



PLAY *Life!*



CoachVille Center for Coaching Mastery



Great coaching will transform our world!

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Coaching Guides

Welcome. On behalf of the entire CV Team, I want to welcome you to the Play Life Method program.

This is the book of “Coaching Guides for your Play Life Method Class.

Learning how to coach is a lot like learning how to play a musical instrument WITH the intention to play in an improvisational jazz group with other musicians.

Using this metaphor, these coaching guides are “the songs”. Learning the music provides a structure for learning the instrument and getting into the feeling of music. Each coaching guide is like a new piece of music that will take you deeper into the instrument.

After LOTS and LOTS of practice, you become masterful with the instrument, the feeling of the music is in your blood and you can “just play the songs” with other musicians by putting your attention on the co-creation NOT on the music itself.

When you first start coaching, just follow the Guides. Metaphorically speaking, you will be able to create pleasing music and hopefully continue to fuel your desire to pursue mastery. When you fully “own” every question and every language pattern you will start to craft your own method that is a blend of “Play Life” and Your Life. SWEET!

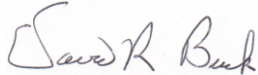
Before you use the Guide with a player read it over many times. Read it out loud a few times. Get a feeling for the words, the questions, the ideas and the flow of the conversation.

When you are first learning, follow the Guides closely; put your attention on observing your player as they respond to the questions.

Within each Guide there are places to follow your intuition and places to full on improvise; for example when doing a Role Play with your player.

Using these coaching guides you will create a great experience for your players AND you will learn the Play Life Method, the Coaching Framework and the Energy Alignment Path to personal growth. (ALL AT THE SAME TIME!)

Enjoy every moment...



Coach Dave Buck and the CV Team!

Great Coaching Will Transform Our World



Coaching Guide for Exploratory Conversation

Notice this format:

1) INTRODUCTION << You don't say the headings to your player

ASK: Are you ready to go?

{Coach: wait for them to SAY: YES}

You say to the player the text after the **ASK:** While sounding conversational; as if that question just popped into your mind.

The copy in Red – {also in curly brackets if you don't see color} are notes with instructions for you that you don't say to the player.

*** Recruiting Conversation Guide on the next page ***

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

WELCOME

1) INTRODUCTION

SAY: "I am really looking forward to this conversation. I can't wait to see what we discover together. It will take about 15 minutes."

ASK: Are you ready to go?

{Coach: wait for them to SAY: YES}

PLAN

SAY: "OK. Let's go. So as I mentioned I am participating in a Life Coaching Training program and they are really big on looking at business, career and life as a playing for a dream; my role as the coach is to help you play better, unleash your superpowers and step into new possibilities as you pursue this dream."

PLAY TOGETHER

2) DISCOVER THEIR DREAM

ASK: If you looked at your life / business / career as pursuing your dream...What would you say your dream is right now?

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

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}

You may want to ASK: "Anything else?" a few times to get to the deeper stuff.

3) FIND THE GAP

SAY: In coaching first we clarify the dream, then we need to find the gap. The gap is your vision for how you want to play bigger or better. It can be stepping out of your comfort zone to do something new or doing something in a new way. There may be some new experiences or results that you want to create.

ASK: What are some ways you can imagine playing better?

{Coach: listen and **AVOID AVOID AVOID** offering solutions!!

You may want to ASK: "Anything else?" a few times to get their imagination flowing.
Ask any curious or clarifying questions that pop up for you}

4) EXPLORE SUPERPOWERS

SAY: As we play for your dream I want to help you express your unique abilities and develop your superpowers.

ASK: What would you say are some of your unique abilities or Superpower potential that we can develop together over the next 6 weeks (or 12 weeks)?

{Coach: This is just to set a tone and get them thinking about having Superpowers. They may not know what they are. Listen and ask any curious questions that pop up for you; but this is NOT the time to go DEEP on this topic. That will come later.}

GROW

5) MOMENT OF CHOICE

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

If YOU are a “YES”:

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

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

If they say “yes”, move on to #5A. If not, skip to 5B.

If YOU are a “no”, skip to 5B.

PLAY PLAN (the days ahead)

5A) CONFIRM THE COMMITMENT

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

ASK: Are you good with that?

{Coach: wait for them to SAY: YES}

SAY: Let's get our first session on the calendar now.

AND... Session 2 may be closer to an hour because we are going to get into the details of how you are going to Play for your dream. So let's get that session on our calendars now as well.

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

6) ENDING

SAY: “Great! Talk to you soon”

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!

Coaching Guide for Step #01: Share the Dream

WELCOME (and permission to coach)

1) WELCOME

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 go."

PLAN

2) DEEPEN THE DREAM

SAY: Today we are going to go deep into your big DREAM and explore it like a Hero's Journey...

ASK: Share with me (again) your big DREAM is right now?

{Listen and clarify}

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

{Listen and clarify; this question gets them out of isolation and into the world}

ASK: Every Hero's Journey story is a story of becoming a better version of yourself. Who do you imagine you will become by playing for this dream?

{Listen and clarify}

PLAY TOGETHER ~ {Explore the Performance-Possibility Gap}

3) SUPERPOWERS

ASK: What are your Superpowers that you want to express or develop as you pursue this dream?

{Listen and clarify; this is another question to spark imagination}

ASK: What are some activities of "your DREAM" that you would like to play better?

{Listen and clarify; this is a question to illuminate the GAP}

ASK: What would playing at an elite level look like for you? What do you believe is possible?

{Listen and clarify; this is a question to spark imagination and illuminate the GAP}

4) CHALLENGES and FEARS

SAY: Every good hero's journey story has some worthy challenges to overcome and fears to explore.

ASK: What are some of the challenges you are facing or expect to face in your pursuit of this DREAM?

{Listen and clarify; AVOID offering solutions to the challenges. Stay in a calm, assured energy knowing that these challenges are going to be fun to explore}

ASK: Are there any personal fears that you are aware of that these challenges might bring up?

{Listen and clarify; Their FEARS are real. Avoid dismissing the fear or soothing the fear. Stay neutral knowing that these fears will provide a treasure map to their superpowers}

5) PURPOSE

ASK: What would it mean for your life if you fulfilled this dream?

(Coach: FIND the BIG WHY)

> *Examples: Financial Freedom; Self-Expression*

{If they seem to be sharing about the value for other people or "the world", use this question to bring it back to THEM}

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

6) SPIRIT OF PLAY

SAY: Our aim together is to make this adventure transformational AND fun!

ASK: How could you bring the spirit of play into pursuing your dream?

{Get creative here / Use your intuition to choose from a few extra questions you can ASK...}

ASK: *Is there a place you can allow yourself to be a beginner and NOT KNOW*

ASK: *Is there an experiment where you can try something new?*

ASK: *Is there a way to bring in the fun*

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

GROW

7) GROWTH MODE

SAY: I think you have a beautiful dream that I can help you play for!

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 in this conversation?”

{Coach: listen}

SAY: “Can I share an observation?”

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

SAY: “I just want to let you know that in most of our coaching sessions you will choose what aspect of your dream we will focus on. But since this was our first session we needed to focus on clarifying your dream and actions.

ASK: “How do you feel about your clarity of your Dream and Action Opportunities?”

{Coach: listen and share}

PLAY PLAN

8) PLAY PLAN ~ FOR THE DAYS AHEAD

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

ASK: “How can you use what you learned in our session in the days ahead?”

{Coach: listen}

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

{Coach: listen}

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

{Coach: listen their need for support or structure}

SAY: “My challenge for you between now and next week is to bring the spirit of play to as many of your actions and experiences as you can.

ASK: “Can you do that?”

Wait for them to SAY: “YES!”

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

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

9) 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”

{Share your contact information if you haven't already}

Coaching Guide for Step #02: Design the Way to Play (for the Dream)

WELCOME (and permission to coach)

1) WELCOME

SAY: "Welcome back! It's great to be with you again. Let's see what we can 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 go."

PLAN

2) DEEPEN THE DREAM

SAY: Today we are going deeper into your big DREAM. It's a good practice to say your dream when we start each session because it's so easy to lose sight of it!

ASK: Share with me (again) your big DREAM is right now?

{Listen and clarify}

ASK: Anything that you want to celebrate? Especially actions with the Spirit of Play?

{Listen and champion}

PLAY TOGETHER ~ {Explore the Performance-Possibility Gap}

3) DESIGN THE DREAM EXPERIENCES / OBJECTIVES

SAY: The BIG IDEA of playing for your dream is to create fulfilling experiences. We are going to clarify the "Ultimate Experiences" that you want to create and explore how we can reach them as you play over the next 3 months.

These will evolve as we play. So today we are going to focus on "Play Plan Version 1".

ASK: What are some of the tangible **OUTCOME Experiences** that you want to have before 3 months pass? An outcome is when something happens "in the world" as a result of your actions.

{Listen and clarify; you may need to help them with the idea that an outcome is an experience}

ASK: We spoke about this a little bit in our last session. What are some actions that you want to get really good at doing in pursuit of **MASTERY** over the next 3 months.

{Listen and clarify}

ASK: Any further thoughts about who you want to **BECOME** – what superpowers you want to develop – as you face the challenges of pursuing your dream?

{Listen and clarify}

SAY: We are going to explore a few **UPGRADES** to your environment that you want to make so that you can play at a high level? Things like resources, assets and connections that you will need.

ASK: To use a metaphor... if you were going to play for this dream at an Olympic Level, what resources and support would be in your Olympic training center?

{Listen and help them imagine using the Olympic Training Center as a metaphor}

ASK: What **UPGRADES** to your environment do you want to enjoy as a reward for becoming a great player and making a difference in the world?

{Listen and help them imagine the “Things” they would love to have in their experience}

4) PLAY THE DREAM RACE

SAY: Now that we have the big picture, we are going to get into the details of how you will play for your Dream every day. Remember, this is just version 1 we are creating today.

ASK: What are the recurring **RESULTS** that will grow into your tangible **OUTCOME(s)**?

{Listen and clarify; You can remind them of the **OUTCOMES** they described}

SAY: Next we need to talk about actions. And we want to focus as much as possible on actions that involve other people such as conversations, creating and sharing. An example would be: talk with someone and **ASK** them to do something with you; or hire you to do something.

ASK: What are some of the recurring **ACTIONS** that will create the results you want?

{Listen and clarify; You can remind them of the **MASTERY** they described}

ASK: Now let's go through each action. On a scale of 1-5 (5 being mastery) how would you rate your skill level?

{Walk them through the list of actions}

ASK: Let's activate your imagination. How can you bring the spirit of play into a few of these actions?

{You may need to jump in with ideas to spark their imagination}

SAY: Let's talk about challenges again. Challenges are what make playing for your dream fun and growth oriented!

ASK: What are some of the **CHALLENGES** you expect to face while playing for your desired results?

{Jump in and share the challenges that you see; NOT the solutions}

ASK: What is most important for us to **EVALUATE** each week to explore how well you are playing?

{Listen and clarify}

5) THE CURRENT SITUATION AND DREAM VIABILITY

ASK: Tell me about any situations in your life – like commitments or life challenges – that could affect your ability to play for your 3-month Dream?

{Listen and clarify}

SAY: When I am coaching someone to play for a dream, it is important that the short term dream is attainable.

ASK: When you look at this 3-month dream, your current abilities and your current situation, do you believe that this 3 month dream is attainable?

{DIALOGUE TOGETHER: Talk about the viability of the dream as you see it as well. Offer your comments and perspective on the situation.}

IF NOT... ASK: How should we modify what you are playing for over the next 3 months to make it attainable

GROW

6) GROWTH MODE

SAY: I think you are going to have a lot of fun playing for your Dream this way!

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 in this session?”

{Coach: listen}

SAY: “Can I share an observation?”

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

ASK: “How do you feel about your clarity of playing for your Dream?”

{Coach: listen and share}

PLAY PLAN

7) PLAY PLAN ~ FOR THE DAYS AHEAD

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

ASK: “How can you use what you learned in our session in the days ahead?”

{Coach: listen}

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

{Coach: listen}

SAY: Notice the conversations you have that are important as you play for your dream. Choose one that we can play with together in our next session.

ASK: “Can you do that?”

{Wait for them to SAY: “YES!”}

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

{Coach: listen their need for support or structure}

SAY: “My challenge for you between now and next week is to continue bringing the spirit of play to as many of your actions and experiences as you can.”

ASK: “Can you do that?”

Wait for them to SAY: “YES!”

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

{Coach, remember to make a few notes on the Play Life Playsheet for this player AFTER THE SESSION; Just fill in the RED Row (step #2) with the Objectives key words}

8) 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”

{Share your contact information if you haven't already}

Coaching Guide for Step #03: PLAY for Results (and experiences)

Includes Role Play

WELCOME (and permission to coach)

1) WELCOME

SAY: "Welcome back! It's great to be with you again. Let's see what we can 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 go."

PLAN

2) DEEPEN THE DREAM

SAY: Today we are going to flesh out how you are going to PLAY for your DREAM. And start playing together with one of the conversations for influence.

ASK: Does that sound good to you?

{Wait for the "yes". (Agreement)}

SAY: Let's start by speaking your big Dream. Share it with me.

{Listen and clarify}

ASK: Next, let's talk about how you played since our last session.

ASK: What do you want to celebrate?

{Listen and Champion}

ASK: Tell me about some of your actions, results and experiences that you created?

{LISTEN! And don't SAY too much! Highlight anything that seems important; in the future you will learn more about how to offer observations and suggestions}

{If needed you can ask about a few action ideas that you have on your Playsheet}

PLAY TOGETHER ~ {Explore Playful Actions and Results}

3) THE WAY TO PLAY

SAY: Let's get into this idea of playing Life for experiences **and RESULTS** while you pursue your dream. We are going to use a PLAY framework that includes 4 components: Relate for influence, Create to share, Explore and Experiment.

4) RELATE FOR INFLUENCE

SAY: Let's first look at conversations where you can become more influential; And then we will do a short Role Play.

SAY: An Influence conversation is where the desired **RESULT** is another person saying "Yes".

ASK: Where do you want to play for another person to say: "YES"?

**{Co-create with them to figure out the relate for influence conversation
If they bring up more than one...}**

ASK: Which one should we play with today?

{now look for the Spirit of Play}

ASK: When you look at this conversation **ACTION** what are you curious about?

ASK: What is the growth opportunity for you?

ASK: How can you make it fun?

5) QUICK ROLE PLAY

SAY: Let's do a quick role play of this conversation to get into the mode of playing together to play better!

SAY: We are going to do a bunch of Role Plays together while we are coaching so this one will get us into the flow.

5.1) Choose a conversation

{Confirm the conversation...}

ASK: Recap the situation for me ?

5.2) Know the intended influence / result

ASK: Briefly describe the "Yes" result that you want to create in this conversation?

5.3) Know your role

ASK: Do you have a specific person in mind or is this a composite of the typical person?

ASK: Please give me a brief (30 second) character sketch of the role I will be playing.

5.4) Get into the role

{Get into the ROLE PLAY. Let yourself be the character. Have fun playing together.}

5.5) Call time out

SAY: Let's call time out.

ASK: What are you noticing so far?

{Listen and then share ONE idea that you have about a different way they could approach it; or step into a Superpower that that they want to develop}

5.6) Repeat

{just do one more run through}

5.7) Debrief

ASK: What did you learn from doing this practice conversation?

{ SHARE what you observed; specifically, what you FELT on the receiving end of the influence}

!** End the Role Play **!

SAY: That was great! Now let's explore the other 3 ways to play for your Dream

6) *CREATE AND SHARE*

SAY: **Create and Share** is doing things and creating experiences with and for other people and also engaging with people who enjoy what you create.

ASK: What are some things or some experiences that you aim to create and then share?

{Co-create with them to figure out the Create and Share aspect of how they will play}

{now look for the Spirit of Play}

ASK: When you look at these create and share **ACTIONS** what are you curious about?

ASK: How can you make it fun?

ASK: From these Create and Share ideas is there anything you want to play for this week?

7) *EXPLORE PLACES TO SEE AND BE SEEN*

SAY: Next let's talk about exploring new places or groups to see and be more visible.

ASK: When you look at your desired DREAM **RESULTS** where you want to explore?

{Co-create with them to figure out the explore for visibility aspect of how they will play}

{now look for the Spirit of Play}

ASK: When you think about exploring for visibility what are you curious about?

ASK: What is your growth opportunity?

ASK: How can you make it fun?

ASK: Is there an exploration you want to play with this week?

8) EXPERIMENTS TO TRY NEW WAYS

SAY: Finally, let's talk about a few playful experiments where you want to try new ways of doing things.

ASK: When you look at your DREAM **ACTIONS** what experiment possibilities do you see?

{Co-create with them to name a few experiments}

{now look for the Spirit of Play}

ASK: What is your growth opportunity

ASK: Is there an experiment you want to play with this week?

GROW

9) 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 your player is playing for their dream.}

ASK: "How do you feel about your clarity for how you can play for your dream?"

{Coach: listen and share}

PLAY PLAN

10) 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 area: Relate, Create, Explore and Experiment...”

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

{Coach: listen for the Role Play conversation, Create & Share, Explore and Experiment}

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

{Coach: listen their need for support or structure}

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

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

11) 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”

Coaching Guide for Step #04: Embrace Challenges

WELCOME (and permission to coach)

1) WELCOME

SAY: "Welcome back! It's great to be with you again. Let's see what we can 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 go."

PLAN

2) DEEPEN THE DREAM

SAY: In our last session we explored the four ways to play for your Dream. In this session we want to explore the challenges you faced while in pursuit of your desired results.

ASK: Does that sound good to you?

{Wait for the "yes". (Agreement)}

SAY: It's a good practice to state your BIG Dream on a regular basis.

ASK: Share with me how you describe your BIG Dream right now.

{Listen, notice their energy as they share about it}

3) EVALUATE THE EXPERIENCE OF PLAY

SAY: Let's get into your experience of play from the past week.

We will talk about actions where you got results;
actions where you didn't get the results you wanted
and actions that you didn't take at all.

We will look at all of it with Judgment-Free Awareness which means we keep a curious, open mind.

ASK: OK?

{wait for the "Yes"}

4) EMBRACE CHALLENGES

4A) ACHIEVED SOME DESIRED RESULTS

ASK: Let's start with **ACTIONS** where you got your desired **RESULTS!** Did anything like that happen?

{skip this part if they didn't get any desired results}

SAY: WOW. That is great playing.

ASK: What can you learn from this experience of getting your desired **RESULTS**?

{Listen and champion them!}

{skip to here if they didn't get any desired results}

4B) DID NOT ACHIEVE DESIRED RESULTS

ASK: Next let's explore the **ACTIONS** you took where you did NOT get your desired **RESULTS** because there was a **CHALLENGE**. How would you describe the **CHALLENGE**?

{Listen! You may need to help them explore what the challenges are; BUT don't offer solutions to the challenges}

{choose 1 or 2 of these follow up questions...}

ASK: How is this **CHALLENGE** asking you to grow?

ASK: What is the Superpower that this challenge is ASKing you to develop or expand?

ASK: How can we bring the Spirit of Play to this **CHALLENGE** the next time?

4C) DID NOT TAKE ACTION

ASK: Next let's explore the **ACTIONS** that you were intending to do but you did not. What happened? What got in your way?

{Listen! Stay in judgment free awareness. You may need to introduce JFA to your player if they start judging themselves or their situation.}

PLAY TOGETHER ~ {Explore a PIVOTAL Moment}

5) PLAY TOGETHER WITH A CHALLENGE

5.1) Identify the "pivotal" activity where the player desires different results.

ASK: Of all of the activities in your dream where you are a bit stuck - not taking the action - or not getting the results you want, which one do you think is most important for us to play with right now?

SAY: This is a great opportunity for us to use a powerful coaching technique called "Pivotal Moment". You know how artists and athletes use visualization to improve their performance? Well we can do the same thing to get insights about what is happening for you when you are playing life.

ASK: Let's use this technique to explore this situation. Is that ok with you?

5.2) Emphasize “judgment-free awareness”

SAY: 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?

5.3) Clarify the Superpower Action and Desired Result

SAY: OK let's make sure we are clear on the superpower action and the desired result. Can you recap it for me?

{Listen}

5.4) Ensure a Safe Space

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

{Wait until they SAY yes...}

5.5) Start the Preplay

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

{give them about 30 seconds}

5.6) Create the scene

SAY: Tell me a little bit about the scene. Where are you?

{Listen}

5.7) Scan for Thoughts and Inklings

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.

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

{Listen}

5.8) Scan the body for physical sensations

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}

CHOOSE A OR B

A) {if 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.

{Skip to 5.10}

B) {if they notice a physical sensation}

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

5.9) Feel the energy in the body

IF they mention more than one body sensation...

ASK: Which sensation is most intense?

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

SAY: OK, now all you need to do is just allow yourself to feel that 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}

EVEN if they don't have a physical sensation or Memory Pop, do this part...

5.10) Explore the “energy block”

SAY: The moment we are practicing is bringing up a fear or belief that resembles an 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}

5.11) Find the Dream Intent

SAY: OK. Now we are going to create a new picture for you to live into.

ASK: What does your dream want you to do in this situation?

{wait and listen}

ASK: Let's state your Dream's Intent in a short power phrase...

{Listen – you can help them form it into a phrase}

5.12) PREplay the moment with a NEW Picture

SAY: Next, close your eyes again for a few moments.

SAY: Now PREplay the scene the way you want it to be; keep your power phrase in your heart; imagine you have power, freedom and the capability to make the right moves.

{wait a few moments}

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

{wait a few moments}

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

ASK: What are your insights from this exploration?

{Listen. You will learn a lot about your players growth opportunities}

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

GROW

6) 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}

PLAY PLAN

7) *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, Relate for Influence, Create to Share, Explore and Experiment}

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

{Coach: listen their need for support or structure}

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

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

8) *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”

Coaching Guide for Step #05: Evaluate What Matters

WELCOME (and permission to coach)

1) WELCOME

SAY: "Welcome back! It's great to be with you again. Let's see what we can 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 go."

PLAN

2) EVALUATE THE EXPERIENCES OF PLAY

ASK: As we do every session, share with me how you describe your BIG Dream right now.

{just listen}

SAY: Today we are going to evaluate how well you are playing for your DREAM, look for growth opportunities and co-create a few ways to play better.

SAY: So, let's evaluate how you played and talk about what happened and what didn't happen.

ASK: Overall, in just a few "bullet points" how would you evaluate your play this past week?

{Listen and get a good feel for how they see the situation}

2A) ACHIEVED SOME DESIRED RESULTS

ASK: Let's start with **ACTIONS** where you got your desired **RESULTS!**
Did anything like that happen?

{If they got some positive results do this part. If not skip to 2B}

How to talk about success

SAY: Wow! Congratulations. That is a great accomplishment. How did it feel?

ASK: What can you learn from this experience of getting your desired **RESULTS?**

{Listen and Celebrate!}

2B) DID NOT ACHIEVE DESIRED RESULTS

SAY: OK, the most important thing we can do is maintain judgment-free awareness and learn as much as possible from the experience.

ASK: Let's explore the **ACTIONS** you took where you did NOT get your desired **RESULTS**. How would you describe the **CHALLENGE**?

{Listen and Clarify}

SAY: We will explore how to face these challenges in a moment...

2C) DID NOT TAKE ACTION

ASK: Next let's explore the **ACTIONS** that you were intending to do but you did not. Using judgment-free awareness, what happened? What got in your way?

{Listen and Clarify}

2D) ANY MORE FEEDBACK?

SAY: Anything that happens while you play for your dream can be explored as feedback.

ASK: What other feedback did you receive while playing? Is there anything else we should evaluate together?

{Listen and Clarify}

PLAY TOGETHER ~ {co-create ways to play better}

3) RESPOND TO CHALLENGES TOGETHER.

SAY: Let's take a step back for a moment. Looking at your experience of playing for **RESULTS** and embracing **CHALLENGES**.

ASK: Share with me some of the **CHALLENGES** you faced?

{Listen and make a list.}

ASK: What can you learn from each **CHALLENGE**? How will this challenge make you grow as a player?

{Walk through the list with them}

ASK: How can you respond to this challenge with the Spirit of Play?

{Listen and observe if they are getting more playful}

4) CO-CREATE A FEW WAYS TO PLAY BETTER

SAY: OK, let's co-create some ways to play better this week!

ASK: Based on what we have discussed to far, what can we do to get better results?

{Listen... REALLY dig into your players awareness BEFORE making any suggestions}

NEXT

{If you have useful knowledge for your player, this is what you do:}

ASK: I have an idea for how you can do this better. May I share it with you?

{Share what you know in the most concise way possible}

ASK: What do you think about this idea? Do you want to try it? Or do you have a way to use it as a springboard for something different? You tell me.

ASK: Is there an experiment you can try this week to get better results?

NEXT

{If you don't have useful knowledge for your player, this is what you do}

SAY: Let's tap into some outside resources to find a better way.

ASK: Do you have any ideas about who or where you could find some ideas?

5) EXPLORE FOR NEEDED ENVIRONMENTAL UPGRADES

ASK: Based what you experienced in playing for your dream so far, are there any resources that you need to play better or grow faster?

{Listen. You can offer suggestions from what you have observed}

ASK: Do you have any playful thoughts about how you could acquire any of these resources?

{Listen. and offer suggestions}

GROW

6) 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 they are expanding awareness by evaluating feedback}

ASK: “How do you feel about our progress in co-creating ways to play better?”

{Coach: listen and share}

PLAY PLAN

7) *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, Relate for Influence, Create to Share, Explore and Experiment}

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

{Coach: listen their need for support or structure}

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

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

8) *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”

Coaching Guide for Step #06: Practice Skills

WELCOME (and permission to coach)

1) WELCOME

SAY: "Welcome back! It's great to be with you again. Let's see what we can 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 go."

PLAN

2) EVALUATE THE EXPERIENCES OF PLAY

ASK: As we do every session, share with me how you describe your BIG Dream right now.

{just listen}

SAY: Today we are going to explore how to build your skills and do another Role Play.

SAY: So, let's evaluate how you played and talk about what happened and what didn't happen?

ASK: Tell me about the **RESULTS** you co-created?

{Listen and celebrate}

ASK: Share with me about **ACTIONS** you took where you did NOT get your desired **RESULTS?**

{Listen. This will help you help them choose a conversation to Role Play}

{Also ask about the items you wrote down last week}

3) RESPOND TO CHALLENGES TOGETHER. (QUICK VERSION)

ASK: What was the biggest **CHALLENGE** you faced and what growth is it asking of you?

{listen. Avoid offering solutions at this time}

PLAY TOGETHER ~ {Role Play a Conversation}

4) PLAY TOGETHER TO PLAY BETTER

4.1) Identify the specific conversation to practice

ASK: Of all of the conversations that are part of your dream, which would be the best for us to practice today? It can be a recurring conversation or a specific conversation that would move your dream forward.

4.2) Know the intended result

ASK: What is the result or influence that you want to create in this conversation?

4.3) Know your role

ASK: please give me a brief (30 second) character sketch of the role I will be playing.

SAY: This may be a specific person or a composite of the typical person

4.4) Get into the role and **PLAY TOGETHER**

{Get into the conversation. Let yourself be the character. Have fun with it.}

4.5) Call time out

{Let your player know if you are coming out of character to make a suggestion.}

{discuss what is happening and if you have a suggestion, share it}

4.6) Introduce the Superpower

ASK: What is the Superpower you want to express in this situation?

{Listen and offer suggestions}

ASK: How can you express this Superpower in this conversation?

{Listen and offer suggestions}

4.7) Repeat

{Be prepared to go through a specific part of the conversation several times.}

4.8) Add a twist

{Based on how well you think the player is doing, you can vary how you play the role to create easier or more challenging situations.}

4.9) Debrief

ASK: What did you learn from doing this practice conversation?

ASK: Are there any other conversations we should plan to practice another time?

! End the Role Play **!**

5) PRACTICE FOR NON-CONVERSATIONAL SKILLS

ASK: Let's look at a key action of your dream that is not a conversation: like create and share, explore or experiment. What is a way you could get some "practice" to improve your skill?

{listen and offer any creative ideas that are coming to you}

GROW

6) 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 they are growing their skills through practice}

ASK: "How do you feel about our progress in practicing your pivotal conversation?"

{Coach: listen and share}

PLAY PLAN

7) 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, Relate for Influence, Create to Share, Explore and Experiment}

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

{Coach: listen their need for support or structure}

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

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

8) 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”

Coaching Guide for Step #07: Play Plan for your Superpowers

WELCOME (and permission to coach)

1) WELCOME

SAY: "Welcome back! It's great to be with you again. Let's see what we can 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 go."

PLAN

2) EVALUATE THE EXPERIENCES OF PLAY

ASK: As we do every session, share with me how you describe your BIG Dream right now.

{just listen}

SAY: Today we are going to explore your Superpowers and uplevel your play plans.

SAY: So, first let's evaluate how you played and talk about what happened and what didn't happen.

ASK: Tell me about the **RESULTS** you co-created?

{Listen and celebrate}

ASK: Share with me about **ACTIONS** you took where you did NOT get your desired **RESULTS?**

{Listen. This will help you help them choose an action to explore for Superpowers and Resources}

{Also ask about the items you wrote down last week}

3) RESPOND TO CHALLENGES TOGETHER. (QUICK VERSION)

ASK: What was the biggest **CHALLENGE** you faced and what growth is it asking of you?

{listen. Avoid offering solutions at this time}

PLAY TOGETHER ~ Co-Create a Superpower Play Plan

4) PLAY TOGETHER TO PLAY BETTER

SAY: "OK, today we are going to uplevel your play plan by exploring your superpowers."

ASK: Looking at your desired **OUTCOMES** what have you learned about the daily **RESULTS** we have been playing for?

4.1) Hone in on a Superpower to play with

SAY: “We have been playing with some actions to create your results. Now we are going to look at this more deeply to create a Superpower **Play Plan**.”

ASK: “What superpower – maybe a dormant one - can you use more fully to co-create your results with the world?”

{listen. Ask permission and share your observations. You may see something about them that they don't see in themselves!!! AND don't EXPECT them to see it your way.}

ASK: Let's give this superpower a strong name. What should we call it?

{listen. And you may need to offer a suggestion}

ASK: “What is a playful way we could make better use of this Superpower?”

{listen. Ask permission and share your ideas. You may see possibilities that they don't see themselves!!! AND don't EXPECT them to see it your way.}

Pre-play the Superpower in Action

SAY: “Next we will do a short visualization to pre-play using your Superpower as a Pivotal Moment.”

4.2) Emphasize “judgment-free awareness”

SAY: 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?

4.3) Clarify the Superpower Action and Desired Result

SAY: OK let's make sure we are clear on the superpower action and the desired result.

Can you recap it for me?

{Listen}

4.4) Ensure a Safe Space

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

{Wait until they SAY yes...}

4.5) Start the Preplay

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

{give them 30 seconds or so}

4.6) Notice thoughts and physical sensations.

SAY:

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

{Listen}

ASK: Did you notice any physical sensations?

{Listen}

SAY: It is very natural to experience some thoughts or body sensations when we step into our power. This is natural. The key is to maintain judgment free awareness and just notice them. If it gets intense, we can explore it more in our next session.

IF THEY NOTICED A PHYSICAL SENSATION...

Whether it was positive or troubling, just feel it for 30 seconds

SAY: OK. All you need to do next is just feel into it for 30 seconds.

{give them 30 seconds}

ASK: What was that experience like?

{just listen as they share; we are not going any deeper into it at this time}

4.7) State the Dream Intent

SAY: OK. Now we are going to create a new powered up picture for you to live into.

ASK: What does your dream want you to do with your Superpower?

{wait and listen}

ASK: Let's state your Dream's Intent in a short power phrase...

{Listen – you can help them form it into a phrase}

4.8) PRE-Play the moment with a NEW Picture

SAY: Next, close your eyes again for a few moments.

SAY: Now PREplay the scene the way you want it to be; keep your power phrase in your heart; imagine you have freedom and the capability to use your Superpower for a positive impact.

{wait a few moments}

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

{wait a few moments}

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

ASK: What are your insights from this exploration?

{Listen. You will learn a lot about your players growth opportunities}

5) NOW CO-CREATE A RESOURCEFUL STRATEGY

SAY: Now we are going to change our focus to being strategic with your resources.

SAY: Often we overlook potential resources that are in front of us because we have been so indoctrinated to “do it alone”.

ASK: “What assets, in the form of relationships, do you have that we can leverage to create these results? In other words who do you know who could support you or advocate for you in some way?”

{listen. Ask permission and share your ideas. ENCOURAGE them to ASK}

NOTE TO COACH: If you have time, this can be a great place for a short role play!!

ASK: “What other assets in the form of places, things or ideas, do you have that we can leverage to create your results?”

ASK: “What playful ideas can you think of to make better use of any of these assets?”

SAY: “Now we need to create your approach or strategy...”

ASK: “What ideas do you have about the best way to get your results? What is the best way for YOU to approach it?”

{listen. If you see something, ask permission and help them pull it all together}

GROW

6) 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 they are growing their skills through practice}

ASK: “How do you feel about our progress in practicing your pivotal conversation?”

{Coach: listen and share}

PLAY PLAN

7) *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, Relate for Influence, Create to Share, Explore and Experiment}

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

{Coach: listen their need for support or structure}

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

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

8) *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”

Coaching Guide for Step #08: Expand Inner Freedom

In this session we want you to stream line the typical coaching flow so that you can dedicate time to using the Pivotal Moment Exercise from the Inner Freedom Method.

WELCOME (and permission to coach)

1) WELCOME

SAY: "Welcome back! It's great to be with you again. Let's see what we can 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 go."

PLAN

2) EVALUATE THE EXPERIENCES OF PLAY

ASK: As we do every session, share with me how you describe your BIG Dream right now.

{just listen}

SAY: Today we are going to use the Pivotal Moment exercise again and go a little deeper this time.

SAY: So, let's evaluate how you played and talk about what happened and what didn't happen?

ASK: Tell me about the **RESULTS** you got and the **RESULTS** you didn't get.

{Also ask about the items you wrote down last week}

ASK: Share with me any experiences you had using your Superpowers.

{just listen}

3) RESPOND TO CHALLENGES TOGETHER. (QUICK VERSION)

ASK: What was the biggest **CHALLENGE** you faced and what growth is it asking of you?

{listen. Avoid offering solutions at this time}

PLAY TOGETHER ~ Pivotal Moment with a Superpower

4) PLAY TOGETHER TO PLAY BETTER

4.1) Identify the "pivotal" activity where the player desires different results.

ASK: Of all of the activities in your dream which one do you think is most important for us to play with now?

4.2) Emphasize “judgment-free awareness”

SAY: 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?

4.3) Clarify the Superpower Action and Desired Result

SAY: OK let's make sure we are clear on the superpower action and the desired result.

Can you recap it for me?

{Listen}

4.4) Ensure a Safe Space

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

{Wait until they SAY yes...}

4.5) Start the Preplay

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

4.6) Create the scene

SAY: Tell me a little bit about the scene. Where are you?

4.7) Scan for Thoughts and Inklings

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.

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

{Listen}

4.8) Scan the body for physical sensations

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?

{Listen}

CHOOSE A OR B

A) {if 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.

{Skip to 4.10}

B) {if they notice a physical sensation}

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

4.9) Feel the energy in the body

IF they mention more than one body sensation...

ASK: Which sensation is most intense?

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

SAY: OK, now all you need to do is just allow yourself to feel that 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}

EVEN if they don't have a notice a physical sensation or have a Memory Pop, do this part...

4.10) Explore the “energy block”

SAY: The moment we are practicing is bringing up a fear or belief that resembles an 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}

4.11) Find the Dream Intent

ASK: What does your Dream want you to do?

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

ASK: Let's try to put your Dream's intention for you into a phrase...

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

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

4.12) PREplay the moment with a NEW Picture

SAY: OK. Now we are going to create a new picture for you to live into.

SAY: Close your eyes again for a few moments.

SAY: Hold your Dream’s Intent in your heart and PREplay the conversation being the person your Dream wants you to be; imagine you have power, freedom and the capability to express yourself fully.

{wait a few moments}

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

GROW

5) 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 they are growing their skills through practice}

ASK: “How do you feel about our progress in practicing your pivotal conversation?”

{Coach: listen and share}

PLAY PLAN

6) 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, Relate for Influence, Create to Share, Explore and Experiment}

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

{Coach: listen their need for support or structure}

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

{Coach, remember to make a few notes on the Play Life Playsheet for this player **AFTER THE SESSION**}

7) *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”

Coaching Guide for Step #09: Expand World Power

In this session we want you to stream line the typical coaching flow so that you can dedicate time to using the techniques from the World Power Method.

WELCOME (and permission to coach)

1) WELCOME

SAY: "Welcome back! It's great to be with you again. Let's see what we can 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 go.

ASK: Do you have the playsheet I sent you printed out for this session?

{wait for them to answer and hopefully they say, YES}

PLAN

2) EVALUATE THE EXPERIENCES OF PLAY

ASK: As we do every session, share with me how you describe your BIG Dream right now.

{just listen}

SAY: Today we are going to explore your environment and look for upgrades that can help you play for your dream with greater ease and success.

SAY: So, let's evaluate how you played and talk about what happened and what didn't happen?

ASK: Tell me about the **RESULTS** you got and the **RESULTS** you didn't get.

{Also ask about the items you wrote down last week}

ASK: Share with me any experiences you had using your Superpowers.

{just listen}

3) RESPOND TO CHALLENGES TOGETHER. (QUICK VERSION)

ASK: What was the biggest **CHALLENGE** you faced and what growth is it asking of you?

{listen. Avoid offering solutions at this time}

PLAY TOGETHER ~ Explore the player's environment

4) PLAY TOGETHER TO PLAY BETTER

Introduce the idea of environments

SAY: One of the most important factors of sustainable success is a winning environment! We call this World Power because it's about seeing your world as a personal success academy that is helping you grow rather than an obstacle to overcome. So today we are going start designing a winning environment for you.

SAY: There are 2 high-impact exercises that we will do together

- 1) Zapping Tolerations
- 2) Your 7 MOST Influential people

4.1) ZAPPING Tolerations

SAY: Toleration Zapping is one of the most energizing things you can do. The concept is that EVERYTHING has an energetic impact on you. It is either adding energy to you OR depleting or draining your energy.

SAY: When an environment is too full of tolerations you start to go numb, which then limits your ability to be powerful and alive. For example: Incompletions like broken promises and broken things are pretty much universally draining.

4.2) To zap a toleration. Choose a toleration to zap

ASK: What are a few things that are obviously draining your energy. Every time you see it or think of it you think: oh, I have to take care of that?

{Listen and make a short list}

ASK: Which one do you think would be most energizing to zap this week?

4.3) Make a mental picture of it cleared

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

SAY: Close your eyes for a moment. Use your imagination to make a mental picture of how you want it to be.

{Give them about 20 seconds}

SAY: OK, you can open your eyes.

4.4) Understand how it got that way?

SAY: Give a little thought to how it got that way.

ASK: Is there a reason? What was missing?

{Listen. You will learn something about your player here.}

4.5) Make a plan

ASK: What is the action you need to take to ZAP it?

ASK: When can you set aside the time to DO IT? –

SAY: Knowing that the energy you put into it will be immediately returned to you by eliminating the drain. Let NOTHING stop you. Make it a quest!

4.6) Celebrate

ASK: What is a small thing you can do to celebrate when it is done?

5) *Your 7 MOST Influential People*

5.1) Identify the people

SAY: Next we will do a scan of the most influential people in your environment. We will start this process now and I encourage you to keep exploring this process after our session.

SAY: Think of 3-4 people that you spend the most time with: family, friends and colleagues. Write their names on your playsheet; or on the left column of a piece of paper.

SAY: Next think 2-3 people that you know who are strategically connected in some way that could help you with your dream. Write their names on your playsheet; or in the left column on a piece of paper.

ASK: Do you have them?

5.2) Explore the relationships

SAY: On the Playsheet you see 5 columns: Talk – Energy – Assets – Request - Support

SAY: Think of one person now for us to talk about together.

Just tell me their initials.

I am going to ASK you 5 questions...

- 1) **Talk** - What do you talk about most of the time?
- 2) **Energy** - What is the overall energy / mood of this person and relationship?
- 3) **Assets** - What assets do they have that you could leverage better for your success?
- 4) **Request** - What could you ASK them for that you have not ASKed?
- 5) **Support** - Rate the level of support for your dream on a 1-10 scale (1 distraction / detractor -> 10 maximum supporter)

{Coach: Repeat the questions for 1 or 2 more of the people}

5.3) Playfully jump into a quick Role Play!

Then...

ASK: Let's think of one of these people and one thing or support you could ASK for as an experiment?

{Coach: co-create an option with them.}

SAY: OK. Let's do a quick Role Play experiment of the ASK. I will be *person X* and you just strike up a conversation and ask for what you want.

{Coach: be playful. And encourage them to just step into it as an experiment.}

{The role play can be 2 or 3 minutes}

SAY: GREAT! You are becoming more playful all the time. How did that feel?

{listen and champion them}

ASK: Based on this exploration is there anything you can imagine doing to gather more support for you and your dream?

{listen and encourage them to own the value of their dream in the world}

GROW

6) 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 environments in this session?"

{Coach: listen }

ASK: "Can I share an observation?"

{Wait for them to say Yes}

{Coach: share an observation about how they are growing their skills through practice}

ASK: "How do you feel about our progress in practicing your pivotal conversation?"

{Coach: listen and share}

PLAY PLAN

7) 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, Relate for Influence, Create to Share, Explore and Experiment}

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

{Coach: listen their need for support or structure}

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

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

8) 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”

**** Additional comments and questions to expand World Power****

TAKE this out and make sure it is in the playbook

There are many additional questions and explorations you can have with your players about their environments. Many of these will be explored in great detail when you take the World Power Method class.

Here are a few that you can use with great effect as you go forward with your players after your initial 12-week agreement.

When talking about the people environments you can also ASK:

- Do the people in your world know about your BIG dream?
- Are they happy about you playing for this dream?
- Are they a part of the dream in some way?
- Are there any key roles missing in your life now?

- Who are the most influential people in your community that you know on a first name basis?
- How do you know them?
- Do they know about what you are doing?
- What resources do they have?
- Have you ASKed them for support?

- Who are the influential people you know of that you would like to create a relationship with?

You can also explore the most valuable groups and social networks

Note: we don't get into this in the practice dialogue, but it is a very good thing to explore with your players.

Here you want to find out what social networks your player is actively involved in. Social networks have a huge influence on the success of any endeavor.

Mostly we are looking for geographical- based networks like church, social clubs, school, university and business groups.

However now this can also include virtual networks like Facebook, LinkedIn, Twitter or Instagram (or the new social network of the day ;-)

ASK:

- What social groups are you a part of?
- Are you actively engaged?
- Have you ever played a leadership role in the group?
- How can your participation in this group play a role in your success?
- Do your closest associations in the group know about what you are doing? Are they supportive?
- Are there any groups that you would like to find and / or join and participate with?

What the Coach Needs to Know

World Power and Personal Environments are a BIG part of coaching. This is not taught in most other Coach Training program. It is something that you can explore with your players gradually over time. It will pay HUGE dividends if you do.

Coaching Guide for Session #10: Transformational Play

In this session we want you to streamline the typical coaching flow so that you can dedicate time to doing the blend of Role Play and Pivotal Moment Techniques.

WELCOME (and permission to coach)

1) WELCOME

SAY: "Welcome back! It's great to be with you again. Let's see what we can 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 go."

PLAN

2) EVALUATE THE EXPERIENCES OF PLAY

ASK: As we do every session, share with me how you describe your BIG Dream right now.

{just listen}

SAY: Today we are going to play together by combining role play AND the pivotal moment exercise we have done a few times.

SAY: So, let's evaluate how you played and talk about what happened and what didn't happen?

ASK: Tell me about the **RESULTS** you got and the **RESULTS** you didn't get.

{just listen}

ASK: Share with me any experiences of talking with your 7 most influential people?

{just listen; make notes for possible conversations to practice}

3) RESPOND TO CHALLENGES TOGETHER. (QUICK VERSION)

ASK: What was the biggest **CHALLENGE** you faced and what growth is it asking of you?

{listen. Avoid offering solutions at this time}

{make notes for possible conversations to practice}

PLAY TOGETHER ~ Role Play + Pivotal Moment

4) PLAY TOGETHER TO PLAY BETTER

4.1) Identify the specific conversation to practice

ASK: Which conversation are we going to practice today?

{listen. Encourage them to practice a BIG one; where there is probably doubt or fear involved}

4.2) Know the intended result

ASK: What is the result that you want to create in this conversation?

4.3) Know your role

ASK: Give me a brief (30 second) character sketch of the role I will be playing.

4.4) Get into the role and start playing

SAY: Let's jump into it and remember you can call "time out" any time.

{Get into the conversation. Let yourself be the character. Have fun with it.}

{IF needed... raise the challenge level to push their preservation zone}

{Stay closely observant to their energy}

4.5) Call time out (or respond to a player time out)

{Let your player know when you are coming out of character.}

SAY: OK! Let's call time out here.

ASK: What are you experiencing right now?

5) PIVOTAL MOMENT (INNER FREEDOM)

SAY: This is a great opportunity for us to use the Pivotal Moment exercise to get insights about what is happening at an energetic level when you are in this conversation.

ASK: Is that ok with you?

5.1) Emphasize "judgment-free awareness"

SAY: 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?

5.2) Ensure a Safe Space

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

{Wait until they SAY yes...}

5.3) Start the Replay Technique

SAY: close your eyes, breath naturally, and take a few moments to recreate the scene we were just playing in your mind using your imagination.

5.4) Scan for Thoughts and Inklings

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.

ASK: Using Judgment-Free Awareness what do you notice going through your mind?
{Listen}

5.5) Scan the body for physical sensations

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?
{Listen}

CHOOSE A OR B

A) {if 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.
{Skip to 5.7}

B) {if they notice a physical sensation}

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

5.6) Feel the energy in the body

IF they mention more than one body sensation...

ASK: Which sensation is most intense?

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

SAY: OK, now all you need to do is just allow yourself to feel that 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}

EVEN if they don't have a notice a physical sensation or have a Memory Pop, do this part...

5.7) Explore the "energy block"

SAY: The conversation we are practicing is bringing up a fear or belief that resembles an 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}

5.8) Find the Dream Intent

ASK: What does your Dream want you to do?

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

ASK: Let's try to put your Dream's intention for you into a phrase...

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

SAY: (something encouraging & acknowledging) "That was amazing. You did well in that exercise!"

5.9) PREplay the moment with a NEW Picture

SAY: OK. Now we are going to create a new picture for you to live into.

SAY: Close your eyes again for a few moments.

SAY: Hold your Dream's Intent in your heart and PREplay the conversation being the person your Dream wants you to be; imagine you have power, freedom and the capability to express yourself fully.

{wait a few moments}

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

6) BACK TO THE ROLE PLAY

SAY: OK. Let's go back into the Role Play and practice being the new version of you!

{Go through the specific part of the conversation one or more times.}

6.1) Debrief

ASK: What did you learn from doing this practice conversation with Inner Freedom?

GROW

7) 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: “How do you feel about our progress in practicing your pivotal conversation?”

{Coach: listen and share}

ASK: “Can I share an observation?”

{Wait for them to say Yes}

{Coach: share an observation about how they are growing their skills through practice}

PLAY PLAN

8) 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 Conversation / Relate for Influence, Create to Share, Explore and Experiment}

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

{Coach: listen their need for support or structure}

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

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

9) 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”

Add this to the Play book

Combine Role Play with Inner Freedom to create transformational PLAY experiences.

When you Role Play a pivotal conversation with a player you have an opportunity to observe them on many levels: what they are SAYing and the energy that they are experiencing.

You will be able to sense when your player is experiencing doubt or fear during the conversation.

This is your opportunity to go straight into the Pivotal Moment exercise (Inner Freedom Method) to enable your player to FEEL what is going on in their body during the conversation.

After doing this, you can do the Role Play again and experience the difference.

Coaching Guide for Session #11: Pursuit of Mastery

In this session you follow the “Plan~Play together ~ Grow” structure and decide with your player which practice will serve them best in this session.

WELCOME (and permission to coach)

1) WELCOME

SAY: "Welcome back! It's great to be with you again. Let's see what we can 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 go."

PLAN

2) EVALUATE THE EXPERIENCES OF PLAY

ASK: As we do every session, share with me how you describe your BIG Dream right now.

{just listen}

SAY: Today we are going to practice with whatever will best help you to play better for your dream. We can do another role play, pivotal moment, superpowers or environments.

SAY: So, let's evaluate how you played and talk about what happened and what didn't happen?

ASK: Tell me about the **RESULTS** you got and the **RESULTS** you didn't get.

{just listen}

ASK: Share with me any experiences of talking with your 7 most influential people?

{just listen; make notes for possible conversations to practice}

3) EXPLORE CHALLENGES TOGETHER.

ASK: What are a few of the the biggest **CHALLENGES** you have faced while playing for your Dream over the past few weeks?

{listen. Add in the challenges that you have observed over the past few weeks}

PLAY TOGETHER

4) PLAY WITH THE SUPERMIND CONNECTION

Notice challenges from the lens of gratitude

SAY: When you play BIG for a Dream you attract a lot of new and interesting situations that often look like challenges.

SAY: Let's talk about these challenging situations from the perspective of gratitude.

ASK: How are they helping you grow? Or said another way, who have they asked you to become?

{Listen and share what you have observed}

ASK: In coaching we have a framework to recognize the perfection of every situation. How have these challenges been the perfect experiences for your adventure so far?

{Listen and share what you have observed}

Gratitude for synchronicities

SAY: Another powerful experience when you play for a dream is synchronicity; when support and opportunities just seem to flow in your direction.

ASK: What synchronicities have you experienced?

{Listen and share what you have observed}

Clearly State Needs

SAY: Every week we take a moment to state your intention to Play for your Dream. This keeps you and your Dream connected to the Supermind of Infinite Possibilities!

Sometimes it is powerful to simply state what you need as you pursue your dream.

ASK: What are a few "things" or experiences that you can state that you need for your dream; without needing to know how you will receive them?

{listen. Add in your ideas; have fun with this! help them use their imagination; help them OWN the value of their dream.}

The BIG Question

SAY: One last thing we can do to expand your energy is speak a BIG Question and then as you play often "answers" and ideas will just come to you.

ASK: Thinking about playing for your BIG Dream, what is a question you are wondering about?

{listen. Add in your ideas; have fun with this! help them use their imagination; help them OWN the value of their dream.}

5) PLAY TOGETHER TO PLAY BETTER

Choose a practice technique together

Note to coach: It may be obvious what to do next based on what you have discussed. If it isn't, then ASK!

SAY: OK! That was great. next let's practice something together.

ASK: What do you think we should do next to help you play your best this week?

Practice skills with a role play, Play plan for your superpowers, Play with a Pivotal Moment for Inner Freedom or Uplevel your environments with World Power?

{Dive into which ever step(s) you choose}

{Hint: I always recommend role play + pivotal moment}

{You have the option to use the method from “memory” or pull up the coaching guide for what they want to do}

GROW

6) 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 they are growing their skills through practice}

ASK: “How do you feel about our progress in practicing together?”

{Coach: listen and share}

PLAY PLAN

7) PLAY PLAN ~ FOR THE DAYS AHEAD

SAY: “OK, this is our final week of the season coming up! Let’s make it a BIG Finish!”

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

{Coach: listen for the Relate for Influence, Create to Share, Explore and Experiment}

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

{Coach: listen their need for support or structure}

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

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

8) 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"

Coaching Guide for Session #12: Season Over / Enroll for next season?

In this session you do a “Season Over” evaluation session.

VERY IMPORTANT: spend time before the session to review your notes and memories. Be prepared to share a few highlights for each of the sections below. Your player wants to hear this from you!!!

Also even though this is the last session of the season, you are still the coach and you want to know about the results of the final week of play!!

WELCOME (and permission to coach)

1) WELCOME

SAY: "Welcome back! It's great to be with you again. Let's see what we can 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 go."

PLAN

2) EVALUATE THE EXPERIENCES OF PLAY

ASK: As we do every session, share with me how you describe your BIG Dream right now.

{just listen}

SAY: Today we are going to do a deep wrap up and celebration.

SAY: So, let's evaluate how you played and talk about what happened and what didn't happen?

ASK: Tell me about the **RESULTS** you got and the **RESULTS** you didn't get.

{just listen}

3) RESPOND TO CHALLENGES TOGETHER. (QUICK VERSION)

ASK: What was the biggest **CHALLENGE** you faced and what growth is it asking of you?

{listen. }

PLAY TOGETHER

4) WRAP UP YOUR 12 WEEKS TOGETHER (“AKA Season Over”)

SAY: WOW! Here we are at the end of 12 weeks. It has been amazing. Let's do a recap of our season together!

ASK: Let's talk about some of your most memorable experiences of living your dream. What comes to mind?

{Listen and share your thoughts}

ASK: Let's acknowledge where we ended up on each of your objectives. What is your assessment?

{Use your notes to walk through the objectives from session #2}

{Listen and share your thoughts}

ASK: Is there anything you are disappointed about?

{Listen and share your thoughts}

ASK: What are you most proud of that you want to celebrate?

{Listen and share your thoughts}

ASK: What is your BIG Dream for your next season?

{Listen and share your thoughts}

SAY: I would like to acknowledge you for...

{SHARE!}

GROW

5) GROWTH MODE

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

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

{Coach: listen }

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

{Coach: listen }

ASK: "Can I share an observation?"

{Wait for them to say Yes}

{Coach: share an observation about how they are growing their skills through practice}

6) CREATE A NEW DREAM FOR A NEW SEASON

Update the desired results from the activities

ASK: Based on what you just experienced, what results do you want to play for next as you live your dream?

Listen {If you want... See if there is a compelling reason to keep coaching together!}

7) ENDING

SAY: Thank you for being a great player!