

# Play Life Method™ Teleclass Coaching Guide

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## Session #1 Share the Dream

### 1) Abera Ca Dabera = I create as I speak

Prepare to create a new life for yourself through changing the way you speak using Play Language.

### 2) What a GREAT player expects from a Coach

Think about an individual with a strong desire to become great – game-changing, world class, Olympic level – at anything. What do you think they expect from their coach? Come to class prepared to share your thoughts about this. Then prepare to become this coach!

### 3) The Performance – Possibility GAP

This is the central theme of all coaching relationships... and every coaching conversation!

The player has a BIG DREAM they want to pursue; an experience of life they desire.

The player has a strong desire to Perform better. AKA PLAY Better.

The player has a new possibility that they want to live into.

The COACH is going to guide the player on the journey.

### 4) Share the Dream

*Clarify focus on the BIG DREAM*

*Coaching always begins with the players' DREAM. In this part of the process the coach and player identify what the dream is, what the experience of living into the dream looks like, why the dream is being pursued, how living the dream expresses what matters most to the player and how to bring the Spirit of Play into the pursuit.*

*The key is to find the dream that is worth pursuing; A dream that is connected to the players purpose, values and what the player truly wants out of life; A dream that expresses the heart of the player in some way.*

### 5) Coaching Session Prep

This may come as a surprise, but simply asking the questions in the method can be life-changing for your player.

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## Coaching Outline for Session #1: Share the Dream

### 1) WELCOME

"Thanks so much for doing this with me. I really appreciate your time and I can't wait to see what we discover together."

**ASK:** Are you ready to get started?

"OK. Let's go.

### 2) We are going to talk about pursuing your DREAM...

**I say DREAM rather than goal for example because I want you to bring your vision and imagination into it.**

**Ask: What would you say YOUR big DREAM is right now?**

> **Ask:** *How will pursuing this dream create a life of self-expression and purpose?*

> **Ask:** *How will pursuing this dream change lives for the better?*

### 3) Ask: What are some of the experiences you want to create as you pursue your dream?

> **Ask:** *What would playing at an elite level look like?*

**4) Ask:** What are some activities of "your DREAM" that you would like to play better?

> **Ask:** What are some of the challenges you are facing in your pursuit?

> **Ask:** *Are these challenges worthy of the life you have lived so far?*

> *(If not, ) Ask: How can we amp up the DREAM to make it worthy of what you have already experienced?*

### 5) What are the Superpowers that you want to express or develop as you pursue this dream?

**6) Ask: What would it mean for your life if you fulfilled this dream on your own terms? (Big Outcomes) FIND the BIGGER WHY**

> *Examples: Financial Freedom; Self-Expression*

**A few extra questions you can ask...**

**Ask:** *So if you did fulfill this dream the way you have described, what would that mean to you personally?*

**Ask:** *What is the new possibility that you want to live into?*

**7) Ask: How could you bring the spirit of play into it?**

**Get creative here.**

**A few extra questions you can ask...**

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**Ask:** *is there an experiment where you can try something new?*

**Ask:** *is there a place you can allow yourself to be a beginner and NOT KNOW*

**Ask:** *Is there a part of the game you can practice to pursue mastery*

**Ask:** *is there a way to make it more fun*

**Ask:** *Can you find a way to create a reward for getting results*

**There are 2 versions of step 8.**

**If you know you are going to coach the player use 8A.**

**If you are in an exploratory session skip to 8B**

## **8A) Wrap Up your Define the Game Conversation**

**Say:** You have a big game here that I think you can win and I look forward to coaching you!

*It is a good idea to finish the session with a challenge.*

**Say:** "OK, this is a good place for us to wrap up this session. Next time, we are going to delve deeper into your situation and start designing your ways to PLAY."

**Say:** "My challenge for you between now and then is to think about your specific objectives to play for in the next three months. And consider the deeper purpose you have for pursuing this dream."

**Say:** "Can you do that?"

Wait for them to say: "YES!"

## **8B) The moment of truth { Do you want to coach this player?**

*Coach, you have to "check in with yourself; do you want to coach this person?"*

**If no, Say:** Thank you this has been a fun conversation. I wish you luck in your game!

**If yes...**

**Say: I think you have a beautiful dream here that I believe I can help you play it!**

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

**Say:** I am putting together a team of players to coach while I participate in the Play Life program at CoachVille.

I am offering... *Fill in Your Offer Here...*

**Say:** Great! Next time, we are going to delve deeper into your situation and start designing your ways to PLAY."

**Say:** "My challenge for you between now and then is to think about your specific objectives to play for in the next three months. And consider the deeper purpose you have for pursuing this dream."

**Say:** "Can you do that?"

Wait for them to say: "YES!"