

## Coaching Guide for Practicum

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Date: 2018-10-12

Here is the recommended coaching guide for a great – high scoring - practicum experience AND demonstrate your ability to use the coaching techniques practiced in class (and hopefully with your players)

### **1) Minutes 0-1: Permission to coach**

- a) Say hello.
- b) Request permission to coach and record.
- c) Affirm current connection.

Affirm connection means for example: we have been in class together; we were dyad partners one time; we have never spoken before.

### **2) Minutes 1 -5: Explore the BIG Dream**

ASK: Before we get into the coaching, can you share with me your BIG dream right now in a minute or two?

ASK curious questions to get into the dream with your player.

Examples:

How long have you had this dream?

What does success look like for you in this dream?

On a typical day how much of your time/energy do you put into this dream?

**Coaching Skills:** Create agreement, Build trust, Coaching Presence and create a foundation for a meaningful coaching experience.

**NOTE: DO NOT ASK: WHAT DO YOU WANT TO COACH ON TODAY?!**

### **3) Minutes 5 – 10 Clarify the coach-able action the player wants to play better Find the path of growth for the coaching session**

A) ASK: What are some actions you are going to take to play for your dream this week?

{Listen}

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B) Hone in on something specific with the player

Examples:

- Which of these actions has the most growth potential for you?
- Which has the biggest potential impact on your dream?
- Which would you like to explore for opportunities to play better?
- Is there any action that you are thinking of but didn't say because it's too scary right now?

C) Find the R-A-C-E for the chosen action

Ask: What is your desired result for this action? (What do you want to have happen in the world?)

Ask: What are the challenges you face in taking this action or getting the desired result?

Ask: What feedback can you evaluate to figure out how well you are playing?

**Coaching Skills:** Create Agreement, Build Trust, Planning and Goal Setting, Design Actions

**4) Minutes 11-29 Coach the action and Pursue personal growth**

**Keep it focused on the Action, the Growth potential and the Dream.**

- **Use Role Play to practice a conversation,**
- **Use Inner Freedom to Preplay the action and explore fear,**
- **Explore Environmental Upgrades: zap tolerations or acquire resources**
- **Strategize a way to transform an ability into a Superpower**

The key is to co-create WITH the player and make it ALL ABOUT GROWTH (AKA Playing better)

Don't look for a problem to solve.

Stay connected to the dream

**Coaching Skills:** Coaching Presence, Manage Progress, Powerful Questions, Active Listening, Direct Communication, Expand Awareness

**5) Minutes 29-30 Wrap up the session.**

Ask: What did you learn about your Self or your Dream in this session?