

# Basic Coaching Skills and Ethics – Coaching Guide

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## 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?
  
- 2) Clarify 1or 2 objectives in each of four categories for the next 6 weeks
  - a) tangible measurable outcome (what will you do?)
  
  - b) get better at doing something (master a skill)
  
  - c) becoming more/less something (who will you become?)
  
  - d) upgrade something in your environment (create / have something)
  
- 3) Play! Identify the recurring results and activities of the game - what will you do almost every day and what are the results you are playing for?  
How can you bring the Spirit of Play into your game?
  
- 4) Support - Challenge dynamic  
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?
  
- 5) 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.*

1) Evaluation. How did the game go last week?  
What were your results?

2) What challenges did you face?  
What did you learn from those challenges?

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

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

4) What can we do to play better this week?  
What can you do to improve the actions to get better results?

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