aim to create.

If the actions are routine tasks, they can do them pretty easily.

But in pursuit of a BIG Dream rarely are the actions that you want to take routine tasks!

You want to create something of value and share it ... which requires being vulnerable

You want to express yourself to create influence which means you risk being judged

Your actions often Require social risk such as:

ASKing for what you want; asking someone to promote you or refer you or support you and your dream.

Making an OFFER to do something with someone or for someone where you need to OWN your value and feel your worth ...

all of these require the risk of PERSONAL rejection. Because it is YOU and your idea and your VALUE that is on the line.

And Then you know what usually happens next ... NOTHING. ... You don't do it.

Has this ever happened to you or one of your players?

You set out to take an action for your BIG dream but then you don't do it? OR you use all of your energy powering through the resistance; the FRICTION that Thomas was talking about... OR you take the action but your energy is so diluted and confusing that you don't get the results you desire; people don't respond well....

SO Frustrating!!!

Then you come up with Industrial Age solutions like...

I need time management. I need more discipline. I need to just do it.

No. You don't need any of these things.

We are talking about FEAR.

NON-conscious Social FEAR that you have learned during the course of your life time because the need for belonging is wired into your brain.

“I can tell you with certainty: Time Management is NOT a solution for FEAR.”

– Coach Dave

But The Inner Freedom Method IS

It is a reliable AND sustainable method to coach a person who is facing FEAR while in pursuit of a DREAM to play BIG out in the world.

It is awesome as a professional coach with paying players OR as a Coach Approach Leader with team members.

When you learn it, your opportunities to coach amazing people doing BIG things are everywhere....

Because there are people with a Dream to play BIGGER... Everywhere.

So as a result, FEAR is EVERYWHERE; often just below the surface.

If you aim to play big in the Connected Age you need a coach who uses Inner Freedom.

I want you to have that coach. AND I want you to BE that coach.

I want to share with you AN important framework for FEAR that is at the heart of the Inner Freedom Method.

That is... FEAR is YOUR FRIEND.

When you learn this method you can PLAY with fear

I describe it like this...

In pursuit of your Dreams

If you make FEAR your enemy, it will defeat you!

If you make FEAR your friend, it will guide you.

Because your fears are a treasure map to your Superpowers.

What you learned to FEAR the most is expressing your YOUUnique Power.

In the Inner Freedom Discovery Game you are going to hear some incredible audio of coaching conversations where a player with a big dream was stuck but then after an Inner Freedom Session did something they would not do before.

You are going to hear the combination of Role Play + Inner Freedom which I believe is THE #1 coaching process to use with people playing BIG. IT is so good.

In the Inner Freedom Discovery Game we are going to explore some ideas with transformational possibilities.

1. You have a BIG dream in your heart that starts the adventure!
2. Why you experience overwhelm, isolation and frustration even apathy? To the point where some people think they don't even have a dream anymore. But they do. We all do.
3. You are NOT a Self-Saboteur. What you are is world class at self and situation preservation.
4. We are going to explore Inner Freedom and business and money.
5. We are going to explore Inner Freedom and the traumas of everyday life
6. We are going to talk about Inner Freedom and life in the Transformation Zone

And much more

You may have noticed THE LOGO... You see the hearts going through the to get and out into the world! (see the program logo)

That IS what this method is all about!

How to start with your hearts desire to express and co-create something awesome.

Find your way through the maze of challenges and the fears that are trying to keep you safe

And out into the wild world of transformational possibilities.

I hope you will join us!

Until then remember this...

Life is a playground. And we're going out to play!