

# Proficiency Coach Mission: Power Up Coach Consciously



## Quick Summary:

**BIG Idea:** Coaching is the art of guiding another person or team in pursuit playing better and winning on ones' own terms. As we move beyond the Industrial Age of Work into the "Connected Age of Purpose and Play" more and more people are yearning to Play a BIG, meaningful Game in Life. They need a great coach to do that. They need YOU!

## Quick Game Plan for the Coach Mission

- 1) **Power Up your Coach Mission**
- 2) **Find the Fun!**
- 3) **Share on your game card AND Collect Point!!! YES!**

### 1) Power Up your Coach Mission to Coach Consciously:

The game here is to make a BOLD plan to pursue life-changing conversations with your players, colleagues, team mates, friends, family ... ANYONE with a BIG GAME worth playing.

So the ultimate objective in coaching – like any craft – is to be able to coach non-consciously. This means that when you are coaching, you are focused on the player and not thinking too much about what you are doing. That is a good thing!

However, by keeping the Power Patterns close to you by reading and studying them on the days you are going to coach, you will find that they come up quite naturally while you are coaching. When this happens, make a note to yourself! Then as soon as possible after the session recount what happened on your game card. This will REALLY accelerate your path to mastery.

#### Use the Power Patterns intentionally

Another way to do this is to set the intention to use a specific Power Pattern in the coaching session. For example, you set out to find or create an opportunity to "Champion Your Player" during the session.

Another version of this technique is to actually TELL your player which Power Pattern you aim to use at the beginning of the session. For example: " I just want to let you know that I am going to practice "Navigating via Curiosity" in our session today.

#### Make a BOLD PLAN

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## Coach Consciously

The game is to have 21 Coaching Conversations during each game card. (3-weeks). You can have up to 3 sessions with each player during each game card.

If you are already coaching a lot then this will happen naturally. Challenge yourself to engage in life-changing conversations beyond what you think of as a coaching session! Look for Coach Approach Leadership opportunities in all areas of your life!

**IMPORTANT:** your coaching partner in class DOES NOT COUNT as a coaching session for this part of the game! (Share about these conversations on the Partner element on the game card)

DONE!! You are now ready for the Coaching Mission: 21 Life Changing Coaching Conversations for game card #1 and game card #2!

## 2) Find the Fun!

**Setting out on a “Mission” is fun:** It is fun to set out on a challenging endeavor to do something in a specific period of time.

**Doing something with intention is fun:** It can be fun to set out to do something specific and seize the right opportunity to make it happen.

### Transformations from worker to player

Industrial Work Mindset (the old way)...	Spirit of Play Mindset (the new way)...
Do your own work! If you help others that is cheating. (we all learned this lesson in Industrial Age School)	Humans are collaborative creatures. We are at our best when we are helping others and receiving help from others.
If you need the help of others you are weak. You are not “pulling your own weight”.	True Greatness is never achieved alone. By allowing yourself to be coached you accelerate your growth AND create a fulfilling opportunity for the person coaching you! Being coached is an act of generosity!

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## Coach Consciously

### 3) Share on your game card and collect points.



**Step 1: Click through to your game card.**

Look for the Power Up section –  
(Find the Red Button with the Rocket!)

Find the *Coaching Super Powers* badge.



**You will see the game card description...**

*I just read the **COACH Mission** Playbook and made a bold plan to Coach Consciously in pursuit of life changing conversations. Here is what I am excited about...*



Click the SHARE button in the right column.

A text entry window will appear.

Complete this statement on your game card by sharing how you will approach this specific challenge.

**Get your FB friends cheering you on! (optional)**



Under the share box you will see the Facebook login button and “Share On Facebook” button.

If you share on Facebook you earn +1 Bonus point in your total score.