

Power Up : How to Play Inner Freedom Method



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



GAME CHANGER: START HERE.

I just read the playbook about how to use the CoachVille game system. I am intrigued by the idea of learning how to coach by playing a game in my real life...

What to share



Share After reading the article ...

Share what excites or intrigues you about learning how to coach by playing.

Facebook Boost is on!



Under the share box you will see the “Facebook “Login” button or “Share On Facebook” button. Copy what you shared and paste it into the FB share box.

When you do... 6 really good things will happen! [Playbook for the Facebook Amplify feature!](#)

START HERE





This document is a quick tutorial on how to participate with the CV Game Platform. FUN!

Quick Outline for First-Time Players (Quick review for returning players)

1. **Game Badge** Overview
2. **Share** with intent to inspire
3. **Comment** to create belonging
4. **(YIM)** You Inspire Me points
5. 4 types of **game elements**: Power Up, Game Action, Big Win, Bonus Play
6. **Facebook Amplify**
7. **Badges & Levels**
8. **Highlights**
9. **Upload pictures**
10. 10 big reasons to **ROCK the Game Card Lifestyle**

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Game Badge Overview

Game Badge	 Power Up	 Game Action	 Big Win
	Read this “Start Here” playbook to get an overview of the game.	Share about your experiences in playing life and coaching your team. (even if it has nothing to do with Inner Freedom)	* None *
	Read the Inner Freedom Method Coaching Playbook, Listen to coaching demonstration audios and then share what you learned.	* None *	* None *
	Mission 1: Prepare to recruit 5 players for Inner Freedom Coaching. Mission 2: Prepare to conduct Inner Freedom coaching sessions with your players during the 12 sessions of the course.	Mission 1: Conduct Coach Approach recruiting conversations and share what you learned. Mission 2: Conduct Inner Freedom Coaching Sessions and share what you learned.	Mission 1: Receive a “Yes” from a player for Inner Freedom Coaching. Mission 2: Receive a “Thanks, Coach” note from one of your Inner Freedom players.
	Mission 1: Name your BIG Move Mission 2: Prepare to make your BIG Move on a daily basis.	Mission 1: Share about your BIG Move with 5 people on your team. Mission 2: Make your BIG Move or fail to do so. Share about what you learned from the experience either way.	Mission 1: Receive a verbal support from your team member. Mission 2: Get the desired result of your BIG Move. Share what happened.
	Attend class and share your highlights and insights; Note: for self-paced program students, listen to the class recording.	* None *	* None *
	Make a plan to connect with your partner outside of class in between the class sessions.	Connect with your coaching partner outside of class and share about what you learned.	Your partner creates their BIG WIN. Share what this means to you.

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2) Share

The primary activity on the CV Game Platform is sharing!

Sharing is an act of generosity... sharing ideas, insights, experiences all contribute to the CV community. Share with the intention to inspire the other players!

This graphic shows you what a game card element looks like.



After you click on the Share Button, you will see a share box like this.

Type your thoughts into the box. You can use colors and font sizes to spice it up if you want to. Then click SAVE.

AFTER YOU CLICK SAVE

Look at the right side of your screen for messages. These pop up on a random basis whenever you share.

Look for a Bonus Play Item...

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3) Comment

Read the shares of your fellow players and comment on them.

There are 2 big reasons to do this.

- 1) When you read the insights of others – and see other perspectives - you multiply your learning depth and speed.
- 2) When you comment the other player realizes that what they say matters... this builds an experience of belonging and vulnerability: essential for deep learning.



Comment There are two places where you can comment

1) The Game Board

The Game Board is where you go to see the most recent shares and comments by all players in the game.

A screenshot of a web application interface for a game board. The top navigation bar includes links for 'Community Home', 'My Game', 'Leader Board', 'Game Board', 'Highlights', and 'Teams'. Below this is a filter bar with 'Everyone', 'My League', and 'My Team' options. The main content area is titled 'Game Board - Coaching Super Powers Game'. A post by 'Justina Hezghia' is visible, with a pink arrow pointing to the text 'ALL coaching is Life Coaching ...' and another pink arrow pointing to a comment icon. A third pink arrow points to a 'Click to open comment box' link. A fourth pink arrow points to the text '2) This is what the player shared'.

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2) On an individual Game card

The Leaderboard is where you go to see all of the players in the game and their score. Go to the Leaderboard to find the player you want to read.

Photo	Name	Team	Objectives	Last Update	1	2	Total	Avg
	Vera Knight (update)	Cycling	Objectives	2017-04-14	64	0	64	32
	Katherine G. MacRae (update)	Swim	Objectives	2017-05-03	50	0	50	25
	Jeff Altman (update)	Swim	Objectives	2017-04-14	33	0	33	16

Then add your comments to the Gamecard

Power Ups Game Actions Big Wins Partner Recent Badges

Power Ups

1) Read the game element

2) Read what the player shared

OO GAME CHANGER. START HERE. This is why I am excited to play my day and share with my CV Team mates as I learn about coaching... Complete the exercise for 2 points

2017-03-20 05:49pm

Two things I know about myself 1). I work better with a team and 2) I work better with a dead line. I'm excited for my CV Team. I'm excited the game is only 21 days!

4

3) Click on comment icon to open the comment box

4) Click show to see additional comments

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4) (YIM) You Inspire Me points

When someone really inspires you...

You can let them know by giving them a “You Inspire Me” point (YIM).

When you do this, they get a bonus point and YOU get a bonus point.

When you start a game you are given a “bank account” of YIM to give away.



As you play by sharing and commenting you can win more YIM to give away.

You give YIM the same two ways as commenting except you use the YIM icon.

1) On the Game Board

Game Board - Basic Coaching Super Powers 2017-05-24

I just *Listened* to coaching *Session #5* with Player Maile. My takeaway is...

 **Justine Cochrane** game card 2017-06-16 10:07am
Critical Moments and Role Play

1) Read what the player shared →

2) Click on YIM icon → 

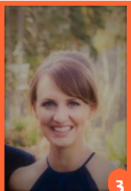
I think changing the usual time of this call led to a critical moment for Maile today. Usually they meet on Tuesday - but this week they moved it to Monday. This led to Maile talking about feeling reactive, which lead to a great conversation around play language and language patterns.

Power Pattern of “Completely Available” (as she is in her business game when she’s in the studio) was discussed, Coach Dave asked how it would feel to bring that to all the games in Maile’s life and the growth that is available there.

Note: if your YIM bank account is 0, then you will not see the YIM icon on the Game Board.


2) On the players Game Card


Power Ups Game Actions Big Wins Recent Badges

 **Justine Cochrane**
Level 3
Total Points: 518
Basic Coaching Super Powers
2017-05-24
Start Date: 2017-06-14
End Date: 2017-07-04




Power Ups

1) Read what the player shared →

 I just *re-READ* the Basic Coaching Playbook *CHAPTER 2 and Session 5 Prep*. My takeaway is...
Complete the exercise for 2 points

2) Click on YIM icon → 

2017-06-16 09:23am
Chapter 5 - Notes from Reading Business Super Theme: Lead Coach Approach Leaders inspire purpose-based creative action by everyone on the team. Question: What are the differences between actions to ...

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3) How to find your current Bank Account of YIM points to give...

Step 1) go to your game card

Game Card	Total Score
Basic Coaching-Game 1	3
Basic Coaching-Game 2	0
	3

Step 2) Click on the Badges Tab

Basic Coaching-Game 1

1) Click on Badges

2) See your YIM account Resources

Power Ups Game Actions Recent Badges Add Elements

You Inspire Me: You have 5 remaining out of 8
Highlight: You have 3 remaining out of 3

Badge	Level	Total	Next Level
Partner	Level 0	Total: 12	Next Level: 20
Game Changer	Level 1	Total: 37	Next Level: 50
Study	Level 1	Total: 26	Next Level: 40

Step 3) Add to your YIM Bank Account

This part of the game is a bit like playing a slot machine... kind of fun.

Every time you share something or comment on another players' card, it is like pulling a slot machine lever... you have a random chance to win a few YIM.

So if you run out of YIM, start commenting and soon you will win more.

Watch the notes on the right side of the screen for the details.

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5) 4 types of game elements and 3 other items

The Teal Bar on the game card is how you find your way to each of the game card elements.

Power Ups Game Actions Big Wins Bonus Play Partner Recent Badges	
	A POWER UP is a learning activity or exercise where you read something or listen to an audio and then share your insights.
	A GAME ACTION is when you do something in the world and SHARE about what happened. In most games this involves engaging with another person in some way. This also includes creativity, exploration and experimentation. Then you SHARE about the experience of play.
	A BIG WIN is when you get a desired result in the world by taking action. In most games happens when you a positive result or experience while engaging with another person.
	BONUS PLAY: You win BONUS PLAY items on your game card on a random basis. They give you the opportunity to do an extra activity for bonus points. When you win one, you must click the “commit” button or it will disappear from your game card in 24 hours; so look out for them as you play.
	PARTNER Points: In the game there are several ways that you can share about CoachVille with people in your life: via email and Facebook. When they click on your link or join CV you earn points in the game!
	RECENT This shows the 10 most recent things that you shared
	BADGES This page shows your current status in earning game badges

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6) Facebook Amplify and Partner Points



Under the share box you will see the “Facebook “Login” button or “Share On Facebook” button. Copy what you shared and paste it into the FB share box.

4 “Really Good Things” will happen when you do!

- 1) When you share on Facebook you earn +1 Bonus point in your total score.
- 2) You have a random chance for a Score Multiplier – Very Fun.
- 3) You spread the word about your Coaching Pursuit and our Coaching Movement
- 4) When your FB friends click on the post they will learn about CV, the Micro-Course and you will earn valuable “Partner Points”. ALL GOOD.

This is what it looks like when you earn Partner Points!

Date	Event	Points
03/03/2017	Allen Barlo signed up	5
03/03/2017	Your Facebook post was clicked	1
03/03/2017	Your invitation link was clicked	1
03/03/2017	Your Facebook post was clicked	1
03/03/2017	Paula Johnstone signed up	5

1) Click on your Partner Button

2) It will display the names of your friends who become CoachVille members!

[Here is the separate playbook for the Facebook Amplify feature!](#)

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7) Badges & Levels

Badges represent different areas of activity within the game.

Every element in the game has a badge associated with it.

As you play you earn points toward the badges. It's a fun way to track where you are putting your attention. And you get a fun message when you earn the next level for a badge. ;-)

Basic Coaching-Game 1

1) Click on Badges

2) This is a badge & status

3) This is your current level

Power Ups Game Actions Recent Badges Add Elements

Resources
You Inspire Me: You have 5 remaining out of 8
Highlight: You have 1 remaining out of 3

Partner
Level 0
Total: 12
Next Level: 20

Game Changer
Level 1
Total: 37
Next Level: 50

Study
Level 1
Total: 26
Next Level: 40

[Explain This](#)

As you play the games within the CoachVille community and school all of your points are accumulated. As you earn points you move up in levels of “esteem” within the CoachVille Membership. It’s all about tracking and rewarding active engagement and participation.

8) Highlights



Highlight: When you share something in the game you have the option to make it a Highlight Reel item by clicking on the Highlight Icon.

When you do this, what you shared will appear on the big CoachVille highlight board where it can be seen by all CV members.

When you make a highlight, you have the opportunity to win bonus points in the game or a score multiplier.

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real coaching. pure fun.

CoachVille™

EVERYONE PLAYS BETTER WITH A GREAT COACH

Click on the Highlights Icon

Home Register Programs Calendar Groups Games Badges Member Search Profile Leader Boards Highlights

Highlights ► **Big Insights. Big Results.**
From all CoachVille Games

[Edit Header](#)

CLASS 4 QUESTION: : Here is my understanding of coaching mistake "reactive" and how i can avoid emotional entanglements with my players...



Brendalyn King 2017-06-27 01:36am

Your share appears on the **BIG highlight Board** that all CV Members can see.

Being complete is the access to freedom. As coaches, we must examine our emotional insecurities, ones that will tangle up with our players' should they mention something remotely triggering. Doing the inner work required to coach is necessary to avoid letting your desire to help proceed your ability to be whole.

9) Upload pictures



Upload

Upload: When you see this icon you can upload a picture to enhance what you have shared.

10) 10 Big Reasons to Rock The Game Card Lifestyle

- 1) You are insanely busy.** When you give of your time – time that you don't even have - to contribute to your community, you are a hero. Your community needs heroes. It is as simple and powerful as that.
- 2) Sharing consistently activates a part of your brain** that accelerates learning from successes so you get better results much faster. You also avoid repeating mistakes; which is a good thing.
- 3) Sharing about your experiences in writing** reveals powerful insights that would otherwise remain hidden. In other words, **you CREATE and LEARN while you are writing.** For example if you are facing a challenge and you type into your game card: "The perfection of this situation is..." FLASH! Insight.
- 4) Learning from others** – by reading their game cards - accelerates your path to mastery because you amplify your own learning experiences.
- 5) Sharing your insights** in a way that contributes value to others in the community boosts your experience of your own value; receiving external feedback from others creates a **MEGA boost of belonging and self-worth** (something we ALL need a lot more of!)
- 6) KNOWING that you are part of a learning community** – rather than operating in isolation- boosts your overall feeling of goodwill. Feeling goodwill keeps you operating in the BIG part of your brain

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where you are creative, while feeling alone keeps you in the smaller/ animal part of your brain where you are reactive. “Isolation is the dream killer” – Barbara Sher

7) Your Game Card is a place to go to remember what you have accomplished in the recent past. This is a significant self-worth boost; When your self-worth is high you take more positive risks which leads to faster learning and better results.

8) Accelerate your bounce back time! Having a place to go to be reminded of your own objectives and see a written recap of what you have learned and accomplished recently helps you bounce back from disappointment and course-correct very quickly as well. This minimizes or eliminates time lost due to feeling lost or down about what you are doing; which over time greatly accelerates your path to success.

9) Clear your mind for creativity! Sharing in writing about your game activities at some point every day has the tremendous effect of clearing your mind. This then releases bandwidth being used to “remember” to be used for creativity. AWESOME! It frees up your mind to start the new day with a new game.

10) Long term awesomeness! You can come back and review these game cards at any time in the future when you need a boost and to see how far you have traveled on the path to mastery.