

Basic Coaching Skills and Ethics – Coaching Guide

What to do in a “Coaching” Conversation

Use the Play Two Win Method Play Sheet

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

We will only use the top of the Play Sheet in the Basics Coaching class; you will learn how to use the whole thing in the Play Two Win Method class. The steps of the method guide you through a powerful coaching conversation.

Remember: YOU are a Game Changer!

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?

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?

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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.

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?

Notes:

Help your player become more masterful in the activities of the game and get better results.

The coaching challenge is to do this without too much teaching and NO TIPPING!

Play Two Win Playsheet + The RACE Model

<p>Step 1: Define the game</p> <div style="border: 2px solid red; padding: 5px; display: inline-block;"> <p>Name the game</p> </div>		<div style="border: 2px solid red; padding: 5px; display: inline-block;"> <p>Purpose / Values</p> </div>		<div style="border: 2px solid red; padding: 5px; display: inline-block;"> <p>Spirit of Play</p> </div>	
<p>Step 2: Design the object of the game</p> <div style="border: 2px solid red; padding: 5px; display: inline-block;"> <p>Outcomes</p> </div>		<p>Step 3: Play for results</p> <div style="border: 2px solid blue; border-radius: 50%; padding: 10px; display: inline-block;"> <p>Results</p> </div>		<p>Step 6: Game Plan</p> <div style="border: 2px solid green; padding: 5px; display: inline-block;"> <p>To get better</p> </div>	
<div style="border: 2px solid red; padding: 5px; display: inline-block;"> <p>Mastery</p> </div>		<p>Step 3: Play for results</p> <div style="border: 2px solid blue; border-radius: 50%; padding: 10px; display: inline-block;"> <p>Actions</p> </div>		<p>Step 7: Practice Skills</p> <div style="border: 2px solid green; padding: 5px; display: inline-block;"> <p>To take better</p> </div>	
<div style="border: 2px solid red; padding: 5px; display: inline-block;"> <p>Becomings</p> </div>		<p>Step 4: Embrace challenges</p> <div style="border: 2px solid blue; border-radius: 50%; padding: 10px; display: inline-block;"> <p>Challenges</p> </div>		<p>Step 8: Inner Freedom</p> <div style="border: 2px solid green; padding: 5px; display: inline-block;"> <p>To respond better</p> </div>	
<div style="border: 2px solid red; padding: 5px; display: inline-block;"> <p>Upgrades</p> </div>		<p>Step 5: Evaluate what matters</p> <div style="border: 2px solid blue; border-radius: 50%; padding: 10px; display: inline-block;"> <p>Evaluation</p> </div>		<p>Step 9: World Power</p> <div style="border: 2px solid green; padding: 5px; display: inline-block;"> <p>To sustain better</p> </div>	