

Coach Mission 2: Coach Using Inner Freedom

Inner Freedom Method Playbook



**“Inner Freedom Coaching Axiom #1:
“All growth happens at the edge of your comfort
zone.” - Coach Dave**

Quick Summary:

BIG Idea: In Mission 1 you recruited 3 people who are ready to play BIG! Now it's time to step up and Coach! Using the Inner Freedom Method you will guide your players to the edge of their comfort zone and into every action needed to play BIG and win! In 12 Sessions they will be playing like they never have before.

You are on a mission!

Your mission is simple: Coach your 3 players using the Inner Freedom Method once per week for a total of 12 sessions each.

After the Start Up game there are 3 game cards in the Inner Freedom Program. Each game card is typically done in 4 weeks so that is 4 sessions with each of your 3 players. Your mission is to complete 12 Inner Freedom Coaching Sessions for each game card.

If you do not yet have 3 players recruited, keep recruiting! But in the meantime, you can conduct Inner Freedom Session 1 coaching sessions with as many people as you need to reach your 20 sessions.

Remember the core concept...

To become a great coach, you must embark on a mission to transform the way you approach the FEARS that your players face when they play BIG.

From: Motivate your workers to overcome (power through) fear and control their emotions.

To: Teach your players to embrace fear and respond to their emotions.

As we move beyond the Industrial Age of Work into the Connected Age of Purpose more and more people are yearning to play a BIG game in Life. When they do this, they will naturally bump up against fear. They need a great coach with a reliable method to walk with them on the edge of their comfort zone!

Your game now is to keep encouraging your players to play as BIG as they can so that they keep bumping into the edge of their comfort zone.

Coaching using the Inner Freedom method requires a combination of openness AND tenacity by the player AND the coach.

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Thriving in the Connected Age of Purpose requires deep connections, self-expression and the vulnerability to contribute to others in a unique way.

You need to tap into your players' strong desire to be great and their willingness to look deeper into themselves. You recruited 5 players who you know are ready to face the fears that come up when they take the creative risks necessary to play for results and to make good things happen in the world.

NOW IT IS GAME ON!

Every time you use your Inner Freedom Super Powers, you become a more capable coach!

Quick Game Plan for Coach Mission #2

1) Power Up: Game plan your coach mission.

Make sure your 3 players are scheduled for their coaching sessions with you.

If you don't have 3 players yet, KEEP RECRUITING!

Also, make a backup plan of as many people as you need to just do one Inner Freedom Session with you so you can reach your goal of 12 sessions.

Share about your approach on the game card.

2) Game action: Inner Freedom Coaching sessions with your players.

During the first 6 Sessions with your player you will be learning the method and going deeper into it each time.

During the final 6 Sessions with your player you will use the complete method to move your player towards FREEDOM to make winning choices.

Share about each coaching experience on the game card.

3) BIG WIN: "Thanks Coach!"

When you get a "Thanks, Coach", note from one of your players,

share on the game card about what happened with your player.

4) Find the fun!

Now you are in the game of life!

1) Power Up: Game plan your Inner Freedom Coaching mission.

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Coach Power: The Mission is to conduct 20 Inner Freedom Coaching Conversations.

1) Strategy 1: Coach Your 3 Players

Coach your 5 players for 4 weekly sessions each. Done.

2) Strategy 2: Add in extra sessions to reach 12

If you don't have 3 players lined up for 12 Sessions each. Then you need to find a creative way to reach your 12 Sessions for each game card.

We recommend asking people you know to do just one session with you. Use the steps of the Method that you learned in Session 1 with this player. This will create a powerful coaching experience that will deepen your relationship with this person. At the same time you will learn more about the patterns of fear that people experience.

3) Update your game card.

Once you have your initial plan for conducting 20 Inner Freedom Sessions, update your game card!



	<p>Click through to your game card. Look for the Power Up section – (Find the Red Button with the Rocket!) Find the <i>Coaching Super Powers</i> badge.</p> <div style="display: flex; align-items: center;">  <div style="margin-left: 20px;"> <p>You will see the game card description...</p> <p><i>Coach Mission 2: I just confirmed my plan to conduct 12 Inner Freedom Coaching Sessions. Here is my plan...</i></p> </div> </div> <div style="text-align: right; margin-top: 10px;">  Share </div> <p>Click on the SHARE button in the right column. A text entry window will appear. Complete this statement on your game card by sharing how you will approach this mission.</p>
	<p>Our game system connects to FaceBook. Get your FB friends cheering you on! (optional)</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 5px 0;">  </div> <p>Under the share box you will see the “Share On Facebook” button. If you share on Facebook you earn +1 Bonus point in your total score.</p>

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2) Game Action: Inner Freedom Coaching Sessions

As you go through the first 6 sessions of the class you will learn the 9 steps of the Method a few at a time. After each class, have a coaching session with each of your players using the steps you know.

After Session #6 you will know all of the steps so for your final 6 sessions with each player you will use the complete method each time.

In each session go straight into finding a Critical Moment of Choice with your player to replay or preplay.

As you move along with your players, you will often come to the session prepared to dive into something they experienced since your last session.

After the conversation

No matter how it turns out, share about your experience on your game card.

IMPORTANT: Even if you feel like it was not a great session, share something.

ALSO IMPORTANT: Give each of your players a “Number”.

At the top of each share write:

Player #3 - Session #1:

This way that your class instructor and classmates can track your progress with each player.

	<p>Click through to your game card. Look for Game Action section – (Find the Blue Button with the Star Reacher!) Find the <i>Coaching Super Powers</i> badge.</p> <div style="display: flex; align-items: center; justify-content: center;">  <div style="margin-left: 20px;"> <p>You will see the game card description...</p> <p><i>Coach Mission 2: I just conducted an Inner Freedom Coaching Session with one of my players. Here is what happened and what I learned...</i></p> </div> </div> <p style="text-align: right;">  Share </p> <p>A text entry window will appear: Player #3 - Session #4: share what you learned from the session.</p>
	<p>Our game system connects to FaceBook. Get your FB friends cheering you on! (optional)</p> <div style="text-align: center;">  </div> <p>Under the share box you will see the “Share On Facebook” button. If you share on Facebook you earn +1 Bonus point in your total score.</p>

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3) The BIG WIN: A player says: “Thanks, Coach!”

This is one of the best feelings in the world! When your player says “thanks” or sends a note of thanks this is something to celebrate.

If you get a verbal “thanks”, ask your player to send you a written note. It will mean more to both of you this way!

Go to the Big Win section of the Game Card and share a few highlights from the note.

IMPORTANT: Be sure not to share anything confidential with the players’ name.

ALSO IMPORTANT: Share the “Identifier” like initials or number at the start of the share.

	<p>Click through to your game card. Look for Big Win section – (Find the Green Button with the Trophy Holder!) Find the <i>Coaching Super Powers</i> badge.</p>  <p>You will see the game card description...</p> <p><i>Coach Mission 2: I just got a “Thanks, Coach” note from one of my Inner Freedom players! Here are the highlights of what they said...</i></p>  <p>Click on the SHARE button in the right column.</p> <p>A text entry window will appear. Complete this statement on your game card by sharing some or all of what your player said.</p>
	<p>Our game system connects to FaceBook. Get your FB friends cheering you on! (optional)</p>  <p>Under the share box you will see the “Share On Facebook” button. If you share on Facebook you earn +1 Bonus point in your total score.</p>

4) Find the Fun!

Being in BIG game with real purpose is super fun! This is what it is all about. Now you are really in the game with your players. Embrace the experience of being IN a big game with great people that really means something.