

Play-Two-Win Method™ Teleclass Coaching Guide

Session #1 Define the Game

1) Abera Ca Dabera = I create as I speak

Prepare to create a new life for yourself through changing the way you speak using Play Language.

2) What a GREAT player expects from a Coach

Think about an individual with a strong desire to become great – world class, Olympic level – at anything. What do you think they expect from their coach? Come to class prepared to share your thoughts about this. Then get prepared to become this coach!

3) The Performance – Possibility GAP

This is the central theme of all coaching relationships... and every coaching conversation!

The player has a strong desire to Perform better. AKA PLAY Better.

The player has a new possibility that they want to live into.

The COACH is going to guide the player on the journey.

4) Define the game

Clarify focus on the BIG game

Coaching always begins with the players' desire to play a winnable game. In this part of the process the coach and player identify what the game is, what winning looks like, why the game is being played, how the game expresses what matters most to the player and how to bring the Spirit of Play into the game.

The key is to find the game that is worth playing; A game that is connected to the players purpose, values and what the player truly wants out of life; A game that touches the heart of the player in some way.

5) Coaching Session Prep

This may come as a surprise, but simply asking the questions in the method can be life-changing for your player.

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Coaching Outline for Session #1: Define the Game

1) WELCOME

"Thanks so much for doing this with me. I really appreciate your time and I can't wait to see what we discover together."

ASK: Are you ready to get started?

"OK. Let's go.

2) If you looked at all of life as a game...

Ask: What would you say YOUR big game is right now?

> **Ask:** How will playing this game create a life of self-expression and purpose?

> **Ask:** How will playing this game change lives for the better?

> **Ask:** How will playing this game change the world?

3) Ask: What does winning look like for you in this game?

> **Ask:** What would it mean to be a game changer?

> **Ask:** What would playing at an elite level look like?

3) Ask: What are some activities of "your game" that you would like to play better?

> **Ask:** What are some of the challenges you are facing in the game?

> **Ask:** Are these challenges worthy of the life you have lived so far?

> (If not,) **Ask:** How can we amp up the game to make it worthy of what you have already accomplished?

4) Lots of people are trapped in an unwinnable game.

Ask: What would make this game unwinnable for someone playing it?

(not necessarily you)

5) Ask: What would it mean for your life if you won this game on your own terms?

(Big Outcomes) FIND the BIGGER WHY

> *Examples: Financial Freedom; Self-Expression*

A few extra questions you can ask...

Ask: So if you did win this game the way you have described, what would that mean to you personally?

Ask: What is the new possibility that you want to live into?

6) Ask: How could you bring the spirit of play into it?

Get creative here.

A few extra questions you can ask...

Ask: is there an experiment where you can try something new?

Ask: is there a place you can allow yourself to be a beginner and NOT KNOW

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Ask: *Is there a part of the game you can practice to pursue mastery*

Ask: *is there a way to make it more fun*

Ask: *Can you find a way to create a reward for getting results*

There are 2 versions of step 7.

If you know you are going to coach the player use 7A.

If you are in an exploratory session skip to 7B

7A) Wrap Up your Define the Game Conversation

Say: You have a big game here that I think you can win and I look forward to coaching you!

It is a good idea to finish the session with a challenge.

Say: "OK, this is a good place for us to wrap up this session. Next time, we are going to delve deeper into your situation and start designing your game."

Say: "My challenge for you between now and then is to clarify your specific objectives to play for in the next three months. And consider the deeper purpose you have for playing this game."

Say: "Can you do that?"

Wait for them to say: "YES!"

7B) The moment of truth { Do you want to coach this player?

Coach, you have to "check in with yourself; do you want to coach this person?"

If no, Say: Thank you this has been a fun conversation. I wish you luck in your game!

If yes...

Say: I think you have a great game here that I believe I can help you win!

Ask: Would you like to be one of my players?

Say: I am putting together a team of players to coach while I participate in the Play Two Win program at CoachVille.

I am offering... *Fill in Your Offer Here...*

Say: Great! Next time, we are going to delve deeper into your situation and start designing your game."

Say: "My challenge for you between now and then is to clarify your specific objectives to play for in the next three months. And consider the deeper purpose you have for playing this game."

Say: "Can you do that?"

Wait for them to say: "YES!"