



Session 10-Partner Session Plan

Version 01: 2018-09-10

Prepare

The Partner Coaching Session is designed to provide you with an opportunity to play with a business experience using Role Play and Inner Freedom.

Come to the session with a specific business situation that you want to practice. If possible, choose one where you sometimes (or always) experience body sensations that typically indicate doubt or fear. Example: “when I am talking to someone and I know it is time to invite them to another conversation, my throat gets tight.”

Read this Session Plan prior to class to familiarize yourself with the methods of practice.

The Outline

00-20 Welcome and set up

20-50 Practice Session 01

50-60 Debrief the experience

60-90 {switch roles} Practice Session 02

Play Life!

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90-120 Debrief the experience

**** If you plan to participate, YOU MUST BE ON TIME!**

**** When you are in session, it is possible that there will be additional observers in your group.**

Welcome and Set Up

- We will quickly partner up with our regular class partners and organize those whose partners are absent.
- Choose who will be the Coach first and who will be the Player first.
- Each practice session will be 25 – 30 minutes
- When we switch roles for Session 02, resist the urge to continue where you left off in Session 01!
- During the Role Play, either partner can call “time out” to stop it and explore what it happening.

Role Play

The keys to a useful role play:

- 1) Player: be specific about the situation you want to practice
- 2) Player: share with the Coach any specific instructions about the situation
- 3) Player and Coach co-create the scene and get on board for playing with it.
- 4) Coach: be vulnerable, be “in the moment”. Use your imagination and play. Don’t worry about trying to do it right.
- 5) Player/Coach: Either can call time out to reset or move on.

Play Life!

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6) Player: if you get to the point where your body is buzzing. Call “time out” and move on to Inner Freedom while the experience is in your body.

Inner Freedom and “Body Belief”

If you are familiar with the Inner Freedom Method, you know that the conversations can get really deep. During this practice time we are skipping the SUPER deep exploration that is part of the method.

Instead, we are using the intuitive “Body Belief” language pattern.

After feeling the energy in the body the Coach will ask the Player to activate their intuition to name what the physical energy is communicating using a specific language pattern:

“It is not safe for me to Fill In the Blank”

Examples:

- It is not safe for me to be myself
- It is not safe for me to ask for what I need
- It is not safe for me to be visible
- It is not safe for me to speak my truth

The idea here is that we are practicing social situations and they often bring up the fears of not belonging. So the full statements would be something like:

- It is not safe for me to be myself because if I do I won’t belong.
- It is not safe for me to ask for what I need because if I do I will find out that my needs don’t matter.
- It is not safe for me to be visible because if I do I will get “in trouble”.
- It is not safe for me to speak my truth because if I do I will be rejected.

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The key to the experience is that feeling the energy and naming it in the presence of another person creates a feeling of safety.

IMPORTANT:

**When you are the Coach
during an Inner Freedom experience...**

Please do **NOT intervene with other methods that you use
in your private practice; like EFT or NLP for example.**

Session Coach

First Role Play

Coach: Quickly share with me the situation you want to play with.

Player: {explain in 1 minute or less}

Together: {Set up a scene that feels right}

Coach: Start the experience.

Together: Jump in and PLAY

Either: Call time out to reset and start again or move on to the next step.

{note: if there are no doubts or fears coming up, you can role play several scenarios or go deep into an extended practice for the entire session}

Inner Freedom

1) Emphasize “judgment-free awareness”

Coach: It is important when we are using this method that we maintain judgment-free awareness. Any thought or feeling that you share is useful. OK?

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2) Ensure a Safe Space

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

{Wait until they say yes...}

3) Stay in “the scene”

Coach: In your imagination stay in the scene we were practicing.
Are you there?

{Wait until they say yes...}

4) Scan for Thoughts and Inklings

Coach: Now we are going to look at the scene from several different perspectives.

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

Coach: Using Judgment-Free Awareness what do you notice going through your mind?

{Listen and observe...}

5) Scan the body for physical sensations

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

{Wait a moment...}

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

{Listen and observe...}

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

If there is more than one:

Coach: Which sensation is most intense?

{Listen and note the answer...}

6) Feel the energy in the body

Coach: Feel into the energy a little bit.

Coach: Does it have a color?

{Wait for the reply}

Coach: Does it have a shape?

{Wait for the reply}

Coach: Does it have a temperature?

{Wait for the reply}

Coach: OK, now all you need to do is just allow yourself to feel this energy for 30 seconds. Don't try to do anything with it. Just allow it to be there and feel it.

Coach: Do you think you can do that?

{Listen and wait for the "yes"...}

Coach: OK, I will time you. I will be here if you want to say anything. But the objective is to stay with it for 30 seconds.

Here we go.

Play Life!

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at 15 seconds quietly say: keep going
at 30 seconds quietly say: excellent. You did it.

7) Name the Body Belief

Coach: You can open your eyes now if you haven't already.

Coach: What was the experience like?

{Just listen}

Coach: (say something encouraging & acknowledging) “That was amazing. You did well in that exercise!”

Coach: Physical sensations like this are trying to keep us safe by keeping us out of situations that feel emotionally dangerous to our sense of belonging.

What do you feel this sensation is communicating?

Something like: “It is not safe for me to... fill in the blank”

{Coach: Listen and then share anything you are intuiting }

Together: Play with the possible Body Belief ideas until it feels clear.

8) Feel the energy in the body one more time

Coach: Do you still feel the energy?

or Can you recreate the scene to tap into the feeling one more time?

OK, now I all you need to do is just allow yourself to feel that energy for 30 more seconds.

Coach: Do you think you can do that?

{Listen and wait for the “yes”...}

Coach: OK, I will time you. Here we go.

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at 15 seconds quietly say: keep going
at 30 seconds quietly say: excellent. You did it.

9) Debrief

Coach: What was that experience like?

{Coach: Listen and then share anything you are intuiting }

10) Prepare for 2nd Role Play

Together: reset the scene and jump back into play

Second Role Play

Coach: Re-Start the experience.

Together: Jump in and PLAY

Either: Call “time out”.

Together: Explore the before and after differences from both Coach and Player experiences.

For Fun...



Inner Freedom:

Fear is your friend.

Move your hearts' desire through the “friendly maze” of body beliefs and out into the world!

Play Life!

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