

Coach Mission 2: Coach Using Inner Freedom Inner Freedom Method



**“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 the ICE Moves THEY need will to each week. In 12 Sessions they will be playing like they never have before.

Outline

- 1) You are on a mission to Coach using the Inner Freedom Method
- 2) The Gamecard for Coach Mission #2
- 3) Find the Fun

1) You are on a mission to coach using the Inner Freedom Method!

Your mission is simple: Coach your 3-5 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 12 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 players to overcome (power through) fear and control their emotions.

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

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Inner Freedom Method

As we move beyond the Industrial Age of Work into the Connected Age of Play more and more people are yearning to play Life in a BIG way. 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.

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

You need to tap into your players' Hearts Desires to be great and their willingness to look deeper into themselves. You recruited 3 players who you know are ready to face the fears that come up when they make the ICE moves necessary to make good things happen in the world.

ICE: Influence, Create and share, **Explore** people, places, actions and ideas

NOW IT IS GAME ON!

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

2) The Game Card for Coach Mission #2

Game action: Inner Freedom Coaching Sessions

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 the FREEDOM to play LIFE in a BIG way

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

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

After the conversation

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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” or use their Initials.
At the top of each share write:

Player #3 - Session #1:

or

Player LBJ – Session #1

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

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|  | <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>  <p>You will see the game card description... <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> <p>Click on the SHARE button in the right column. </p> <p>A text entry window will appear: Player #3(LJ) - Session #4: share what you learned from the session.</p> |
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BIG WIN: 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.

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

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|  | <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> |

3) 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 Coaching players IN a big game that really means something.