

Coaching Outline for Session #3 Be Yourself – “Awareness”

Coach Prep

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

Within each question use your intuition and curiosity to create a deeper exploration.

While going with the flow of the questions, look for opportunities to co-create a life changing conversation using these 4 “Super Powers” of the Power Cycle.

#7) Curiosity – Exercise Wonder

Ask the questions in the coaching flow.

Then if you have a question pop into your awareness, ask it.

As much as possible, frame your questions in an open ended way rather than implying an answer in the question.

“Have you ever tried posting on Facebook?” (has the answer in the question)

vs.

“Have you tried social media?”

vs.

“How do you create visibility for what you are sharing?”

#8) Triplex Listening – Saying -> Not saying -> Belief/Energy

Listen fully with attention AND ease. Don't TRY hard to listen.

Hear what they are saying.

Hear what they are NOT saying.

Listen for what they are avoiding or resisting.

Hear the energy underneath their words.

Listen for dissonance between what they are saying and how it feels.

#9) Self-Trust – Feel it -> Say it

As you dive into the questions and listening you will have insights and observations pop into your awareness that will influence the conversation. The KEY is to ASK Permission before you share them. eg. “I have an observation about this, can I share it with you?”

“I just had an insight while you were talking, may I share it with you?”.

Wait for them to say “Yes”, before you share.

The key is to listen to your “gut” / “heart”.

Be open and let thoughts “pop” for you.

When you share something from your “gut” you are moving from influence to vulnerability as a coach-approach leader. After you share, let go of the need “to be right” about what you shared; your player may or may not resonate with what it.

#10) Go Deep – Look beneath the surface

When looking at bigger possibilities or exploring challenges, there is always something happening beneath the surface of the conversation.

What is REALLY going on here?

Basic Coaching Skills and Super Powers Playbook

The Dialogue Outline

1) WELCOME

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

Ask: Do I have your permission to be your coach today? Are you ready to get started?

"OK. Let's go.

2) Evaluation.

Ask: How did the game go last week?

Ask: What were your results?

3) Challenges

Ask: What challenges did you encounter?

Ask: What did you learn from those challenges?

Ask: How can you bring the Spirit of Play into these challenges?

4) Results / Game Refinement

Ask: Do we need to refine the results and actions of your game?
If so, how?

5) Results / Play Better

Ask: What can we do to play better this week?

Ask: What can you do to improve the actions to get better results?

6) Complete

Say: OK, you have a game plan for the week! Great.

Ask: What are your highlights for this session?