

Play Two Win Playsheet + The RACE Model

<p>Name the game</p>		<p>Purpose / Values</p>		<p>Spirit of Play</p>	
<p>Step 1: Define the game</p>		<p>Step 2: Design the object of the game</p>			
<p>Outcomes</p>		<p>Mastery</p>		<p>Becomings</p>	
<p>With intention grow into</p>		<p>With vision grow into</p>		<p>With engagement grow into</p>	
<p>Step 3: Play for results</p>		<p>Results</p>		<p>Actions</p>	
<p>To get better</p>		<p>To take better</p>		<p>To respond better</p>	
<p>Step 6: Game Plan</p>		<p>Step 7: Practice Skills</p>		<p>Step 8: Inner Freedom</p>	
<p>Step 4: Embrace challenges</p>		<p>Challenges</p>		<p>Step 5: Evaluate what matters</p>	
<p>To sustain better</p>		<p>Evaluation</p>		<p>Step 9: World Power</p>	
<p>With design grow into</p>		<p>With design grow into</p>		<p>With design grow into</p>	

Proficiency Coaching – Practice Guide

What to do in a “Coaching” Conversation

It is SUPER important to avoid “Problem Intervention” coaching while you are practicing in class.

If you start the session out with: “What do you want to coach on today?”, 9 times out of 10 it will become a problem solving session. This is NOT the best way to coach and certainly does not make you a “Game Changing” Coach.

So...

We recommend you jump right into Game Changer mode using the Play Two Win Method™ of coaching from your very first conversation. The basic outline provided here will provide a structure for your coaching while you are practicing the Coaching Proficiencies.

For example, while you are exploring the game with your player, you USE the proficiencies that you studied in class. For example talking about the game IS a PROVOCATIVE CONVERSATION; While talking about the game, REVEAL something to your player.

Use the Play Two Win Method Play Sheet as a Guide

IMPORTANT: it is helpful to print a few copies of the Play Sheet to use in class

Remember: YOU are a Game Changer NOT a Problem Intervention.

The First Session...

1) What is the **BIG GAME** you want to play better?

What does winning look like to you?

Clarify 1 or 2 **OBJECTIVES** in each of four categories for the next 6 weeks

2a) What are 1 or 2 tangible measurable **OUTCOMES** you want to create in the next 6 weeks?

2b) What are 1 or 2 skills you want to explore or **MASTER** over the next 6 weeks?

2c) What are 1 or 2 attributes of who do you want to **BECOME** as a result of playing this game?

2d) What are 1 or 2 **UPGRADES** to your environment you want to create by playing this game?

RACE!

3) **RESULTS!** What are the recurring results that you need to create each day or week in the game?

4) **ACTIONS!** What are the recurring actions that you will do each day to PLAY the game?

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5) **CHALLENGE!** What are the challenges in the game that will come from playing for these results?; How can you bring the Spirit of Play into these challenges? What support do you need?

6) **EVALUATION!** – How will we evaluate your progress in the game each week?

After the first session, every session is the same from a “Method Perspective”.

Sessions 2-6

Use this basic flow for your conversation; you explore each area together so you can put your awareness on practicing the skills that you are studying in that session. Using the same Method flow in every session allows you to more easily focus on the Proficiencies that you are studying.

Note about the playsheet: Explore the Blue Circles from Right to Left.

Here you use the RACE elements in reverse.

1) **EVALUATION!** – How did the game go last week? What were your results?

2) **CHALLENGE!** What challenges did you face? What did you learn from those challenges?

How can you bring the Spirit of Play into these challenges next time?

3) **ACTIONS!** Do we need to change or improve the actions of your game? If so, how?

3A) **Communication** is the primary action!
> What needs to be said that hasn't been said?
> What requests have you not made?
> What truth have you NOT acknowledged?

4) **RESULTS!** What can we do to play better and get better results this week? Do we need a new game plan?

5) What are your highlights for this session?