

WORLD Power Method

PLAYBOOK

Center For Coaching Mastery

World Power Method™ Coaching

Amplify the 9 Environments of You™

The World Power Method is a powerful 9-step process where you redesign the 9 Environments of You into a personal success academy for your player.

Transform their mindset:

From: the world around them is an obstacle to be overcome or tolerated

To: The world can be designed as an academy that ENSURES their success.

The Environment Always Wins

This is the provocative mantra of this life-changing program. You will learn how to get the environment on your players' team to inspire Personal Evolution. If you are coaching the player but NOT redesigning their environments, you are only doing half the job!



World Power Method™ Coaching Playbook Introduction

Welcome. On behalf of the entire CV Team, I want to welcome you to the World Power Method™ Coaching Program.

The themes of the program:

The Pursuit of Personal Evolution

AND

Master the craft of coaching with World Power

The BIG IDEA that is the focus of this program is this: **One of the three pursuits of coaching is "personal evolution"**. Most people know that they are a product of their environments, but the act as if they are blind to this truth. This is the coaching opportunity that we will explore in this program.

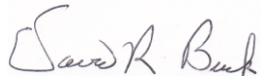
And we will play with our fundamental coaching theory: **ANY endeavor in life can be played as a winnable game worth playing.**

The emphasis will be on PLAYING a BIG Game in life and adopting a "GAME framework" in your personal, business and career life. Specifically, you will design and play a game with actions that require you to upgrade your environments in order to play better. This is a potentially transformational shift and we invite you to PLAY along with us.

Of course, there will be LOTS of coaching as well! As a part of our DTMOPP "Active learning" method you will work with a coaching partner throughout the program. You will coach and be coached by the same person in all of the coaching exercises. We believe this will allow you to go deeply into the coaching and experience a real coaching relationship. Essentially, your coaching partner is your coach AND your player during the program.

Finally, with our accreditation with the International Coach Federation (ICF) the 30 hours of the program qualify for Continuing Coach Education Units! (CCEU's) This is very exciting.

Enjoy the program and... Play BIG!



Coach Dave Buck and the CV Team!

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World Power Method™ Coaching Playbook Introduction

0) Introduction

0.1) How to use this Play Book

The purpose of this playbook is to provide you with the important concepts to read and consider prior to each class session. Since the learning in our programs is largely based on the dialogue that occurs during the class there is also a place to record your "take-aways" from these conversations.

Pre Class Action Plan

- 1) Read Section 0 and 1 of the Play Book
- 2) Prepare your "game" as a player
- 3) Set up / Update your CoachVille Profile
- 4) Print 3 copies of the Environmental Scan
- 5) Read the "Dyad Guide" (found in the syllabus)

You are READY for the first class!

0.2) Program Description

World Power Method™ Coaching

Amplify the 9 Environments of You™

The World Power Method is a powerful 9-step process where you will amplify the "9 Environments of YOU™" with Power Patterns for the player and their vision of greatness and transform their world into a personal success academy.

Transform their mindset

From: the world around them is an obstacle to be overcome or tolerated

To: The world can be designed as an academy that ENSURES their success

The Environment Always Wins - this is the provocative mantra of this life- changing program. If you are coaching a player and NOT coaching their environment, you are only doing half your job! Without significant environmental design, no process of change is sustainable. You may have noticed that most of the time when you do a change oriented program your player ends up back to the way they have always been. The answer to this perplexing riddle lies in their environment NOT within THEM!

With this method you will guide your player to **amplify the 9 Environments of YOU** with a picture of who they want to become as a great player in the games of life and transform their world into a personal success academy. By surrounding them with people, places, things and ideas that support and challenge them, their success becomes inevitable and sustainable. You will learn how to co- create power patterns with your player and then replicate the pattern in each of the 9 Environments. This highly creative process is remarkably simple, energizing and FUN.

(Included in Center for Coaching Mastery Level 3)

*This Course Qualifies for 30 ICF CCEU's

Details

3 Key Points

1) Transformation from Willpower to World Power

World Power Method™ Coaching Playbook Introduction

History is full of stories of individuals who achieved greatness by overcoming the environment. Through these stories we get the idea that the environment is something to be overcome through willpower. While this is possible, it is NOT efficient - MOST of the time, the environment wins and the individual does not.

In this program you will learn a transformational framework - World Power. World Power means that you design an environment with the just the right balance of support and challenge for your player to grow and get results. It means that you see yourself as part of the environment and play with it and within it.

2) Personal Evolution and the 9 Environments of You

The 9 Environments of YOU - originally created by Thomas Leonard - is a powerful way to see and design the world around you. We know that humans are always adapting to the world around them while at the same time unconsciously creating the world as a reflection of themselves. Now you will design the world around you so that you become who you desire to be AND evolve in unexpected often delightful ways!

In this program you will have a real hands-on experience of the 9 Environments. You will work with a partner throughout the program as their coach - designing every aspect of their environment for sustainable success (and yes, they will be designing yours too) You will explore the nuances of each of the 9 environments.

The 9 Environments of You

Memetic Environment - Ideas

Financial Environment - Money, Wealth and Budget

Relationship Environment - Close friends, family and close colleagues

Network Environment - Professional Connections, Greater Community

Physical Environment - Places and Things

Body Environment - Your Energy, Appearance and Clothing

Self Environment - Strengths, Talents and Character

Spiritual Environment - Deep Connections , Sacred Spaces & Natural Places

Technology Environment – Electronic devices and Virtual Spaces

3) Your World as a Sustainable Success Academy

Imagine that there was a success academy perfectly designed for your player's BIG game in life. It had everything they would need to build toward sustainable success:

Coaches (including YOU), knowledgeable and caring teachers, interesting colleagues, lots of challenges that test their skills and resourcefulness, the right places to explore, and all of the subtle elements that "program" your player's subconscious mind for deep confidence in themselves.

Well, if you can imagine it, then you can coach your player to design and create it! That is what the World Power Method is all about!

The 9 Steps of the World Power Method

Step #1: Design Your Sustainable Success Academy)

Step #2: Create Power Patterns for who you will become

Step #3: Scan the 9 environments - look in the mirror for patterns

Step #4: Name the present patterns

Step #5: Identify Tolerations: Consider the source, purpose & meaning of each one

Step #6 Zap Tolerations = Fixing - Cleaning - Missing

Step #7: Conduct Experiments

Step #8: Enter New Territories

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Step #9: Allow Adaptation to take place by responding to what happens around you

There are 9 major themes of the course

- 1) The Environment Always Wins
- 2) Fundamental Environmental Design Theories of Reflection and Adaptation
- 3) Learn how to scan the 9 environments for obstacles, assets and “missings”.
- 4) Your World is a mirror
- 3) Basic environmental design method for inspiration: Who will you become?
- 5) The Evolutionary Coaching Method: designing experiments and entering new territories
- 6) Using Pattern Language to Design Environments: Find the phrase that captures the feeling, then replicate!
- 7) Using Pattern Language to identify conflict and dissonance in the 9 Environments fo You
- 8) What makes you come alive

The GAME!

In each class you will...

- a) Engage in a lively discussion about the topic of the day
- b) Observe a real coaching session
- c) Coach a classmate and be coached in YOUR game

Each week between classes you will play a fun and challenging game where you earn points for:

- 1) answering questions about what you have learned
- 2) completing exercises where you re-design your 9 environments
- 3) playing BIG in your own life and creating results
- 4) conducting coaching sessions using World Power
- 5) acquiring feedback letters from your players
- 6) staying in contact with your player/coach
- 7) supporting your team mates
- 8) making a BIG WIN happen in your life

Center for Coaching Mastery Students need a minimum number of points to graduate
You will be able to trade in your points for rewards at LifeVille.com! Awesome.

How this program will make you a better coach

- 1) Your confidence as a coach will increase dramatically because you KNOW you have the tools to create sustainable success
- 2) The Toleration-free method is one of the BEST coaching techniques ever - players LOVE it
- 3) Understanding the power of the 9 Environments will give you endless new territory with a wide range of players
- 4) The distinction between will-power and world-power can bring powerful awareness and transformation especially for high-achieving (or burned out) players
- 5) The designing experiments coaching technique can often bring a light and creative approach to situations that may dire or overly difficult

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6) Becoming more masterful with pattern language will enable to you coach in extremely high-end situations

7) The Environmental scan will give you a powerfully robust view of your player's situation in a very short period of time. This will dramatically reduce the times you are coaching in a dead-end situation (where the environment is so over powering that nothing else matters) and give you an immediate path to change by redesigning that environment with your player.

Peer Review

Linda Hamilton

I have had a client who has been stuck the last couple of calls on moving forward in an area, instead of creating an action plan at the end of this call, I brought up this whole idea of experimenting and environments, the light bulb went on, my client shifted in that moment to a much more resourceful, powerful, expansive, creative, energized place. It was incredible!

Rena Hedeman

I love the idea that willpower will eventually run out but if you can change someone's environment they will flower with "World Power". I have always been a person who used willpower to get through tough situations - you know the old "mind over matter" mantra. But after this class, I realized how important the right environment is and just how many types of environments there are! Maybe if I had realized this earlier in life, I wouldn't have felt the need to "tough it out" so often - perhaps I would have experienced more "flow"!

Lorenda Phillips

The environment always wins. Unbelievably impactful. I have been trying to alter some work behaviors, and will power has not been winning over environment. I see the same for players. Brilliant

Super Details

A closer look at the Nine Environments

1) The Memetic Environment

The world is full of ideas. The issue is, which ones are you getting in to your mind? And an even bigger issue is how do these ideas impact your ability to play your new game at your best.

2) The Financial Environment: Assessing Your Financial Environment

Nearly any game your player can play will be affected by their financial situation. How healthy is your players wealth? Do not know? Hmmm... maybe it is time for you to take a close look at their money situation. It is important that YOU and your player have a realistic picture of their current financial health. If necessary you must help them develop the basic money skills required to finance the games they are playing and possibly move in a direction of financial freedom.

3) The Relationship Environment: The mirror to your self

If you want to know someone really well, simply get to know their five closest relationships. Everyone in a persons life acts as a mirror to some part of themselves. AND we become like the people we spend time with; This is a simple and powerful truth of the Relationship

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environment. The majority of human beings are aware of the importance of their intimate relationships but rarely use this awareness as an Environmental Design tool.

4) The Network Environment: Designing a Resourceful Personal and Professional Network

As your game changes your network environment must evolve and grow. Through network design, your player will discover ways to team up with others and create a supportive and thriving network. Your players network can play a powerful role in helping them achieve great success in the games of their life. We will provide you with ways to coach your client in designing a network to create supportive partnerships.

5) The Physical Environment: Does Your Physical Space Inspire You?

Creating physical spaces with great style, beauty and efficiency is no simple task. What we know is that the yearning for the design of our physical spaces is much deeper than the eye can see. In your players heart what they truly want is to be able to walk into places and spaces that nurture them on every level. They want spaces that provide warmth and relaxation, safety, and security, and most of all, a place that expresses their true personalities and one that makes them come alive! The goal of this class is to provide you with an introduction to create with your client, physical spaces that stimulate spiritual energy and a feeling of: Ahhhh, this is me! I have truly come home.

6) The Body Environment: A source of strength and energy

It may seem strange to think of the body as an environment but it is. You are NOT your body, your body is something you have and so, it can be designed. The Body environment also includes clothing, hair and energy. Is your players body a source of inspiration to them? Is it strong, flexible and graceful? A positive body image is one of the most important aspects of happiness and well-being, yet it is an area which often seems to be a challenge for many. A holistic approach to strength, energy and well being through daily practices is essential for the player who wants to win the games of their life.

7) The Self Environment: Using Your Strengths, Talents, Character and the Authentic You

The Self is another element of the environment that not often thought of as such. But it is. You can help your client design new strengths, abilities and character. You can help them tap into the deep resources on the inside that can be reflected in the world around them. Are there old patterns that are restricting your players' full self-expression.

8) The Spiritual Environment: The Power of Pure Potential and Sacred Spaces

Are your players getting their energy from low vibrations or negative points of power such as control, overwhelm, clutter, addictions, force, manipulation, and anger OR from high vibrations or positive points of power such as love, truth, oneness, beauty, a giving spirit, and thankfulness. As with all design choices, your players can choose to get energy from the highest of sources, which ultimately come from living in way that honors the soul. We will explore how to assist your client in designing sacred spaces in their home or office for creating high vibrations of love, truth, thankfulness, and positive points of power. We will also explore the potential for designing spiritual practices. Finally, you will guide your player to tap into the restorative power of the nature.

9) The Technology Environment: Electronics and Virtual Spaces

The technology environment is about electronics and virtual spaces. Electronics, in particular tools like computers in all shapes and sizes, phones, mp3 players, GPS systems are integral to our lives today. If they are not working well it can cause a major disruption.

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Electronics are also a major gateway to entertainment and play which is essential to a balanced and fruitful life. Then there are virtual spaces. Social Networking web sites like facebook, LinkedIn have become “places” where we invest considerable time and energy because it is how we connect to the global community. Do you feel confident with these tools? Are your profiles representative of who you are and how you want to be known in the world? If not, with a little focus they can be..

The Core Themes in Greater Detail

1) The Environment Always Wins

Environmental design is essential to masterful coaching because the environment always wins! If you want your players to win the games of their lives then you MUST help them to design winning environments - environments that support them, inspire them and bring the game to life.

An environment that is full of obstacles or missing essential support will make it impossible to sustain a winning effort. In fact, a poorly designed environment is what makes most games unwinnable in the first place.

You will learn and practice several powerful methods for environmental design that will significantly expand your coaching mastery AND your players results.

2) Fundamental Environmental Design Theory – Adapt and Reflect

It is essential to realize that environmental design is the key to sustainable success in life and in coaching! The environment must be re-designed for the game the player is playing now. For most people the environment is a reflection of the games they used to play.

Why is this? People have a two-way relationship with the world around them: they are adapting to what is there while at the same time the world around them is becoming a reflection of who they are. **BIG INSIGHT:** The adaptive process is fast and somewhat transient while the reflective process is slow but more substantive.

In other words, over time, the world around you becomes an accurate reflection of who you WERE are on the inside; this may or may not be good news! While in a new environment, quick change may occur, typically people return to the way they were before when they leave that new environment.

So in order to create sustainable change, the coach must use their creativity, design sense and awareness of workability to help the player make immediate changes to the outside world that reflect the changes made on the inside. Then the adaptive process works FOR positive change rather than against it! The player becomes more aware of the world around them and more connected to it. This leads to sustainable results.

3) The Environmental Scan and Toleration-Free Coaching Method

Have you ever wondered why your players do not get the results they desire even though they are putting in tremendous effort? Are you sometimes wondering if a new strategy will even make a difference? You need more information to guide your efforts, and you know the secret to beginning this process rests in the world surrounding your player. This class will introduce the Personal Environments Scan, a comprehensive method which gathers information on the energetic assets, tolerations and conditions in your players 9 environments.

4) Your World is a Mirror

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Your world is a reflection of you so take a look around. What do you see? What you see is both who you are AND who you will become. This is true for your players too of course. Do you like what you see? The good news is that you can redesign it. As your player grows into a the new and bigger games you inspire them to play, you can help them create a picture of who they desire to become in the world.

5) The Evolutionary Coaching Method

Evolution is fostered by designing experiments and entering new territories. This is how you facilitate rapid growth for your player in their game and as a person. In this program you will learn how and when to design experiments that foster Personal Evolution.

Did you know that your players' way of thinking, behavior, capacities, skill sets and paradigms are not just limited to developing (linearly) over time but can evolve in unexpected ways. This means that they can become more complex and take on a different life far beyond what they may have been planned for. There is a wild adventure beyond personal development; Development means more/better of the same while evolution means something new added to the mix that fundamentally changes its nature.

This class will delve into how to design experiments which stimulate your client in surprising ways. Personal evolution is a very different game, it is about using everything in your midst to move to higher and higher levels of truth about life, people, nature, and the connection to a much higher power in the universe.

6) Using Pattern Language to Design Personal Environments

What games are your players playing? Are they games of business, career, romance, family, health, athletics or a spiritual quest? Through the use of carefully designed pattern language, it is very possible to design a world which is perfect for the games your player is playing; a world that brings the game to life! This class will teach you a method for designing environments using pattern language as a tool. With this tool you can develop dramatic new solutions to old and tired problems, create exciting new possibilities, and have success come in the games your client is playing with much less effort and willpower.

7) Using Pattern Language to Identify Conflict and Dissonance in the 9 Environments of You

Have you ever noticed that the environment is creating a source of conflict and frustration? This is a common experience when your client is playing a new game because your players world is a reflection of the games they used to play. And many of those games were outgrown years ago! Through the use of pattern language you will identify elements of your players world that are not designed for the new game. This goes deeper than tolerations that were identified in module 1. Here we get into the depths of your players world and create new patterns.

For example, your player says that they want interdependent relationships yet they continue to attract people who are needy. Or, they say they want to live a clean and organized life, and they continue to collect clutter. Each and every thing in the environment is filled with energy. Every aspect of life is riddled with patterns...patterns of inspiration and patterns of drag or stuck-ness. Our players can want to win desperately, yet they may never get there due to patterns of self doubt. This is where the inner game and Environmental Design come together. This class will explore how conflicting intentions are reflected in the 9 Environments of you and how to articulate the pattern language to create freedom and possibility.

8) What makes you come alive?

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Success becomes sustainable when the environments support success AND make you feel fully alive. Being fully alive allows you to play a much bigger game in life. And through these BIG GAMES you evolve to your optimal potential and new levels of beauty, grace and greatness. This class will support you in taking the first crucial steps in the direction of living an inspired life each and every day where you play.

0.3) Fundamental Coaching Theory

- 1) Any endeavor in life or business can be designed into a coach-able, win-able, playable game worth playing
- 2) The purpose of coaching is to play better; to guide an individual or team to play the game better and win on their own terms
- 3) Masterful coaching is possible ONLY when the coach truly knows the game the player is playing.
- 4) One of the 3 core pursuits of Coaching is the Pursuit of Personal Evolution. Playing BIG in the world is a gateway to Personal Evolution.

The 3 Pursuits of Coaching

The modern coach must be aware of the core pursuits - most often unspoken - of anyone playing a BIG game in life. And you must be highly aware of the key dynamic of each pursuit. With this understanding you can speak powerfully to the heart and soul of what people truly desire; All the while guiding them along in the day-to-day activities, opportunities and setbacks of their games / objectives.



1) The Diagram

The Venn diagram has three components:

- A) The 3 **Pursuits** (eg. Human Greatness)
- B) The **Key Dynamic** for each pursuit (eg. support / challenge)
- C) The 3 **by products** of these pursuits (eg. Mastery)

2) Human Greatness - Support / Challenge

This is the primary pursuit of coaching and where all coaching begins: with the desire to do something - or as I would say: "Play your game better, and win on your own terms".

Most people who hire a Coach begin with an achievement in mind. This is a great place to start AND greatness is more than achievement, it also includes mastery.

Another way of describing this is the distinction between what your player is doing and who your player is becoming. Greatness requires both doing and becoming.

Human greatness occurs when the player reaches a level in the game where they go beyond personal achievement and lift the whole game and everyone who plays it. Often you hear about a great player on a team who makes everyone around them better – even the other team! This is possible through coaching.

The essential dynamic is support and challenge. Human greatness is only arises in the face of challenges. AND challenges are only overcome with lots of support. There is a delicate balance between support and challenge. As a Coach you must read your player and the situation on a

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moment to moment basis and know when to support and when to challenge. You will explore this dynamic throughout this program.

The biggest job of a Coach is to keep your player just outside of their comfort zone where they are facing challenges and overcoming them with your support and the support of others.

As I mentioned earlier, the Coach must constantly monitor the players situation to know when to support and when to challenge and this can change from one to the other in the middle of a session.

Human greatness is such a beautiful and moving thing to behold. Life is sweet. And as more people have a Coach in their life inspiring them in the pursuit of greatness - it will be even sweeter.

We call our method for this Coaching pursuit the Play Better Coaching Method™ which you will learn more about later in this chapter.

3) Inner Freedom – In/Out of the comfort zone

Inner Freedom is the place of fluidity and grace where the desired results occur as the natural byproduct of full self-expression. You are resourceful, resilient and responding to the moment. We call this state Inner Freedom – where your energy is aligned and flowing freely toward your heart's desires.. In any challenging and worthwhile game these moments happen once in a while and they are made precious by lots of other moments of where the flow is blocked by inner resistance.

A simple formula: Skill X Freedom = Results

An essential purpose of energy Coaching and the Inner Freedom method is to help your player experience more freedom more often. We do this by providing them with the awareness to notice when their freedom is blocked and tools to get them back into it.

The thing that is flowing is energy in the form of feelings, emotions, thoughts and actions. Flow happens when your energy is aligned on a clear intention and there are no blocks or leaks.

The Dynamic Balance: going in and out of The Comfort Zone

The way to keep growing in a healthy way is to play just over the edge of your comfort zone; where the actions you need to take to be successful are outside of the realm where you have total certainty; where the outcome is a bit mysterious. As a Coach, you need to master the ability to guide your player into this "sweet spot" of growth on a regular basis - otherwise they will get bored!

At the same time, most people really resist stepping out of their comfort zones! Why? Because it is uncomfortable! (duh!) and we have all been trained to stay where it is safe and comfortable.

So you need the ability to challenge your player out of their comfort zone in a bigger game. Then you need the ability to help them expand their capabilities so that they become "comfortable" in the bigger game. Then you start the cycle all over again!

4) Personal Evolution – Adapting / Reflecting with Environments

Personal evolution is the "Big Picture" pursuit of the coaching industry. Our ultimate purpose as a community is to forward humanity one person at a time. It is an extremely compelling and passion sparking notion.

This pursuit speaks to the interconnectedness of all things. The inner environment is made up of your values, beliefs, emotions, character and ideas. The outer environment is made up of people, places and things.

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Both the inner and outer environments occur in patterns and can be designed using pattern language. A theory originally developed by Architect / Philosopher Christopher Alexander.

The key dynamic is the interplay between our reflecting and adapting to our environments. We know that humans are both naturally adapting to the world around them AND unconsciously creating the world around them as a reflection of who they are.

As a Coach we help our players find their place in the world. Then we help them design the world so that the environment pulls them toward the vision of who they wish to become.

Other ways of describing this pursuit are conscious evolution and transformation.

One of our coaching mantras is: the Environment ALWAYS wins (so its best to have it on your team!) As a Coach you help your player become highly aware of the obvious truth: What we can do is a function of our environments AND who we become is a function of our environments. With this truth as a backdrop they begin to notice that everything around them matters. Everything within them matters.

In the pursuit of Personal Evolution there are times when it is wise to focus on the environments that you are in and upgrade them to be a better reflection of who you want to become. At other times it is wise to move yourself into a totally new environment and adapt to. Sometimes it is best to persist in an environment and learn from it because it is a reflection of you. Other times, you just have to get out of there.

As a Coach you see the dynamic balance between reflecting and adapting and guide your player to make wise choices based on the interconnectedness of all things and experiences.

This brings a deep feeling of peace that can quickly restore our energy for playing the games of our lives.

We call our method for this pursuit the Pattern Language Coaching Method and we make great use of Thomas' Nine Environments of YOU model which you will learn more about later in the book.

5) Mastery

When you combine the pursuit of human greatness with the pursuit of inner freedom you get the experience of Mastery. A Coach is always aware of helping the player become more masterful with the skills and strategies of the game

6) Awareness

When you combine the pursuit of inner freedom through energy awareness with the pursuit of personal evolution through environmental awareness what you get is expanded awareness. The more you are aware of, the better you will play in any game.

7) Sustainability

When you combine the pursuit of human greatness with the pursuit of personal evolution you get sustainability; where the player stays connected to the world and continues to play at a high level.

0.4) World Power Scan



World Power Method™ Coaching Playbook Introduction

The World Power Method™

The Personal Environments Scan

The BIG GAME *Your 9 environments will help you create, accomplish and become*

Player Name:

3 Power Patterns

1

2

3

Recurring Activities	The Energy	Drains	Power Patterns			
Relationship	The People in your life EVERYDAY Family, Friends, Colleagues	Not asking / not sharing Unmet expectations	Rating 1-5			
	Deep connection					
Person - Primary Conversation	Mood	Assets	Tolerations	1	2	3
Present Patterns			What is missing?			
<input style="width: 100%;" type="text"/>			<input style="width: 100%;" type="text"/>			
Network	First Name Basis Key People - Web - Communities	Being seen and known	Resist standing out Resist participation	Rating 1-5		
	Deep connection					
Influential Person - Conversation	Mood	Assets	Tolerations	1	2	3
Communities - Conversation			What is missing?			
<input style="width: 100%;" type="text"/>			<input style="width: 100%;" type="text"/>			

World Power Method™ Coaching Playbook Introduction

World Power Method™		Player Name: _____							
Recurring Activities		The Energy		Drains		Power Patterns			
Memetic		Cultural Norms Ideas - Concepts - Information		Information overload Conflicting values		Rating 1-5			
Information Source		Mood	Assets	Tolerations		1	2	3	
Present Patterns				Missing					
Financial		Freedom Security Cash flow - Budget - Investments		Scarcity Consciousness Money Set Point		Rating 1-5			
Activity		Mood	Assets	Tolerations		1	2	3	
Banking									
Manage Cash Flow									
Pay Bills									
Buy Things									
Go to work									
Track Assets									
Present Patterns				Missing					
Physical		Every THING matters home - office - possessions		Do I LOVE this thing? Every THING has energy		Am I worthy of the best? Do I know what I want?		Rating 1-5	
Place -	Activity	Mood	Assets	Tolerations		1	2	3	
Kitchen									
Bedroom									
Living Room									
Office									
Car									
Equipment									
Present Patterns				Missing					

World Power Method™ Coaching Playbook Introduction

World Power Method™			Player Name: _____			
Recurring Activities	The Energy		Drains	Power Patterns		
Self	Express the REAL you Talents - Values - Character		Fear of arrogance Fear of ridicule	Rating 1-5		
Talents & Values - Expression	Mood	Assets	Tolerations	1	2	3
Present Patterns _____			Missing _____			
Spiritual	The Devine Connection Oneness - Practices - Sacred Spaces		Scarcity Consciousness Not worthy of devine flow	Rating 1-5		
Practices	Mood	Assets	Tolerations	1	2	3
Sacred & Natural Spaces						
Present Patterns _____			Missing _____			
Body	The Moving Environment Your Appearance / Image Strength - Health - Radiance		Negligence Early body image	Rating 1-5		
Area - Activity	Mood	Assets	Tolerations	1	2	3
Strength <small>upper body core lower body</small>						
Health						
Radiance						
Clothes						
Present Patterns _____			Missing _____			
Technology	Electronics - Virtual Spaces		Not up to date Effective use	Rating 1-5		
Item or Space - Activity	Mood	Assets	Tolerations	1	2	3
Present Patterns _____			Missing _____			

World Power Method™ Coaching Playbook Introduction

0.5) Finding 5 “Practice Players”

The only way to become a coach is by coaching! Sounds obvious I know. But you would be amazed at how many people think that they will become a great coach by simply attending the classes. Attending the classes will help you become great ONLY if you practice!

If you are already in one of our other programs then you probably already have 5 or more practice players and in this case you are set. You don't need 5 more. Although, when it comes to practicing coaching “the more the merrier!”

So we urge you to find 5 people to practice the Inner Freedom Method with each week while you are in class. Each session with your practice player can be done in person or over the phone and should be for approximately 30 minutes – no more, no less.

You can coach these players pro bono or for a fee that you both agree upon. Typically a small fee is the best arrangement for both. Eg. In 1997 Coach Dave coached his first 10 players for \$25 for four 30 minute sessions.

Here is what you need to do:

1) Who should you approach about your new career as a coach?

You approach ANYONE that will talk to you - friends, colleagues, associates, your facebook friends... EVERYONE. Please do not pre-screen people out with thoughts like:

- Oh, they would never hire a coach, or
- would never hire ME as a coach.
- they are too busy to have a coach, or
- they are too much of a loser to hire a coach ;-)

Be open. Some people may surprise you. AND it is very important to have a wide range of coaching experiences in your early days as a coach.

- DEFINITELY don't screen people out with the thought: "They are really important; I will wait until I have more experience!"

Don't wait!

You tell them: I am launching my new career as a Coach.

2) You need 5 players to coach for practice while you are in class

3) As their coach you will help them play the game of their life better and win on their own terms. They can focus on business, career, relationships, health – whatever is important to them. You may not be an expert in that topic but you will help them focus on what is most important and find ways to play vs. work and get better results while having more fun.

4) Tell them that they will get a lot out of it because you plan on being a very good coach.

Set the time in your calendar. An outline for the conversation is down a few paragraphs

THE BIG POINT HERE: You can approach it as asking them for a favor if that works for you. BUT you don't have to. You can approach it as they will be the lucky first ones that get to coach with you at such a low fee!

This is how I (Coach Dave) did it. In 1997 I coached my first 10 people for \$50/month for four 30 minute sessions. Putting that \$500 in the bank every month felt REALLY good.

World Power Method™ Coaching Playbook Introduction

You may wonder how you can charge for coaching when you don't even know what you are doing yet. You will have to trust me that with the methods and skills you will learn in class you will actually provide GREAT value way before you are even good at it.

- 5) Let them know how much you will charge for each session or if it will be pro bono.
- 6) Tell them that you will provide them with a simple agreement form to document this arrangement.
- 7) If you want, you can invite them to do what we call a "Play BIG" exploratory session. It will take just 20-30 minutes and will be fun AND valuable. The outline for this session is below.

Now all you need is the courage to go and do it!
Ah ha! Your first coaching challenge.

You tell them: I am launching my new career as a Coach and invite them to do a Play BIG exploratory session with you. It will take just 20-30 minutes and will be fun AND valuable.

Book time in the calendar.

Then on the call, take control of the conversation right away.

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

"OK. Let's go.

If you looked at all of life as a game...

- 1) What would you say YOUR big game is right now?

- 2) What does winning look like for you in this game?

- 3) What are some of the challenges you are facing in the game?

- 4) Are there any important activities of the game that you tend to resist or avoid?

- 5) What would it mean for your life if you had the inner freedom to take the most important actions won this game on your own terms?

- 6) You have a big game here that I think you can win! Would you like to be one of my players?

I am putting together a team of players to launch my coaching career. I am offering...
Before you start doing these sessions, choose one of these two options for your primary offer:

Either:

a) a low introductory rate of \$xx/month for 4 30 minute sessions for 3 months.
or

b) Pro Bono Coaching for 30 minutes per week for 12 weeks

If they say "yes", make a plan to start. (then do the dance of joy ;-)

if not...

Do you think I should be a professional coach? why?

Will you send me a quick letter to this effect for my reference file?

World Power Method™ Coaching Playbook Introduction

Our point for asking for the letter is to practice making offers and requests and also when someone does not want to accept your offer as a coach there is still much that can be created in the relationship if you are determined and assertive. It is GREAT practice.

0.6) Sample Coaching Agreement

Feel free to use the text of this agreement completely or as a starting point for your basic coaching agreement. Also, there are two additional examples in your syllabus.

Coach Dave Buck – When Playing BIG is your ONLY Option!

PLAYER COACHING AGREEMENT

Welcome as a player! I look forward to being your partner in creating the life you desire by playing BIG and winning on your own terms! I'm not big on rules – but here are a few things that honor the professional nature of our relationship.

PLAYER FEE POLICIES AND PROCEDURES

FEE: The fee per month is \$500 – payable by credit card. Your credit card will be charged at the beginning of each month. The charge on your credit card statement will read "CoachVille LLC"

DEFINITION OF SERVICE

- a) CALLS: Our agreement includes 2 45-50 minute conversations each month. We will "book" 60 minutes in the calendar in the event that we need a little extra time.
- b) Check in calls during the weeks in between our coaching sessions. These calls will be 5-10 minutes.
- c) Email: I am available by email for questions and "sharing": news, insights, challenges, and accomplishments. I will typically reply to these communications within 24 hours, though if my travel schedule has me out of the office for an extended period it may be a few days longer.

LENGTH OF AGREEMENT

Our agreement is open ended / month to month – I recommend at least 6 months.

PROCEDURE

For our official coaching sessions I use a flexible schedule. We will set up our next appointment each time we talk. For our check-in calls call me when you have a few free minutes during the business day.

CHANGES

If you need to reschedule your call, please give me at least 24-hours notice. Occasionally I may need to reschedule and I will give you at least 24 hours notice as well. If an emergency occurs for either of us, we'll work around it and reschedule.

PROBLEMS

If I ever say or do something that upsets you or doesn't feel right please bring it up. I promise to be open to anything you need to say and I will do my best to make it right.

World Power Method™ Coaching Playbook Introduction

CONFIDENTIALITY

I recognize that certain information of a confidential nature may be shared during our sessions. I will not use this information for personal gain or disclose this information to anyone else without your specific approval.

THE NATURE OF THE RELATIONSHIP

Our coaching relationship is not to be considered psychological counseling or any type of therapy.

The MOST IMPORTANT THING

is that you are ready to play and win the games of your life on your own terms. I cannot play the game for you. I will support you and challenge you in every way that I know. When you win, we both win.

_____ David R Buck, Coach	_____ Date	_____ Name, Player	_____ Date
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David R. Buck, Coach | PO Box 904 Hopatcong, NJ 07843 | 973-601-9444

0.7) Your Game as a Player

Since everyone – including you! – will practice coaching as a part of this program, it follows then that everyone will also have to be a player! You will be partnered with another coach through the 12 sessions which will create a realistic experience of coaching someone over time. So the BIG question is: What is the game that you are playing that is BIG enough to need an Inner Freedom Method coach to play better?

Go for something that is definitely OUTSIDE of your comfort zone; with actions you would LOVE to do if only you had the courage and freedom.

ESSENTIAL – choose a game with LOTS of action that includes connecting with other people

Remember: Coaching is about playing better – it is NOT an intervention for problems!

Here are a few essential points to being a good player:

1) Choose something that you are DEFINITELY doing in your life right now. Do not choose something that you may not have time for on a given week.

2) Choose something that you have a desire to do better; to get better results. Do NOT choose something that you are doing but wish you were not doing. Your coachable topic should NOT be whatever is bothering you that day!

3) If you are definitely going to invest the time each week to pursue coaching players for your new business, then that can be an excellent game to choose.

World Power Method™ Coaching Playbook Introduction

4) Your partner Coach can help you refine the idea for your game, but remember, they are a new coach! So it is better if you come in with a pretty clear idea.

5) Remember also that this program is 12 fast weeks. So your game should be something that you know you are doing over this time frame. Again, it can be something you are already doing; it does not have to be a new thing.

6) Game Ideas include:

- Boost your career,
- Build your business,
- Energize your relationships,
- Expand your network,
- Reduce your tolerations
- Financial freedom (or stability, sustainability or independence)
- Spiritual quest
- Personal leadership
- Community leadership
- Artistic expression and performance

What are your game ideas?

World Power Method™ Coaching Playbook Introduction

Your Game

Examples: Expand your Business, Create a loving partnership;

What is the name of the game?

What is the object of the game? Over the next 3 months

What is the purpose of this game for you in your life? Or Why do you want to play this game? Big Picture

What are the activities of the game? What are you doing while you are playing?

Session 1 – Design Your Academy of Becoming

1.1) Welcome!

Welcome to the Center for Coaching Mastery!

A few key points to consider as you start this class.

1) Our programs are based on dialogue-based learning. So we expect you to jump in and participate in the conversations. Be BOLD! Share your thoughts and questions; Your voice is a contribution to everyone else in the program. Your instructor is a highly trained coach and very capable of weaving diverse thoughts into a web of learning for everyone!

2) You will coach in every class. The Personal Environments Method is very different and you have probably never conducted a coaching conversation like this before. So be easy on yourself! Don't expect to be a masterful coach on day #1. Coaching in class is your opportunity to experiment and try things that you have not done before. Avoid the temptation to weave in other coaching techniques that you already know. Stick with what you are learning in class. Enjoy the opportunity to stretch and learn.

1.2) Environmental Theory Overview

In class your instructor will guide a conversation about basic Environmental Design theory.

Important Notes

1) Our relationship with the Environment is 2- way

We are always adapting to the world around us

AND

Overtime the world around you is a reflection of YOU

Typical example is - going to a workshop

You go to the work shop

you get very excited about everything

you think: "I have really changed"

I can't wait to get to home and put this into action

BUT - typically what happens?

2 weeks later... you can't even remember the workshop!!

How would you explain this using these 2 concepts.

a) When you were at the workshop, you ADAPTED to the environment. You thought you changed, but really you were just adapting to what was around you

b) Then you went home. Your home is a reflection of who you have been in the past. YOU quickly ADAPT to that environment and become just what you have always been.

Maybe a few new, interesting ideas, but nothing really changes

UNLESS, you immediately put what you have learned into your environment at home/office

Have you ever had an experience similar to this?

World Power Method™ Coaching Playbook Introduction

2) The Metaphorical meaning of everything is pounding your unconscious mind

There is meaning behind everything in your environment.

Consider the pile of unfinished things sitting in the corner. You may be able to "ignore it" consciously and NOT think about it. But the metaphorical meaning is there all the time programming your unconscious mind.

The metaphorical meaning will be different for different people. for example:

- You don't have your act together
- You have not organized your life to take care of things
- You don't deserve a place free of messes
- You are missing an opportunity buried in this pile

What are your highlights from this conversation?

1.3) Pattern Language Theory Overview

In this session your instructor will lead a dialogue about the Pattern Language.

Important Notes

A pattern language is a phrase that captures the pure essence of a place or an experience

It was originally defined by Architect Christopher Alexander in "A Timeless Way of Building" as a way to teach people how to design homes, neighborhoods and cities that were full of life.

In class we will discuss an example: comfy chair by a window

Patterns can create aliveness or deadness

For example if you walk into a room with a comfy chair by the window you naturally go to the chair.

But if you walk into a room with comfy chair NOT by the window - when you walk in the room you are thrown into chaos!

you want to sit in the chair

you want to look out the window

but the pattern of the room does not allow it - so your "BEING" is not at ease in that room - it makes you feel slightly dead

Patterns have literal meaning and metaphorical meaning

There is an example that came up in a Personal Environments live event where we were talking about a comfy chair by the window as a metaphor. A woman stood up and explained that her boyfriend is a comfy chair that is NOT by the window!

he is my comfy chair - but he is never going to be by the window - this has put my life into deadness.

Where do you have a comfy chair that is NOT by the window in your life??

World Power Method™ Coaching Playbook Introduction

Another example: coaching proficiency - engages in provocative conversations

You know it when you feel it.

The phrase captures the essence of the coaching experience

What are your highlights from this conversation?

1.4) Step 1: Design Your Academy of Becoming

In this session your instructor will lead a dialogue about how to design an "academy of becoming" for your big game. (also known as a Personal Success Academy)

Important Notes

The first step of the Method is called Design Your "Academy". You imagine that you are creating a success academy for someone to become a great player of your game; a place where YOU feel alive and the game is really alive. And you become a great player naturally just BEING in this environment and responding to everything that is happening around you.

What would be the elements of a great "Academy"?

Remember from our Environmental Theory that you are always adapting to the environments around you.

There are three fundamental questions in this step:

- 1) How would you describe an EXCELLENT Player of this game?
- 2) What makes you feel alive?
- 3) What and Who do you want in your academy?

How do you feel about the concept of designing an academy for your game?

What are your highlights from this conversation?

World Power Method™ Coaching Playbook Introduction

1.5) Step 2: Create “Power Patterns”

Based on the BIG game you want to play, who do you need to become to be a GREAT player of this game

You will design 3 or more Power Patterns to place in the environments

A pattern language - a phrase that captures the pure essence of an experience you know it when you feel it.

winning pattern language is a co-creation between the player and the coach

Power Patterns

3 BIG QUESTIONS...

- Who do you want to become?
- What makes you come alive? (the feeling of being alive)
- What is needed to play your big game with excellence?

Then

share and listen

co-create & facilitate

listen for energy; for the alive feeling

collect words - phrases

put together 3 word phrases

each with energy, emotional zest

ask: does it feel right??

Test 3 phrases

examples...

- OOZING VIBRANT ENERGY
- ABUNDANT MARKETING PARTNERSHIPS
- CREATIVELY SHARING WISDOM

1.6) Coaching Demonstration & Practice

In class your instructor will play a recording of a coaching session where the Personal Environments Method is used. Then after a debrief, you will practice with a partner. If all goes well, this partner will be YOUR player throughout the 12 week program.

Your Notes and Questions from Observing the Coaching Session

World Power Method™ Coaching Playbook Introduction

**** World Power Method Coaching Dialogue ****

Use this outline to guide your coaching session

Step 0: the game / quest

Coach: First we need to create a picture of your big game / or your quest

ASK: What is your BIG GAME?

ASK:What is the purpose of this game in your life?

ASK:What are you 3 primary objectives?

ASK:What are the 3 biggest challenges you are facing

Step 1: Design Your Academy

Coach SAY: Now we need to create a picture of WHO YOU need to become to be a great player in this game.

Coach ASK: How would you describe an EXCELLENT player in this game?

listen

Coach: Next we need to create a picture of where you really come alive.

Coach: Is there a place or an activity where you feel REALLY alive?

listen

Coach SAY: Next we need to start to create a picture of an environment where you will come alive AND become a great player.

Coach ASK: If we were going to design an academy for players of your game: What would happen there?

Who would be there?

listen. encourage them to think of activities, challenges, thought leaders AND people they already know.

Step 2: Create Power Patterns (first draft)

Coach: Next we want to create power patterns that are phrases of 3-5 words that capture the essence and energy of WHO your will become in this Academy

We will play with some ideas together.

Coach: Talk with your player about their picture of an excellent player and note words and phrases that have some energy. The phrase should have the same alive feeling as the alive place or activity that they described.

Draft a few Power Patterns. Don't worry about trying to get the perfect ones at this point.

The GAME this week:

- 1) Clarify your objectives
- 2) Clarify WHO YOU need to become "Power Patterns"
- 3) Add elements to your academy

1.7) How to do a great coaching practice session in class

IMPORTANT: Read the "Dyad Guide" prior to class. It will provide you with a LOT of important information about how to get the most out of your practice time in class!

- 1) Choose who will be the coach and who will be the player in the first session
- 2) Get RIGHT INTO the coaching – skip the traditional small talk
- 3) When you are the Player - be real, be yourself; tap into your desire to play BIG; AND MOST IMPORTANT: DON'T be shy about sharing where you are stuck in your big game.
- 4) When you are the Coach - **Follow the outline of the coaching dialogue;**
Ask the questions and then BE CURIOUS to clarify what your player is sharing.
You really want your player to have a great experience.
Focus on getting to know your player and their game.
- 5) HOLD YOUR TONGUE!; especially if you feel the urge to help resolve their issues
There IS a time and place to resolve issues, but that time is NOT now.

1.8) Review the Game for the Week

As a part of the program you will play a game using our social game platform. This is a powerful and fun way to put what you are learning into practice in your REAL life and connect and build relationships with your classmates / teammates.

IMPORTANT: You must accumulate at least 50 points in each of 3 games in order to pass the class!

To access your game card for game #1:

- 1) Visit the page for this program on the CV member site.
- 2) Click on the tab called My Game
- 3) Click on the link in the left column: [Play Two Win Method Game 1](#)
- 4) Here you can see all of the activities you can do to earn points.
REMEMBER it is a GAME! NOT a task list. You don't have to do everything, just the activities that engage you.
- 5) Click on the Leader Board tab to see how all of your teammates are doing!
You can click on the number link (eg 17) to see each players specific game card
- 6) Click on the Game Board tab to see the most recent actions and comments by all players in the game
- 7) SHARE WITH THE INTENTION TO INSPIRE!
This is the key to playing the game well. The JUICE of the game is taking action in your coaching and life and then sharing about it with your team in such a way that they want to give you their "You Inspire Me" points! It's fun and engaging.

1.9) Highlights from the session
