

INNER FREEDOM



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

Welcome to the Center for Coaching Mastery!

This book contains the coaching guides for the Inner Freedom Method Coaching 12-week program.

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

1) 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.

2) **The best way to prepare before you coach your partner in class is to read the coaching guide out loud a few times.**

3) 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.

4) Consider printing this guide book and creating a binder for it.

You will use it in class and with the practice players that you recruit.

And you may end up signing paying players for Inner Freedom Coaching. Having a binder will make this super easy and organized!

5) [Print the Playsheets](#) and use them to take keyword notes while you are coaching.

What to do in a “Coaching” Session

Coaching is a co-creation 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 say next. 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”. Please don't do this.



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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.

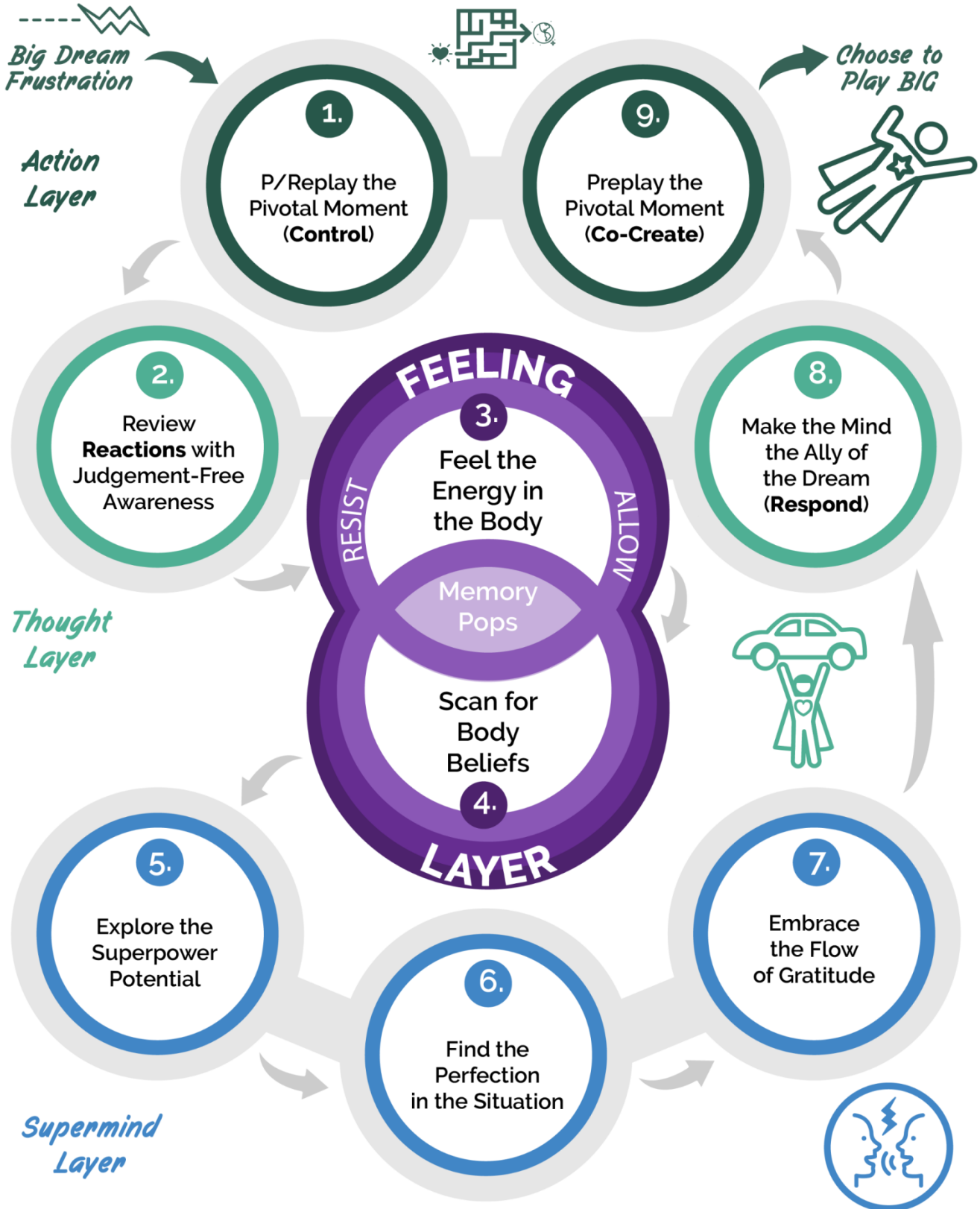
- 5) **HOLD YOUR TONGUE!**; especially if you feel the urge to tip, solve the problem, talk them out of their fear or get them out of their discomfort!

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 are times to share your observations and ideas built into the Coaching Guides. When those moments come... **SHARE!**



00 Coaching Guide for Exploratory Session

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

1) WELCOME & Warm Up

Say: "I am looking forward to doing this session with you. I really appreciate you 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 Transformation Coaching Program at CoachVille called Inner Freedom. My role as the coach is to help you play better, expand your possibilities, and unleash your superpowers by stepping outside of your comfort zone."

SAY:"OK. Let's start with a quick warm up. We will do 3 Connecting Breaths to warm up our heart – brain connection.

SAY:A Connecting Breath is a BIG breath in and a SLOW breath out.

Breathing in to a count of 4 and breathing out to a count of 7.

If you are in a safe place you can close your eyes. If possible put your feet flat on the floor and rest your hands on your lap or place them over your heart.

{do this in a quiet voice; and breath so they can hear you}

SAY:Big breath in (hold a moment)... Slow Breath Out {breath out slowly}

SAY:Big breath in (hold a moment)... Slow Breath Out {breath out slowly}

SAY:one more time...

SAY:Big breath in (hold a moment)... Slow Breath Out {breath out slowly}

SAY:Thank you for doing that with me. Let's dive into our exploratory session.

2) COACHING PLAN (Discover the Dream)

Ask: At CoachVille they are really big on looking at business, career and life as a playing for your dream. If you looked at your life / business / career as living your dream...How would you describe your 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) PRACTICE / PLAY TOGETHER (Explore 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!!}

Find/Articulate the “Drama” / BIG Growth Opportunity/ Challenge

Say: In coaching we like to look at playing for your dream as a Hero’s Journey. So there is always some drama in the form of a growth opportunity or challenge.

Ask: How would you describe your big challenge or growth opportunity using epic adventure language?

{Coach: this is meant to be fun; you may need to help them get into the spirit of it}

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!}

4) GROWTH MODE

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 #5A. If not, skip to 5B.

If YOU are a “no”, skip to 6B.

5A) PLAY PLAN (Confirm the Commitment)

Say: Excellent. I just want to confirm that you are committing to meet with me for about 50 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}

5B) 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!

01 Coaching Guide for Session #01 – Play With FEAR

1) WARMUP

SAY: "I am really excited about coaching with you. I can't wait to see what we co-create together."

ASK: Do I have your permission to be your coach today? Are you ready to get started?

{wait for them to say, YES}

SAY: "OK. Let's start with a quick warm up. We will do 3 Connecting Breaths to warm up our wisdom and a 30 second visualization to warm up our imaginations."

SAY: A Connecting Breath is a BIG breath in and a SLOW breath out.

Breathing in to a count of 4 and breathing out to a count of 7. If you are in a safe place you can close your eyes. If possible put your feet flat on the floor and rest your hands on your lap or place them over your heart.

{do this in a quiet voice}

SAY: Big breath in (hold a moment)... Slow Breath Out {breath out slowly}

SAY: Big breath in (hold a moment)... Slow Breath Out {breath out slowly}

SAY: one more time...

SAY: Big breath in (hold a moment)... Slow Breath Out {breath out slowly}

SAY: Next we will do a 30 second visualization. Keep your eyes closed if you can. Use your imagination to see yourself doing something you enjoy. Do your best to see it and feel it in your body. After you start the scene, allow your imagination to take you where it wants to go.

SAY: 30 seconds... here we go.

{wait approximately 30 seconds}

SAY: OK Excellent. Thanks for doing that with me.

NOTE: *if they want to share what they saw, definitely encourage them to do so.*

ASK: Are you ready to dive in?

{wait for them to say: Yes}

2) COACHING PLAN (DEEPEN THE DREAM)

SAY: Today we are going to dive deeper into how you are playing for your Dream right now and then we are going to practice using judgment-free awareness to explore where FEAR is coming into your experiences.

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

{listen and affirm their effort}

ASK: Do you have a name for this dream?

{listen and help them come up with a name for just a minute; it is not essential to have a name but it makes in more memorable and fun}

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?

{most people will orient either on themselves or the world around them; based on which one they focus on, ASK about the other}

ASK: What about for you personally?

OR

ASK: What about for the world?

3) PRACTICE TOGETHER ~ {Explore the Performance-Possibility Gap}

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

WITH Judgment-Free Awareness

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 on the coaching notes playsheet}

ACTIONS

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

(then) **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 on the coaching notes playsheet}

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”}

{Coach, Next, explore the right side of the playsheet

EXPLORE THE DREAM FOR SYMPTOMS OF FEAR...

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 ~ Frustration

ASK: What desired results and experiences are NOT happening?

Coach, mostly listen

ASK: Where are you experiencing frustration?

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

AVOID offering solutions!}

REACT TO CHALLENGES ~ Isolation

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.

Coach, mostly listen

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!}}

ASK: Are there situations where you react by thinking: OK, I just need to isolate myself and figure this out by myself? Or, OK everyone leave me alone.

Coach, mostly listen

RESIST TAKING ACTION

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

Coach, mostly listen

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

Coach, mostly listen

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”

Coach, mostly listen

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!}}

4) GROWTH MODE

SAY: Let's Step into the growth zone and 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.

ASK: The BIG Question is this: is your Dream big enough to pull you out of the preservation zone and into the growth/fear zone? How do you assess your situation?

{Coach, mostly listen

ASK: “Can I share an observation?”

{Coach: share an observation about your player's superpower potential and the pursuit of their dream.

Add your insights to what the player is sharing. PLAY WITH IT. Look at it from both sides.}

{Coach: 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.

5) PLAY PLAN (for the week ahead)

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?

{Coach, help them name this if they don't see it

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

{Coach, help them name this if they don't see it

SAY: I am going to give you an awareness building exercise. Are you OK with that?

{Coach, wait for the “yes”

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

6) GROWTH ZONE PART 2

ASK: What did you learn about yourself from this session today?

SAY: Talk soon!

02 Coaching Guide for Session #02 – Pivotal Moment

1) WARMUP

SAY: "I am really excited about coaching with you today. I can't wait to see what we co-create together."

ASK: Do I have your permission to be your coach today? Are you ready to get started?

{wait for them to say, YES}

SAY: "OK. Let's start with a quick warm up. Just like last session, we will do 3 Connecting Breaths to warm up our wisdom and a 30 second visualization to warm up our imaginations.

SAY: A Connecting Breath is a BIG breath in and a SLOW breath out.

If you are in a safe place you can close your eyes. If possible, put your feet flat on the floor and rest your hands on your lap or place them over your heart.

{do this in a quiet voice}

SAY: Big breath in (hold a moment)... Slow Breath Out *{breath out slowly}*

SAY: Big breath in (hold a moment)... Slow Breath Out *{breath out slowly}*

SAY: one more time...

SAY: Big breath in (hold a moment)... Slow Breath Out *{breath out slowly}*

SAY: Next we will do a 30 second visualization. Keep your eyes closed if you can. Use your imagination to see yourself doing something you enjoy. Do your best to see it and feel it in your body. After you start the scene, allow your imagination to take you where it wants to go.

SAY: 30 seconds... here we go.

{wait approximately 30 seconds}

SAY: OK Excellent. Thanks for doing that with me.

NOTE: *if they want to share what they saw, definitely encourage them to do so.*

SAY: OK. The final warm up step is to share with me a 30-second version of your BIG Dream.

{Listen. Then when they finish...}

SAY: I can see you doing that.

{pause for a moment}

ASK: Alright! We are warmed up now. Are you ready to dive in?

{wait for them to say: Yes}

2) COACHING PLAN

DEEPEN THE DREAM

SAY: *Today we are going to dive deeper into playing for your Dream and play with a*

Pivotal Moment where you are experiencing resistance or fear.

EXPLORE EXPERIENCES for celebrations and pivotal moments

SAY: In each session we will explore actions and results that are happening and not happening to look for growth opportunities.

ASK: Is there anything you want to celebrate with me?

Listen for experiences to champion

ASK: What about results? Did you co-create any desired results?

Listen for results to champion

SAY: Let's explore your experiences from the growth / fear zone?

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: 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.

3) PRACTICE ~ PLAY TOGETHER ~ {Explore the Performance-Possibility Gap}

START the Inner Freedom Method

Action Layer

0) Choose The “moment” to practice together

ASK: Of all the things we explored so far, what is the Pivotal “moment” you want to play with together today?

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 about the action and the intention.

*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 a future moment OR choose a RECENT moment to replay)

Coach: you can ask or suggest about doing a preplay or a replay.

ASK: Do you want to preplay a future moment or replay a recent moment?

PREPLAY

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

OR

REPLAY

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

1) Preplay The Pivotal Moment

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 (or recreate) the scene in your imagination.

{wait a moment}

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?

Just wait and listen

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: Take a moment to scan your body for physical sensations from the top of your head to your waist.

ASK: Do you notice any physical sensations? Perhaps in your gut or in your chest?

{Listen} 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.

IF they are talking a lot,

SAY: "That is interesting. Try to tune into your body and notice what is happening there."

CHOOSE A OR B

A = They don't notice a physical sensation.

B = They DO notice a physical sensation

A) They don't notice a physical sensation

SAY: That is OK. The key is to get in the practice of paying attention to your body.

SAY: Often emotional energy in the body is VERY subtle like a buzzing or tingling sensation or pressure. 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.

{Wait a few moments; Stay quiet. Stay certain that they can do it. Give them time to get into the experience.}

ASK: Do you notice any physical sensations?

If the DO go to B)

If they still don't notice any physical sensations

Say: That is OK. We will practice this again next time. It will come to you.

{Skip to 4}

B) They DO notice a physical sensation}

SAY: I acknowledge your courage for noticing and feeling these sensations!

IF they mention more than one body sensation...

ASK: Which sensation is most intense?

{Let them answer to choose which sensation to focus on}

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?

ASK: Does the feeling have a color?

ASK: Does the feeling have a temperature?

Be very affirming and open to whatever IS there.

SAY: OK, now all you need to do is just allow yourself to feel that {temp/color/shape} energy for 30 seconds. Just welcome it, allow it to be there and feel into it as deeply as you can.

ASK: Do you think you can do that?

{Wait for the “yes”}

SAY: OK, I will time you. I will be here if you want to SAY anything.

For 30 seconds. Here we go.

at 15 seconds quietly SAY: keep going

at 30 seconds quietly SAY: excellent. You did it.

ASK: What was that experience like? Did anything come up for you?

{If your player has a "Memory Pop"}

Often while FEELING physical sensations your player will have a memory POP of an earlier moment in life. This is because the physical sensations ARE memories! Here is what you do...

{Just listen! Don't judge the memory or try to fix anything}

4) Scan for “body beliefs”

Feeling Layer

SAY: The moment we are practicing is bringing up a body belief because it resembles a social risk experience from your past. It is trying to keep you safe.

SAY: This is natural. Let's explore it together.

SAY: Try to fill in the blank of this statement:

SAY: It's not safe for me to....."fill in the blank"

{Listen: if they are having trouble finding the words offer suggestions}

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

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

Thought Layer

SAY: When your body feels a social risk 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: What is your HEART'S intention in this situation.

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 the freedom to express your power and the capability to co-create the experience you desire.

{wait a few moments}

SAY: 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.

4) GROWTH MODE

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

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

{Coach: listen }

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

{Coach: listen }

ASK: “Can I share an observation?”

{Wait for them to say Yes}

{Coach: share an observation about how the Pivotal Moment exercise can move them toward their BIG Dream.}

ASK: “How do you feel about our progress in the pivotal moment we played with today?”

{Coach: listen and share}

5) PLAY PLAN ~ for the days ahead

SAY: “OK, let’s make sure we have a Play Plan... And try to get at least one thing from each of the play areas: Relate, Create, Explore and Experiment...”

ASK: “What are the **ACTIONS** (or perspectives) you will focus on?”

{Coach: listen for the Pivotal Moment Action you just practiced; Listen for: Relate for Influence, Create to Share, Explore and Experiment}

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 your Observation.

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 using judgment-free awareness*

ASK: “How will you keep our play plan alive between now and our next session?”

{Coach: listen their need for support or structure}

SUPPORTIVE OBSERVATIONS

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

{Coach, remember to make a few notes on the Inner Freedom Playsheet for this player
AFTER 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.

ALTERNATE ENDING

SAY: “Great! Please keep me tuned in to your progress by email during the week (or text or however you choose). I want to hear from you. OK? Have a great week of play. Talk to you soon”

03 Coaching Guide for Session #03 – Feel the Energy

1) WARMUP

SAY: "I am really excited about coaching with you today. I can't wait to see what we co-create together."

ASK: Do I have your permission to be your coach today? Are you ready to get started?

{wait for them to say, YES}

SAY: "OK. Let's start with a quick warm up. Just like last session, we will do 3 Connecting Breaths to warm up our wisdom and a 30 second visualization to warm up our imaginations.

SAY: A Connecting Breath is a BIG breath in and a SLOW breath out.

If you are in a safe place, you can close your eyes. If possible, put your feet flat on the floor and rest your hands on your lap or place them over your heart.

{do this in a quiet voice}

SAY: Big breath in (hold a moment)... Slow Breath Out *{breath out slowly}*

SAY: Big breath in (hold a moment)... Slow Breath Out *{breath out slowly}*

SAY: one more time...

SAY: Big breath in (hold a moment)... Slow Breath Out *{breath out slowly}*

SAY: Excellent

SAY: Next we will do a 30 second visualization. Keep your eyes closed if you can. Use your imagination to see yourself doing one of the peak experiences of your dream. Do your best to see it and feel it in your body. After you start the scene, allow your imagination to take you where it wants to go.

SAY: 30 seconds... here we go.

{wait approximately 30 seconds}

SAY: OK Excellent. Thanks for doing that with me.

NOTE: *if they want to share what they saw, definitely encourage them to do so.*

SAY: OK. The final warm up step is to share with me a 30-second version of your BIG Dream.

{Listen. Then when they finish...}

SAY: I can see you doing that!

{pause for a moment}

ASK: Alright! We are warmed up now. Are you ready to dive in?

{wait for them to say: Yes}

2) COACHING PLAN (Deepen the Dream)

SAY: Our coaching plan today is to explore a pivotal moment together.

ASK: Does that sound good to you?

Wait for them to say “Yes”.

EXPLORE EXPERIENCES for celebrations and pivotal moments

SAY: Next we will explore actions and results that are happening and not happening to look for pivotal moments and growth opportunities.

ASK: Is there anything you want to celebrate with me?

Listen for experiences to champion

ASK: What about results? Did you co-create any desired results?

Listen for results to champion

SAY: Let's explore your experiences from the growth / fear zone?

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: 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.

3) PRACTICE ~ PLAY TOGETHER ~ {Explore the Performance-Possibility Gap}

START the Inner Freedom Method

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

Action Layer

1a) Choose The “moment” to focus on

ASK: Of all the things we explored so far, *what is the Pivotal “moment” you want to play with together today?*

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 about the action and the intention.

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 a future moment OR choose a RECENT moment to replay)

Coach: you can ask or suggest about doing a preplay or a replay.

ASK: Do you want to preplay a future moment or replay a recent moment?

Or suggest...

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" to use your imagination to create the experience.

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 (or recreate) the scene in your imagination.

{wait a moment}

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?

Just wait and listen

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: Take a moment to scan your body for physical sensations from the top of your head to your waist.

ASK: Do you notice any physical sensations? Perhaps in your gut or in your chest?

{Listen} 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.

IF they are talking a lot,

SAY: "That is interesting. Try to tune into your body and notice what is happening there."

CHOOSE A OR B

A = They don't notice a physical sensation.

B = They DO notice a physical sensation

A) {if they DON'T notice a physical sensation; this happens sometimes}

SAY: That is OK. The key is to get in the practice of paying attention to your body.

SAY: Often it takes practice to feel the subtle energies in the body. 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.

{Wait a few moments; Stay quiet. Stay certain that they can do it. Give them time to get into the experience.}

ASK: Do you notice any physical sensations?

If they still don't notice any physical sensations

Say: That is OK. We will practice this again next time. It will come to you.

{Skip to 4}

B) {if they notice a physical sensation}

SAY: I acknowledge your courage for noticing and feeling these sensations!

IF they mention more than one body sensation...

ASK: Which sensation is most intense?

{Let them answer to choose which sensation to focus on}

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?

ASK: Does the feeling have a color?

ASK: Does the feeling have a temperature?

Be very affirming and open to whatever IS there.

*SAY: OK, now all you need to do is just allow yourself to feel that **{temp/color/shape}** energy for 30 seconds. Just welcome it, allow it to be there and feel into it as deeply as you can.*

ASK: Do you think you can do that?

{Wait for the “yes”}

SAY: OK, I will time you. I will be here if you want to SAY anything.

For 30 seconds. Here we go.

at 15 seconds quietly SAY: keep going

at 30 seconds quietly SAY: excellent. You did it.

ASK: What was that experience like? Did anything come up for you?

{If your player has a "Memory Pop"}

Often while FEELING physical sensations your player will have a memory POP of an earlier moment in life. This is because the physical sensations ARE memories! Here is what you do...

{Just listen! Don't judge the memory or try to fix anything}

4) Explore the “body belief”

Feeling Layer

SAY: The moment we are practicing is bringing up a body belief because it resembles a social risk experience from your past. It is trying to keep you safe.

SAY: This is natural. Let's explore it together.

SAY: Try to fill in the blank of this statement:

SAY: It's not safe for me to....."fill in the blank"

{Listen; if they are having trouble finding the words offer suggestions}

SAY: Great! You did it. That is excellent awareness.

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

Thought Layer

SAY: *When your body feels a social risk 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: *What is your HEART'S intention in this situation.*

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 the freedom to express your power and the capability to co-create the experience you desire.*

{wait a few moments}

SAY: *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.

4) GROWTH MODE

SAY: "OK, this is a good time to switch into growth mode"

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

{Coach: listen }

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

{Coach: listen }

ASK: “Can I share an observation?”

{Wait for them to say Yes}

{Coach: share an observation about how the Pivotal Moment exercise can move them toward their BIG Dream.}

ASK: “How do you feel about our progress in the pivotal moment we played with today?”

{Coach: listen and share}

5) PLAY PLAN ~ FOR THE DAYS AHEAD

***SAY:** “OK, let’s make sure we have a Play Plan... And try to get at least one thing from each of the play areas: Relate, Create, Explore and Experiment...”*

***ASK:** “What are the **ACTIONS** (or perspectives) you will focus on?”*

{Coach: listen for the Pivotal Moment Action you just practiced; Listen for: Relate for Influence, Create to Share, Explore and Experiment}

***SAY:** As you play this week, continue to take a time out from time to time to **NOTICE Pivotal Moments AND JOURNAL** about the experience using judgment-free awareness*

SUPPORTIVE OBSERVATIONS

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

{Coach, remember to make a few notes on the Inner Freedom Playsheet for this player AFTER 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.

ALTERNATE ENDING

SAY: “Great! Please keep me tuned in to your progress by email during the week (or text or however you choose). I want to hear from you. OK? Have a great week of play. Talk to you soon”.

04 Coaching Guide for Session #04 – Memory Pops

1) WARMUP

SAY: "I am really excited about coaching with you today. I can't wait to see what we co-create together."

ASK: Do I have your permission to be your coach today? Are you ready to get started?

{wait for them to say, YES}

SAY: "OK. Let's start with a quick warm up. Just like last session, we will do 3 Connecting Breaths to warm up our wisdom and a 30 second visualization to warm up our imaginations.

SAY: A Connecting Breath is a BIG breath in and a SLOW breath out.

If you are in a safe place, you can close your eyes. If possible, put your feet flat on the floor and rest your hands on your lap or place them over your heart.

{do this in a quiet voice}

SAY: Big breath in (hold a moment)... Slow Breath Out *{breath out slowly}*

SAY: Big breath in (hold a moment)... Slow Breath Out *{breath out slowly}*

SAY: on more time...

SAY: Big breath in (hold a moment)... Slow Breath Out *{breath out slowly}*

SAY: Excellent

SAY: Next we will do a 30 second visualization. Keep your eyes closed if you can. Use your imagination to see yourself doing one of the peak experiences of your dream. Do your best to see it and feel it in your body. After you start the scene, allow your imagination to take you where it wants to go.

SAY: 30 seconds... here we go.

{wait approximately 30 seconds}

SAY: OK Excellent. Thanks for doing that with me.

NOTE: *if they want to share what they saw, definitely encourage them to do so.*

SAY: OK. The final warm up step is to share with me a 30-second version of your BIG Dream.

{Listen. Then when they finish...}

SAY: I can see you doing that!

{pause for a moment}

ASK: Alright! We are warmed up now. Are you ready to dive in?

{wait for them to say: Yes}

2) COACHING PLAN

SAY: *Our Coaching plan for today is we are going to continue to dive deeper into*

playing for your Dream and play with another Pivotal Moment where you are experiencing resistance or fear.

ASK: Does that sound good to you?

{wait for them to say: Yes}

EXPLORE EXPERIENCES for celebrations and pivotal moments

SAY: *Let's explore actions and results that are happening and not happening to look for pivotal moments and growth opportunities.*

ASK: Is there anything you want to celebrate with me including creating your desired results?

Listen for experiences to champion

SAY: *Let's explore your experiences from the growth / fear zone?*

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

Listen for hesitation and uncertainty

ASK: *Are there any key results that are not happening or not happening often enough?*

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

3) PRACTICE TOGETHER ~ {Explore the Performance-Possibility Gap}

START the Inner Freedom Method

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

Action Layer

1a) Choose The “moment” to focus on

ASK: Of all the things we explored so far, *what is the Pivotal “moment” you want to play with together today?*

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 about the action and the intention.*

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 a future moment OR choose a RECENT moment to replay)

Coach: you can ask or suggest about doing a preplay or a replay.

ASK: Do you want to preplay a future moment or replay a recent moment?

Or suggest...

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" to use your imagination to create the experience.

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 (or recreate) the scene in your imagination.

{wait a moment}

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: remember to **maintain judgment-free awareness** during this exercise. We are both curious, open and caring yet detached.*

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

Just wait and listen

3) Feel the Energy in the Body

Feeling Layer

3a) Scan the Body

SAY: Take a moment to scan your body for physical sensations from the top of your head to your waist.

wait

ASK: What physical sensations do you notice?

CHOOSE A OR B

A = They don't notice a physical sensation.

B = They DO notice a physical sensation

A) {if they DON'T notice a physical sensation; this happens sometimes}

SAY: That is OK. The key is to get in the practice of paying attention to your body.

SAY: Often it takes practice to feel the subtle energies in the body. 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.

{Wait a few moments; Stay quiet. Stay certain that they can do it. Give them time to get into the experience.}

ASK: Do you notice any physical sensations?

If they still don't notice any physical sensations

Say: That is OK. We will practice this again next time. It will come to you.

{Skip to 4}

B) {if they notice a physical sensation}

SAY: I acknowledge your courage for noticing and feeling these sensations!

IF they mention more than one body sensation...

ASK: Which sensation is most intense?

{Let them answer to choose which sensation to focus on}

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?

ASK: Does the feeling have a color?

ASK: Does the feeling have a temperature?

Be very affirming and open to whatever IS there.

*SAY: OK, now all you need to do is just allow yourself to feel that energy **{temp/color/shape}** for 30 seconds.*

Just welcome it, allow it to be there and feel into it as deeply as you can.

ASK: *Do you think you can do that?*

{Wait for the “yes”}

SAY: *OK, I will time you. I will be here if you want to SAY anything.*

For 30 seconds. Here we go.

at 15 seconds quietly SAY: keep going

at 30 seconds quietly SAY: excellent. You did it.

ASK: *What was that experience like? Did anything come up for you?*

{Listen for a moment}

{If your player has 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.

Skip ahead to 4)

Otherwise... keep going

3c) 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: Sometimes 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.

****) Scan for Memory Pops**

Feeling Layer

IMMEDIATELY after feeling the energy the 2nd time.

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

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

CHOOSE A OR B

A = Memory Pop = Yes.

B = Memory Pop = No (rare)

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.

B) NO MEMORY POP THEN...

ASK: *Did you notice any emotions coming up?*

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

Either way... move into Step 4

4) Explore the “body belief”

Feeling Layer

SAY: *The moment we are practicing is bringing up a body belief because it resembles a social risk experience from your past. It is trying to keep you safe.*

SAY: *This is natural. Let's explore it together.*

SAY: *Try to fill in the blank of this statement:*

SAY: *It's not safe for me to....."fill in the blank"*

{Listen; if they are having trouble finding the words offer suggestions}

SAY: *Great! You did it. That is excellent awareness.*

5) Explore the Superpower Potential

Supermind Layer

CHOOSE A OR B

A = Memory Pop = Yes.

B = Memory Pop = No (rare)

A) Memory Pop

ASK: Do you have an inkling about the unique power that you were expressing (or trying to express) in that earlier moment?

{co-create this with them}

B) No Memory pop: explore for an inkling about the superpower

ASK: Do you have an inkling about the unique power that may be in a shadow beneath this self-preservation intention?

{co-create this with them}

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

Thought Layer

SAY: Now we understand the self-preservation instinct pulling you toward avoiding social risk and playing safe...

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

SAY: *What is your HEART'S intention in this situation?*

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 the freedom to express your power and the capability to co-create the experience you desire.*

{wait a few moments}

SAY: 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.

4) GROWTH MODE

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

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

{Coach: listen }

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

{Coach: listen }

ASK: “Can I share an observation?”

{Wait for them to say Yes}

{Coach: share an observation about how the Pivotal Moment exercise can move them toward their BIG Dream.}

ASK: “How do you feel about our progress in the pivotal moment we played with today?”

{Coach: listen and share}

5) PLAY PLAN ~ FOR THE DAYS AHEAD

SAY: “OK, let’s make sure we have a Play Plan... And try to get at least one thing from each of the play areas: Relate, Create, Explore and Experiment...”

*ASK: “What are the **ACTIONS** (or perspectives) you will focus on?”*

{Coach: listen for the Pivotal Moment Action you just practiced; Listen for: Relate for Influence, Create to Share, Explore and Experiment}

SAY: Keep your Pivotal Moments JOURNAL going OK?

SUPPORTIVE OBSERVATIONS

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

{Coach, remember to make a few notes on the Inner Freedom Playsheet for this player
AFTER THE SESSION}

ENDING

SAY: “Great! Have a great week of play. Talk to you soon”

05 Coaching Guide for Session #05 – Superpower Potential (role play)

1) WARMUP

Only Keywords Now! (You know what to say)

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Peak Experience Technique - Imagination

Share your Dream in 30-seconds - Alignment

SAY: I can see you doing that.

ASK: Alright! We are warmed up now. Are you ready to dive in?

{wait for them to say: Yes}

2) COACHING PLAN

SAY: *Our Coaching Plan for today is we are going to role play a pivotal conversation that is important for your BIG Dream... and practice to expand your influence.*

ASK: sound good?

{wait for them to say: Yes}

EXPLORE EXPERIENCES for celebrations and pivotal moments

SAY: *Let's explore actions and results that are happening and not happening to look for pivotal moments and growth opportunities.*

ASK: Is there anything you want to celebrate with me including creating your desired results?

Listen for experiences to champion

SAY: *Let's explore your experiences from the growth / fear zone?*

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

Listen for hesitation and uncertainty

ASK: *Are there any key results that are not happening or not happening often enough?*

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

3) PRACTICE TOGETHER ~ { Explore the Performance-Possibility Gap}

START with a Role Play

Action Layer

1a) Choose The “conversation” to play with

If the conversation to Role Play is obvious from the last conversation you can skip this question.

ASK: *What is the Pivotal “conversation” you want to Role Play today?*

Listen carefully.

You may need to recommend one from your initial playsheet

Clarify the Action and Desired Result

SAY: *OK let's make sure we are clear on what you want to experience in the conversation.*

ASK: *When you talk to X about... (say the situation)?
What do you want to have happen?*

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

1b) Set up the Role Play

Ask: Who am I playing? Please describe the person’s general characteristics in 30 seconds.

Ask: What is the result or influence that you want in this conversation?

Ask: What is the person’s point of view toward the subject?

1c) Start the Role Play

Jump into the Role Play for a few minutes. Remember... It’s PLAY!!

The key is to “push it” to the place where the player needs to do or say something that is a social risk.

1d) Call Time Out

When you sense that the player is hesitating or experiencing doubt...

Call time out! Share your observations.

ASK: What was happening for you right there?

Listen. Get a few clues about what your player is experiencing.

SAY: OK. This is a good moment for us to explore with Inner Freedom.

E) SHIFT into the Inner Freedom Method

1e) Ensure a Safe Space for Inner Freedom Visualization

Coach Note: Make sure they are in an environment where it is safe to close their eyes for a few moments.

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 put yourself back into the scene we were just playing.*

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: *remember to **maintain judgment-free awareness** during this exercise. We are both curious, open and caring yet detached.*

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

Just wait and listen

3) Feel the Energy in the Body

Feeling Layer

3a) Scan the Body

SAY: *Take a moment to scan your body for physical sensations from the top of your head to your waist.*

wait

ASK: *What do you notice?*

CHOOSE A OR B

A = They don't notice a physical sensation.

B = They DO notice a physical sensation

A) {if they DON'T notice a physical sensation; this happens sometimes}

SAY: *That is OK. The key is to get in the practice of paying attention to your body.*

SAY: *Often it takes practice to feel the subtle energies in the body. 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.*

{Wait a few moments; Stay quiet. Stay certain that they can do it. Give them time to get into the experience.}

ASK: *Do you notice any physical sensations?*

If they still don't notice any physical sensations

Say: That is OK. We will practice this again next time. It will come to you.

{Skip to 4}

B) {if they notice a physical sensation}

SAY: I acknowledge your courage for noticing and feeling these sensations!

IF they mention more than one body sensation...

ASK: Which sensation is most intense?

{Let them answer to choose which sensation to focus on}

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?

ASK: Does the feeling have a color?

ASK: Does the feeling have a temperature?

Be very affirming and open to whatever IS there.

SAY: OK, now all you need to do is just allow yourself to feel that energy {temp/color/shape} for 30 seconds.

Just welcome it, allow it to be there and feel into it as deeply as you can.

ASK: Do you think you can do that?

{Wait for the “yes”}

SAY: OK, I will time you. I will be here if you want to SAY anything.

For 30 seconds. Here we go.

at 15 seconds quietly SAY: keep going

at 30 seconds quietly SAY: excellent. You did it.

IMMEDIATELY after feeling the energy.

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

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

CHOOSE A OR B

A = Memory Pop = Yes.
B = Memory Pop = No (rare)

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.

B) NO MEMORY POP THEN...

ASK: *Did you notice any emotions coming up?*

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

**** If it feels right to you... Invite them to feel into the energy for 30 more seconds**

ASK: *Did anything come up for you?*

Either way... move into Step 4

4) Explore the “body belief”

Feeling Layer

SAY: *The moment we are practicing is bringing up a body belief because it resembles a social risk experience from your past. It is trying to keep you safe.*

SAY: *This is natural. Let's explore it together.*

SAY: *Try to fill in the blank of this statement:*

SAY: *It's not safe for me to....."fill in the blank"*

{Listen; if they are having trouble finding the words offer suggestions}

SAY: *Great! You did it. That is excellent awareness.*

5) Explore the Superpower Potential

Supermind Layer

CHOOSE A OR B

A = Memory Pop = Yes.
B = Memory Pop = No (rare)

A) Memory Pop

ASK: Do you have an inkling about the unique power that you were expressing (or trying to express) in that earlier moment?

{co-create this with them}

B) No Memory pop: explore for an inkling about the superpower

ASK: Do you have an inkling about the unique power that may be in a shadow beneath this body belief?

{co-create this with them}

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

Thought Layer

SAY: Now we understand the self-preservation instinct pulling you toward avoiding social risk and playing safe...

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

SAY: *What is your HEART'S intention in this situation?*

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

Back to the Role Play

SAY: *OK. Now we are going to go back to the Role Play with your new picture for your HEART'S intention to Play BIG for your dream.*

Go back to the Role Play.

Throw in a few twists as the role player if you want to see how your player responds

Repeat

Repeat it as many times as necessary until you feel your player has confidence for the conversation.

Ask: What are your insights from this practice?

Listen as they share about the experience.

4) GROWTH MODE

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

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

{Coach: listen }

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

{Coach: listen }

ASK: “Can I share an observation?”

{Wait for them to say Yes}

{Coach: share an observation about how the Pivotal Moment exercise can move them toward their BIG Dream.}

ASK: “How do you feel about our progress in the pivotal moment we played with today?”

{Coach: listen and share}

5) PLAY PLAN ~ FOR THE DAYS AHEAD

SAY: “OK, let’s make sure we have a Play Plan... And try to get at least one thing from each of the play areas: Relate, Create, Explore and Experiment...”

ASK: “What are the **ACTIONS** (or perspectives) you will focus on?”

SUPPORTIVE OBSERVATIONS

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

{Coach, remember to make a few notes on the Inner Freedom Playsheet for this player AFTER THE SESSION}

ENDING

SAY: “Great! Have a great week of play. Talk to you soon”

06 Coaching Guide for Session #06 – Find the Perfection

1) WARMUP

Only Keywords Now! (You know what to say)

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Peak Experience Technique - Imagination

Share your Dream in 30-seconds - Alignment

SAY: I can see you doing that.

ASK: Alright! We are warmed up now. Are you ready to dive in?

{wait for them to say: Yes}

2) COACHING PLAN

SAY: *Our Coaching Plan today is to continue exploring your Dream and really start to look for your hidden superpowers.*

ASK: Sound good?

{wait for them to say: Yes}

EXPLORE EXPERIENCES for celebrations and pivotal moments

SAY: *Let's explore actions and results that are happening and not happening to look for pivotal moments and growth opportunities.*

ASK: Is there anything you want to celebrate with me including creating your desired results?

Listen for experiences to champion

SAY: *Let's explore your experiences from the growth / fear zone?*

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

Listen for hesitation and uncertainty

ASK: *Are there any key results that are not happening or not happening often enough?*

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

3) PRACTICE TOGETHER ~

{Explore the Performance-Possibility Gap}

START the Inner Freedom Method

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

Action Layer

1a) Choose The “moment” to focus on

ASK: What is the Pivotal “moment” you want to practice today?

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 about the action and the intention.

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 a future moment OR choose a RECENT moment to replay)

Coach: you can ask or suggest about doing a preplay or a replay.

ASK: Do you want to preplay a future moment or replay a recent moment?

Or suggest...

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 (or recreate) the scene in your imagination.

{wait a moment}

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: remember to **maintain judgment-free awareness** during this exercise. We are both curious, open and caring yet detached.*

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

Just wait and listen

3) Feel the Energy in the Body

Feeling Layer

3a) Scan the Body

SAY: Take a moment to scan your body for physical sensations from the top of your head to your waist.

wait

ASK: What do you notice?

We assume that by now they are able to notice physical sensations.

SAY: That is good body awareness.

IF they mention more than one body sensation...

ASK: Which sensation is most intense?

{Let them answer to choose which sensation to focus on}

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?

ASK: Does the feeling have a color?

ASK: Does the feeling have a temperature?

Be very affirming and open to whatever IS there.

*SAY: OK, now all you need to do is just allow yourself to feel that {**temp/color/shape**} energy for 30 seconds.*

Just welcome it, allow it to be there and feel into it as deeply as you can.

ASK: Do you think you can do that?

{Wait for the “yes”}

SAY: OK, I will time you. I will be here if you want to SAY anything.

For 30 seconds. Here we go.

at 15 seconds quietly SAY: keep going

at 30 seconds quietly SAY: excellent. You did it.

IMMEDIATELY after feeling the energy.

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

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

CHOOSE A OR B

A = Memory Pop = Yes.

B = Memory Pop = No (rare)

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.

B) NO MEMORY POP THEN...

ASK: Did you notice any emotions coming up?

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

**** If it feels right to you... Invite them to feel into the energy for 30 more seconds**

ASK: Did anything come up for you?

Either way... move into Step 4

4) Explore the “body belief”

Feeling Layer

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: *Fill in the blank of this statement:*

SAY: *It's not safe for me to....."fill in the blank"*

{Listen; if they are having trouble finding the words offer suggestions}

SAY: *Great! You did it. That is excellent awareness.*

5) Explore the Superpower Potential

Supermind Layer

CHOOSE A OR B

A = Memory Pop = Yes.

B = Memory Pop = No (rare)

A) Memory Pop

ASK: Do you have an inkling about the unique power that you were expressing (or trying to express) in that earlier moment?

SAY: *Let's give this potential superpower a name.*

ASK: *What shall we call it?*

{co-create this with them}

B) No Memory pop: explore for an inkling about the superpower

ASK: Do you have an inkling about the unique power that may be in a shadow beneath this self-preservation intention?

SAY: *Let's give this potential superpower a name.*

ASK: *What shall we call it?*

{co-create this with them}

6) Find the Perfection in the Situation

Supermind Layer

6a) Find the Perfection in the Self-PRESERVATION Intention

CHOOSE A OR B

A = if you are exploring a memory pop.

B = No memory pop (rare)

A) if you are playing with a memory pop; explore for the perfection in the earlier moment}

SAY: *These SELF-PRESERVATION intentions that we create earlier in life serve an important purpose in our lives.*

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

Listen. Often people are judgmental about their SELF-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.

{co-create this with them}

B) No Memory pop: explore the Self-Preservation Intention Together

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

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

Listen and explore ideas.

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

Thought Layer

SAY: Now we understand the self-preservation instinct pulling you toward avoiding social risk and playing safe...

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

SAY: *What is your HEART'S intention in this situation?*

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 the freedom to express your power and the capability to co-create the experience you desire.

{wait a few moments}

SAY: 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.

4) GROWTH MODE

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

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

{Coach: listen }

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

{Coach: listen }

ASK: “Can I share an observation?”

{Wait for them to say Yes}

{Coach: share an observation about how the Pivotal Moment exercise can move them toward their BIG Dream.}

ASK: “How do you feel about our progress in the pivotal moment we played with today?”

{Coach: listen and share}

5) PLAY PLAN ~ FOR THE DAYS AHEAD

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

ASK: “What are the **ACTIONS** (or perspectives) you will focus on?”

SUPPORTIVE OBSERVATIONS

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

{Coach, remember to make a few notes on the Inner Freedom Playsheet for this player
AFTER THE SESSION}

ENDING

SAY: “Great! Have a great week of play. Talk to you soon”

07 Coaching Guide for Session #07 – Flow of Gratitude

1) WARMUP

Only Keywords Now! (You know what to say)

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Peak Experience Technique - Imagination

Share your Dream in 30-seconds - Alignment

SAY: I can see you doing that.

ASK: Alright! We are warmed up now. Are you ready to dive in?

{wait for them to say: Yes}

2) COACHING PLAN

SAY: *Our coaching plan for today is we will play with another Pivotal Moment and expand into the Supermind Zone.*

EXPLORE EXPERIENCES for celebrations and pivotal moments

SAY: *Let's explore actions and results that are happening and not happening to look for pivotal moments and growth opportunities.*

ASK: Is there anything you want to celebrate with me including creating your desired results?

Listen for experiences to champion

SAY: *Let's explore your experiences from the growth / fear zone?*

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

Listen for hesitation and uncertainty

ASK: *Are there any key results that are not happening or not happening often enough?*

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

3) PRACTICE TOGETHER ~

{Explore the Performance-Possibility Gap}

START the Inner Freedom Method

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

Action Layer

1a) Choose The “moment” to focus on

ASK: *What is the Pivotal “moment” you want to practice today?*

Coach: figure it out together if it is not obvious.

Clarify the Action and Desired Result

SAY: *OK let's make sure we are clear about the action and the intention.*

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 a future moment OR choose a RECENT moment to replay)

Coach: you can ask or suggest about doing a preplay or a replay.

ASK: Do you want to preplay a future moment or replay a recent moment?

1b) Start the Preplay Technique

Ensure a Safe Space

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 (or recreate) the scene in your imagination.*

{wait a moment}

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: *remember to **maintain judgment-free awareness** during this exercise. We are both curious, open and caring yet detached.*

ASK: *When you imagine yourself in the scene, what thoughts do you notice through your mind?*

Just wait and listen

3) Feel the Energy in the Body

Feeling Layer

3a) Scan the Body

SAY: *Take a moment to scan your body for physical sensations from the top of your head to your waist.*

wait

ASK: What do you notice?

We assume that by now they are able to notice physical sensations.

SAY: That is good body awareness.

IF they mention more than one body sensation...

ASK: Which sensation is most intense?

{Let them answer to choose which sensation to focus on}

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?

ASK: Does the feeling have a color?

ASK: Does the feeling have a temperature?

Be very affirming and open to whatever IS there.

SAY: OK, now all you need to do is just allow yourself to feel that {temp/color/shape} energy for 30 seconds.

Just welcome it, allow it to be there and feel into it as deeply as you can.

ASK: Do you think you can do that?

{Wait for the "yes"}

SAY: OK, I will time you. I will be here if you want to SAY anything.

For 30 seconds. Here we go.

at 15 seconds quietly SAY: keep going

at 30 seconds quietly SAY: excellent. You did it.

Feeling Layer

IMMEDIATELY after feeling the energy.

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

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

CHOOSE A OR B

A = Memory Pop = Yes.
B = Memory Pop = No (rare)

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.

B) NO MEMORY POP THEN...

ASK: *Did you notice any emotions coming up?*

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

**** If it feels right to you... Invite them to feel into the energy for 30 more seconds**

ASK: *Did anything come up for you?*

Either way... move into Step 4

4) Explore the “body belief”

Feeling Layer

SAY: *Let's explore the Body Belief together in the self-preservation zone.*

SAY: *Fill in the blank of this statement:*

SAY: *It's not safe for me to....."fill in the blank"*

{Listen; if they are having trouble finding the words offer suggestions}
{hone in on the key phrase}

SAY: *Great! That is excellent awareness.*

5) Explore the Superpower Potential

Supermind Layer

CHOOSE A OR B

A = Memory Pop = Yes.
B = Memory Pop = No (rare)

A) Memory Pop

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

ASK: Do you have an inkling about the unique power that you were expressing (or trying to express) in that earlier moment?

Listen and explore ideas.

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

B) No Memory pop: explore for an inkling about the superpower

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

ASK: Do you have an inkling about the unique power that may be in a shadow beneath this self-preservation intention?

BOTH WAYS then do this

NOTE: *if they describe it with a great name already, just repeat the name confirm they like this name}*

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

ASK: *What shall we call it?*

{co-create this with them

6) Find the Perfection in the Situation

Supermind Layer

6a) Find the Perfection in the Self-PRESERVATION Intention

CHOOSE A OR B

A = if you are exploring a memory pop.

B = No memory pop (rare)

A) if you are playing with a memory pop; explore for the superpower in the earlier moment}

SAY: *These SELF-PRESERVATION intentions that we create earlier in life often serve an important purpose in our lives.*

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

Listen. Often people are judgmental about their *SELF-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.

{co-create this with them}

B) No Memory pop: explore the Self-Preservation Intention Together

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

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

Listen and explore ideas.

6B) Find the Perfection in the Current Situation

Superpower Layer

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? {how is it asking you to grow}*

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

Supermind Layer

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 hero's journey, every challenge reveals growth opportunities.

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

SAY: Now we understand the self-preservation instinct pulling you toward avoiding social risk and playing safe...

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

SAY: What is your HEART'S intention in this situation?

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 the freedom to express your power and the capability to co-create the experience you desire.

{wait a few moments}

SAY: 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.

4) GROWTH MODE

SAY: "OK, this is a good time to switch into growth mode"

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

{Coach: listen }

ASK: "What did you learn about yourself and your superpowers in this session?"

{Coach: listen }

ASK: "Can I share an observation?"

{Wait for them to say Yes}

{Coach: share an observation about how the Pivotal Moment exercise can move them toward their BIG Dream.}

ASK: "How do you feel about our progress in the pivotal moment we played with today?"

{Coach: listen and share}

5) PLAY PLAN ~ FOR THE DAYS AHEAD

SAY: "OK, let's make sure we have a Play Plan..."

*ASK: "What are the **ACTIONS** (or perspectives) you will focus on?"*

SAY: I have an important exercise for you this week:

***SAY:** When we meet next week we will have one month left in our program... and I want the last month to be amazing! With your emerging superpowers and freedom what can we play for?*

You don't need to know the answer right now we will engage the supermind...

"Hey Universe...I wonder what I could play for that would be amazing for me and my dream? I am open.

Go ahead and speak that question...

{Coach: listen their need for support or structure}

SUPPORTIVE OBSERVATIONS

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

{Coach, remember to make a few notes on the Inner Freedom Playsheet for this player
AFTER THE SESSION}

ENDING

SAY: "Great! Have a great week of play. Talk to you soon"

08 Coaching Guide for Session #08 – Make Your Mind the Ally of the Dream ~

Whole Method + Role Play

1) WARMUP

Only Keywords Now! (You know what to say)

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Peak Experience Technique - Imagination

Share your Dream in 30-seconds - Alignment

SAY: I can see you doing that.

ASK: Alright! We are warmed up now. Are you ready to dive in?

{wait for them to say: Yes}

2) COACHING PLAN

SAY: We have one month to go... Our coaching plan for today is to talk about how we can step up your play in some way and do a role play of a BIG ASK conversation that could possibly make things happen a little faster.

EXPLORE EXPERIENCES for celebrations and pivotal moments

SAY: Let's explore actions and results that are happening and not happening to look for pivotal moments and growth opportunities.

ASK: Is there anything you want to celebrate with me including creating your desired results?

Listen for experiences to champion

SAY: Let's explore your experiences from the growth / fear zone?

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

Listen for hesitation and uncertainty

ASK: Are there any key results that are not happening or not happening often enough?

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

ASK: Any ideas for our raise the game initiative?

Listen. And challenge!!

3) PRACTICE TOGETHER ~

{Explore the Performance-Possibility Gap}

START with a Role Play

Action Layer

1a) Choose The “conversation” to play with

If the conversation to Role Play is obvious from the last conversation you can skip this question.

ASK: *What is the Pivotal “conversation” you want to Role Play today?*

Listen carefully.

You may need to recommend one from your initial playsheet

Clarify the Action and Desired Result

SAY: *OK let's make sure we are clear on what you want to experience in the conversation.*

ASK: *When you talk to X about... (say the situation)?
What do you want to have happen?*

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

1b) Set up the Role Play

Ask: Who am I playing? Please describe the person’s general characteristics in 30 seconds.

Ask: What is the result or influence that you want in this conversation?

Ask: What is the person’s point of view toward the subject?

1c) Start the Role Play

Jump into the Role Play for a few minutes. Remember... It’s PLAY!!

The key is to “push it” to the place where the player needs to do or say something that is a social risk.

1d) Call Time Out

When you sense that the player is hesitating or experiencing doubt...

Call time out! Share your observations.

ASK: What was happening for you right there?

Listen. Get a few clues about what your player is experiencing.

SAY: OK. This is a good moment for us to explore with Inner Freedom.

E) SHIFT into the Inner Freedom Method

Thought Layer

2) Ensure a Safe Space for Inner Freedom Visualization

Coach Note: Make sure they are in an environment where it is safe to close their eyes for a few moments.

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 moment to put yourself back into the scene we were just playing.*

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: *remember to **maintain judgment-free awareness** during this exercise. We are both curious, open and caring yet detached.*

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

3) Feel the Energy in the Body

Feeling Layer

3a) Scan the Body

SAY: *Take a moment to scan your body for physical sensations from the top of your head to your waist.*

wait

ASK: *What do you notice?*

We assume that by now they are able to notice physical sensations.

SAY: *That is good body awareness.*

IF they mention more than one body sensation...

ASK: *Which sensation is most intense?*

{Let them answer to choose which sensation to focus on}

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?*

ASK: *Does the feeling have a color?*

ASK: *Does the feeling have a temperature?*

Be very affirming and open to whatever IS there.

SAY: OK, now all you need to do is just allow yourself to feel that {temp/color/shape} energy for 30 seconds.

Just welcome it, allow it to be there and feel into it as deeply as you can.

ASK: Do you think you can do that?

{Wait for the “yes”}

SAY: OK, I will time you. I will be here if you want to SAY anything.

For 30 seconds. Here we go.

at 15 seconds quietly SAY: keep going

at 30 seconds quietly SAY: excellent. You did it.

Feeling Layer

IMMEDIATELY after feeling the energy.

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

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

CHOOSE A OR B

A = Memory Pop = Yes.

B = Memory Pop = No (rare)

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.

B) NO MEMORY POP THEN...

ASK: Did you notice any emotions coming up?

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

**** If it feels right to you... Invite them to feel into the energy for 30 more seconds**

ASK: Did anything come up for you?

Either way... move into Step 4

4) Explore the “body belief”

Feeling Layer

SAY: *Let’s explore the Body Belief together in the self-preservation zone.*

SAY: *Fill in the blank of this statement:*

SAY: *It’s not safe for me to.....”fill in the blank”*

{Listen; if they are having trouble finding the words offer suggestions}
{hone in on the key phrase}

SAY: *Great! That is excellent awareness.*

5) Explore the Superpower Potential

Supermind Layer

CHOOSE A OR B

A = Memory Pop = Yes.

B = Memory Pop = No (rare)

A) Memory Pop

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

ASK: Do you have an inkling about the unique power that you were expressing (or trying to express) in that earlier moment?

Listen and explore ideas.

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

B) No Memory pop: explore for an inkling about the superpower

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

ASK: Do you have an inkling about the unique power that may be in a shadow beneath this self-preservation intention?

BOTH WAYS then do this

NOTE: **if they describe it with a great name already, just repeat the name confirm they like this name}**

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

ASK: *What shall we call it?*

{co-create this with them}

6) Find the Perfection in the Situation

Supermind Layer

6a) Find the Perfection in the Self-PRESERVATION Intention

CHOOSE A OR B

A = if you are exploring a memory pop.

B = No memory pop (rare)

A) if you are playing with a memory pop; explore for the superpower in the earlier moment}

SAY: *These SELF-PRESERVATION intentions that we create earlier in life often serve an important purpose in our lives.*

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

Listen. Often people are judgmental about their SELF-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.

{co-create this with them}

B) No Memory pop: explore the Self-Preservation Intention Together

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

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

Listen and explore ideas.

6B) Find the Perfection in the Current Situation

Superpower Layer

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? {how is it asking you to grow}*

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

Supermind Layer

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 hero's journey, every challenge reveals growth opportunities.*

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

SAY: Now we understand the self-preservation instinct pulling you toward avoiding social risk and playing safe...

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

ASK: *What is your HEART'S intention in this situation?*

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

Back to the Role Play

SAY: *OK. Now we are going to go back to the Role Play with your new picture for your HEART'S intention to Play BIG for your dream.*

Go back to the Role Play.

Throw in a few twists as the role player if you want to see how your player responds

Repeat

Repeat it as many times as necessary until you feel your player has confidence for the conversation.

Ask: What are your insights from this practice?

Listen as they share about the experience.

4) GROWTH MODE

SAY: "OK, this is a good time to switch into growth mode"

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

{Coach: listen }

ASK: "What did you learn about yourself and your superpowers in this session?"

{Coach: listen }

ASK: "Can I share an observation?"

{Wait for them to say Yes}

{Coach: share an observation about how the Pivotal Moment exercise can move them toward their BIG Dream.}

ASK: “How do you feel about our progress in the pivotal moment we played with today?”

{Coach: listen and share}

5) PLAY PLAN ~ FOR THE DAYS AHEAD

***SAY:** “OK, let’s add a little juice to our Play Plan for this week. We have four sessions to go in this series so we like to call it “Go Time!”*

***ASK:** “How can you level up your **ACTIONS**?”*

{Coach: listen and DEFINITELY SHARE an idea or two; recommend actions with more social risk; actions that will call upon the superpowers they are rediscovering}

SUPPORTIVE OBSERVATIONS

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

{Coach, remember to make a few notes on the Inner Freedom Playsheet for this player AFTER THE SESSION}

ENDING

SAY: “Great! Have a great week of play. Talk to you soon”

09 Coaching Guide for Session #09 – Intentional Co-Creation

NOTE to Coach!

IF your player has the player playbook and audio AND they will be prepared to do the Intentional Co-Creation technique with you, THEN follow this guide.

If they don't, then use the Coaching Guide for Session #8 again.

1) WARMUP

Only Keywords Now! (You know what to say)

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Peak Experience Technique - Imagination

Share your Dream in 30-seconds - Alignment

SAY: I can see you doing that.

ASK: Alright! We are warmed up now. Are you ready to dive in?

{wait for them to say: Yes}

2) COACHING PLAN

SAY: *Our coaching plan for today is something a little different. We are going to use the Inner Freedom Method to do something called: **Intentional Co-Creation** where we pre-play and energize a a sequence of actions and impacts that you want to co-create.*

ASK: *Does this sound good to you?*

{Wait for the yes}

EXPLORE EXPERIENCES for celebrations and pivotal moments

SAY: *Let's explore actions and results that are happening and not happening to look for pivotal moments and growth opportunities.*

ASK: *Is there anything you want to celebrate with me including creating your desired results?*

Listen for experiences to champion

SAY: *Let's explore your experiences from the growth / fear zone?*

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

Listen for hesitation and uncertainty

ASK: *Are there any key results that are not happening or not happening often enough?*

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

3) PRACTICE TOGETHER ~ {Intentional Co-Creation}

START the Inner Freedom Method

1) Preplay the Pivotal moment of co-creation

Action Layer

1a) Choose The “moment” to focus on

ASK: Share with me the sequence of actions and results that lead up to the BIG impact you are playing for?

Listen and co-create: It is important that you are both clear about the actions and the intended results and impact.

IMPORTANT: Take notes so that you can read it back to them in the visualization!

1b) Start the Preplay Technique

Ensure a Safe Space

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 we will walk through the sequence together step by step. As I share each step, you visualize that step.

Slowly walk through the sequence of actions and results; Leave some silence after each segment so that they can SEE it.

{wait a moment}

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

Thought Layer

SAY: Now we are going to look at the sequence from several different perspectives. Just keep breathing naturally; keep your eyes closed and we'll talk together.

*SAY: remember to **maintain judgment-free awareness** during this exercise. We are both curious, open and caring yet detached.*

ASK: When you imagine yourself in the sequence, what thoughts do you notice through your mind?

Just wait and listen; especially for any energy “glitches” in the sequence.

IF there is a BIG glitch, then you will use the FEAR question in step 4.

3) Feel the Energy in the Body

Feeling Layer

3a) Scan the Body

SAY: Take a moment to scan your body for physical sensations from the top of your head to your waist.

What you are looking for here is a “positive” energy sensation.

ASK: What do you notice?

We assume that by now they are able to notice physical sensations.

SAY: That is good body awareness.

IF they mention more than one body sensation...

ASK: Which sensation is most intense?

{Let them answer to choose which sensation to focus on}

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?

ASK: Does the feeling have a color?

ASK: Does the feeling have a temperature?

Be very affirming and open to whatever IS there. You are helping them expand their ability to feel the energy of joy and co-creation.

SAY: OK, now all you need to do is just allow yourself to feel that {temp/color/shape} energy for 30 seconds.

Just welcome it, allow it to be there and feel into it as deeply as you can.

ASK: Do you think you can do that?

{Wait for the “yes”}

SAY: OK, I will time you. I will be here if you want to SAY anything.

For 30 seconds. Here we go.

at 15 seconds quietly SAY: keep going

at 30 seconds quietly SAY: excellent. You did it.

Feeling Layer

NOTE: With Intentional Co-Creation we don't go into memory pops

ASK: *Did anything come up for you?*

Listen carefully.

4) Create the aligned “body belief”

Feeling Layer

SAY: Let’s create an aligned Body Belief. Fill in the blank of this statement:

SAY: I am now ready to.....”fill in the blank”

OR If there was a FEAR coming up:

SAY: It’s not safe for me to.....”fill in the blank”

{Listen: if they are having trouble finding the words offer suggestions}
{hone in on the key phrase}

SAY: Great! That is excellent awareness.

5) Explore the Superpower Potential

Supermind Layer

ASK: Do you have an inkling about the superpower you want to express?

SAY: Let’s give this superpower a name.

ASK: *What shall we call it?*

{co-create this with them}

6) Find the Perfection in the Situation

Supermind Layer

SAY: Next we want to tap into the Supermind for insights.

ASK: *I wonder what we need to know about this sequence of events?*

{wait}

ASK: *Is anything coming up for you?*

Listen. AND if something comes up for you, ask permission and then share it.

SAY: Keep this Supermind question in mind and be open to any insights as they come to you.

7) Experience the flow of gratitude

Supermind Layer

SAY: *In a hero's journey, every challenge reveals growth opportunities.*

ASK: *When you look at this sequence of events, what is the growth opportunity
What do you see?*

{wait}

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

{recap it for them briefly}

Coach: *it is powerful for them to hear you share their dream playing out the way you co-created it. Then just give them a little space to let it settle in.*

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

Thought Layer

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

SAY: *What is your HEART'S intention in this situation?*

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 preplay the sequence one more time with your HEART'S intention to Play BIG for your dream.*

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

SAY: *Next, I will walk through the sequence while you focus on your HEART'S Intention **{say the language pattern for them}**.*

Read through the sequence for them one more time; A little faster than the first time through.

{wait a few moments}

SAY: *See it all 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.

4) GROWTH MODE

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

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

{Coach: listen }

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

{Coach: listen }

ASK: “Can I share an observation?”

{Wait for them to say Yes}

{Coach: share an observation about how the Pivotal Moment exercise can move them toward their BIG Dream.}

ASK: “How do you feel about our progress in the event sequence we played with today?”

{Coach: listen and share}

5) PLAY PLAN ~ FOR THE DAYS AHEAD

SAY: “OK, let’s make sure we have a Play Plan... and remember... It’s GO TIME!”

ASK: “What are the leveled up **ACTIONS** you will focus on?”

SUPPORTIVE OBSERVATIONS

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

{Coach, remember to make a few notes on the Inner Freedom Playsheet for this player
AFTER THE SESSION}

ENDING

SAY: “Great! Have a great week of play. Talk to you soon”

10 Coaching Guide for Session #10 ~ Upgrade Environments

1) WARMUP

Only Keywords Now! (You know what to say)

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Peak Experience Technique - Imagination

Share your Dream in 30-seconds - Alignment

SAY: I can see you doing that.

ASK: Alright! We are warmed up now. Are you ready to dive in?

{wait for them to say: Yes}

2) COACHING PLAN

SAY: *Our coaching plan for today is we will play with a Pivotal Conversation related to upgrading your people environment.*

ASK: *Does this sound good to you?*

{wait for them to say: Yes}

EXPLORE EXPERIENCES for celebrations and pivotal moments

SAY: *Let's explore actions and results that are happening and not happening to look for pivotal moments and growth opportunities.*

ASK: *Is there anything you want to celebrate with me including creating your desired results?*

SAY: *Let's explore your experiences from the growth / fear zone?*

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

ASK: *Are there any key results that are not happening or not happening often enough?*

D) Upgrade Environments

SAY: *Let's think of a pivotal conversation related to upgrading your people environments. Examples would be asking an influencer to support your dream or requesting a change to make your world safe for your Superpowers.*

ASK: *Any ideas...*

{You may need to co-create this with them}

3) PRACTICE TOGETHER ~

{Explore the Performance-Possibility Gap}

START with a Role Play

Action Layer

1a) Clarify the Action and Desired Result

SAY: *OK let's make sure we are clear on what you want to experience in the conversation.*

ASK: *When you talk to X about... (say the situation)?
What do you want to have happen?*

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

1b) Set up the Role Play

Ask: Please describe my role in 30 seconds.

Ask: What is the result or influence that you want in this conversation?

Ask: What is the person's point of view toward the subject?

1c) Start the Role Play

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

The key is to "push it" to the place where the player needs to do or say something that is a social risk.

1d) Call Time Out

When you sense that the player is hesitating or experiencing doubt...

Call time out! Share your observations.

ASK: What was happening for you right there?

Listen. Get a few clues about what your player is experiencing.

SAY: OK. This is a good moment for us to explore with Inner Freedom.

E) SHIFT into the Inner Freedom Method

Thought Layer

Ensure a Safe Space for Inner Freedom Visualization

Coach Note: Make sure they are in an environment where it is safe to close their eyes for a few moments.

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 moment to put yourself back into the scene we were just playing.*

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: *remember to **maintain judgment-free awareness** during this exercise. We are both curious, open and caring yet detached.*

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

3) Feel the Energy in the Body

Feeling Layer

3a) Scan the Body

SAY: *Take a moment to scan your body for physical sensations from the top of your head to your waist.*

wait

ASK: *What do you notice?*

We assume that by now they are able to notice physical sensations.

SAY: *That is good body awareness.*

IF they mention more than one body sensation...

ASK: *Which sensation is most intense?*

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 sensation have a shape?*

ASK: *Does the sensation have a color?*

ASK: *Does the sensation have a temperature?*

SAY: *OK, now all you need to do is just allow yourself to feel that {**temp/color/shape**} energy for 30 seconds.*

Just welcome it, allow it to be there and feel into it as deeply as you can.

ASK: *Do you think you can do that?*

{Wait for the "yes"}

SAY: *OK, I will time you. I will be here if you want to SAY anything.*

For 30 seconds. Here we go.

at 15 seconds quietly SAY: keep going

at 30 seconds quietly SAY: excellent. You did it.

Feeling Layer

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

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

CHOOSE A OR B

A) 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.

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

ASK: *Did you notice any emotions coming up?*

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

Either way... move into Step 4

4) Explore the “body belief”

Feeling Layer

SAY: *Let's explore the Body Belief together in the self-preservation zone.*

NOTE: here you choose which way to explore based on whether the sensation seems to be resistance OR excitement.

SAY: *Fill in the blank of this statement:*

{resistance} **SAY:** *It's not safe for me to....."fill in the blank"*

OR

{excitement} **SAY:** *I am now ready to....."fill in the blank"*

SAY: *Great! That is excellent awareness.*

5) Explore the Superpower Potential

Supermind Layer

Explore for an inkling about the superpower

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

ASK: Do you have an inkling about the unique power that may be in a shadow beneath this self-preservation intention?

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

ASK: *What shall we call it?*

{co-create this with them}

6) Find the Perfection in the Situation

Supermind Layer

6a) Find the Perfection in the Self-PRESERVATION Intention

CHOOSE A OR B

A = Memory Pop = Yes.

B = Memory Pop = No (rare)

A) Memory Pop

SAY: *These SELF-PRESERVATION intentions that we create earlier in life often serve an important purpose in our lives.*

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

B) No Memory pop: explore the Self-Preservation Intention Together

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

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

Listen and explore ideas.

6B) Find the Perfection in the Current Situation

Superpower Layer

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? {how is it asking you to grow}*

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

Shift gears to look for support

SAY: *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?*

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

7) Experience the flow of gratitude

Supermind Layer

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 hero's journey, every challenge reveals growth opportunities.*

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

SAY: *Now we understand the self-preservation instinct pulling you toward avoiding social risk and playing safe...*

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

SAY: *What is your HEART'S intention in this situation?*

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

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

Action Layer

Back to the Role Play

SAY: *OK. Now we are going to go back to the Role Play with your new picture for your HEART'S intention to Play BIG for your dream.*

Go back to the Role Play.

Throw in a few twists as the role player if you want to see how your player responds

Repeat

Repeat it as many times as necessary until you feel your player has confidence for the conversation.

Ask: What are your insights from this practice?

Listen as they share about the experience.

4) GROWTH MODE

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

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

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

ASK: “Can I share an observation?”

{Coach: share an observation about how the Pivotal Moment exercise can move them toward their BIG Dream.}

ASK: “How do you feel about our progress in the pivotal moment we played with today?”

5) PLAY PLAN ~ FOR THE DAYS AHEAD

SAY: “OK, let’s make sure we have a Play Plan... and remember... It’s GO TIME!”

ASK: “What are the leveled up **ACTIONS** you will focus on?”

SUPPORTIVE OBSERVATIONS

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”

11 Coaching Guide for Class #11 ~ The New Super YOU! In Class...Speed Session

NOTE to Coach: This speed session guide is for practicing with your practice partner.
With your players, you can practice this speed session or repeat session #10

1) WARMUP

Only Keywords Now! (You know what to say)

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Peak Experience Technique - Imagination

Share your Dream in 30-seconds - Alignment

SAY: I can see you doing that.

ASK: Alright! We are warmed up now. Are you ready to dive in?

{wait for them to say: Yes}

2) COACHING PLAN

SAY: *Our coaching plan for today is we play with another Pivotal Moment using the speed version of the Inner Freedom Method.*

ASK: *Sound good?*

{wait for the yes}

C) EXPLORE EXPERIENCES for celebrations

SAY: *Let's explore actions and results that are happening and not happening to look for pivotal moments and growth opportunities.*

ASK: *Is there anything you want to celebrate with me?*

3) PRACTICE ~ PLAY TOGETHER ~ {Explore the Performance-Possibility Gap}

D) START the Inner Freedom Method

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

Action Layer

1a) Choose The "moment" to focus on

ASK: *What is the Pivotal "moment" you want to practice today?*

Coach: figure it out together if it is not obvious.

Clarify the Action and Desired Result

SAY: OK let's make sure we are clear about the action and the intention.

*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?*

Preplay a future moment

1b) Start the Preplay Technique

Ensure a Safe Space

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

Start the Visualization

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

ASK: Can you describe the scene for me?

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

Thought Layer

*SAY: remember to **maintain judgment-free awareness***

ASK: When you imagine yourself in the scene, what thoughts do you notice through your mind?

3) Feel the Energy in the Body

Feeling Layer

3a) Scan the Body

SAY: Take a moment to scan your body for physical sensations from the top of your head to your waist.

wait

ASK: What do you notice?

We assume that by now they are able to notice physical sensations.

SAY: That is good body awareness.

IF they mention more than one body sensation...

ASK: Which sensation is most intense?

{Let them answer to choose which sensation to focus on}

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?

ASK: Does the feeling have a color?

ASK: Does the feeling have a temperature?

Be very affirming and open to whatever IS there.

SAY: OK, now all you need to do is just allow yourself to feel that {temp/color/shape} energy for 30 seconds.

Just welcome it, allow it to be there and feel into it as deeply as you can.

ASK: Do you think you can do that?

{Wait for the “yes”}

SAY: OK, I will time you. I will be here if you want to SAY anything.

For 30 seconds. Here we go.

at 15 seconds quietly SAY: keep going

at 30 seconds quietly SAY: excellent. You did it.

Feeling Layer

IMMEDIATELY after feeling the energy.

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

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

A) 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.

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

ASK: Did you notice any emotions coming up?

{together find the essence of some earlier moment that is creating the social fear}

4) Explore the “body belief”

Feeling Layer

SAY: Let's explore the Body Belief together in the self-preservation zone.

SAY: Fill in the blank of this statement:

SAY: It's not safe for me to.....”fill in the blank”

{hone in on the key phrase}

SAY: Great! That is excellent awareness.

5) Explore the Superpower Potential

Supermind Layer

ASK: Do you have an inkling about the unique power that you were expressing -or trying to express - in that earlier moment?

Listen and explore ideas.

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

SAY: *What is the name for this superpower?*

6) Find the Perfection in the Situation

Supermind Layer

6B) Find the Perfection in the Current Situation

Superpower Layer

SAY: *next we want to look at the challenge you are facing now. And look at it as an opportunity to grow and become a better player.*

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

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

SAY: *Often in the face of a challenge there is support around you that you don't see at first...*

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

Listen. Again, you may have to point out support that they are not seeing.

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

7) Experience the flow of gratitude

Supermind Layer

SAY: *Let's connect the dots between your current situation and the earlier moment.*

ASK: *How are they connected?*

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

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 are happening?
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

SAY: Now we understand the self-preservation instinct pulling you toward avoiding social risk and playing safe...

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

SAY: *What is your HEART'S intention in this situation?*

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;

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 the freedom to express your power and the capability to co-create the experience you desire.*

{wait a few moments}

SAY: *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.

4) GROWTH MODE

SAY: "OK, this is a good time to switch into growth mode"

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

{Coach: listen }

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

{Coach: listen }

ASK: “Can I share an observation?”

{Wait for them to say Yes}

{Coach: share an observation about how the Pivotal Moment exercise can move them toward their BIG Dream.}

ASK: “How do you feel about our progress in the pivotal moment we played with today?”

{Coach: listen and share}

5) PLAY PLAN ~ FOR THE DAYS AHEAD

SAY: “OK, it’s the BIG FINISH!”

*ASK: “What are the leveled up **ACTIONS** you will focus on?”*

SUPPORTIVE OBSERVATIONS

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

{Coach, remember to make a few notes on the Inner Freedom Playsheet for this player
AFTER THE SESSION}

ENDING

SAY: “Great! Have a great week of play. Talk to you soon”

12 Coaching Guide for Session #12 – Celebrate the End of the Series

1) WARMUP

Only Keywords Now! (You know what to say)

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Peak Experience Technique - Imagination

Share your Dream in 30-seconds - Alignment

SAY: I can see you doing that.

ASK: Alright! We are warmed up now. Are you ready to dive in?

{wait for them to say: Yes}

2) COACHING PLAN

EXPLORE EXPERIENCES for celebrations and pivotal moments

SAY: Let's explore actions and results from the last week of this season. It was **GO TIME!** What happened...

ASK: Is there anything you want to celebrate with me?

Listen for experiences to champion

ASK: What about results? Did you co-create any desired results?

Listen for results to champion

3) PRACTICE ~ PLAY TOGETHER ~ {Explore the Performance-Possibility Gap}

OWN THE GROWTH

**{coach, get out your coaching notes from the first session;
co-create this recap with your player}**

1) Recap where you started 3 months ago

SAY: Let's do a quick recap on where we started 3 months ago...

ASK: Let's recap your BIG Dream when we started...

ASK: Recap the results you wanted to co-create...

ASK: Recap the actions you wanted to play with...

ASK: Recap some of the challenges you were facing at the time...

2) Progress toward the dream

ASK: In pursuit of your Dream, describe where you are now compared to 3 months ago...in terms of results and experiences

Listen and champion their growth.

Use the play sheet to recall some details.

3) Actions with new found freedom

ASK: Describe the actions you can do with more freedom now than you had 3 months ago...

Listen and champion their growth.

Use the play sheet to bring up examples.

4) Unleashed Superpowers

ASK: Describe your experience of the Superpowers that we have unleashed...

Listen and champion their growth.

5) Highlights!

ASK: What are your biggest highlight from the past 3 months?

Listen and enjoy.

There share YOUR biggest highlight.

SAY: **{Share a supportive observation about the player's progress}**

6) Any disappointments?

ASK: Is there anything that you hoped to accomplish that we did not?

Just listen; there is no need to justify anything.

4) PLAY PLAN

THE NEXT DREAM

ASK: Share with me a few ideas about your next adventure!

Listen and enjoy.

If you want to invite them for another coaching series... DO IT!

ENDING

SAY: “Thank you for allowing me to be your coach! Talk to you soon”