

# TRANSFORMATION COACHING



*Coaching Guides*  
*by Dave Buck, MCC*



**CoachVille Center for Coaching Mastery**  
*We are the champions of dreams!*

# Transformation Coaching

## Coaching Guides

By Coach Dave Buck, MCC

Welcome. On behalf of the entire CV Team, I want to welcome you to the Transformation Coaching program.

## **This is the book of “Coaching Guides” for your Transformation Coaching class.**

Learning how to coach is a lot like learning how to play a musical instrument WITH the intention to play in an improvisational jazz group with other musicians.



Using this metaphor, these coaching guides are “the songs”. Learning the music provides a structure for learning the instrument and getting into the feeling of music. Each coaching guide is like a new piece of music that will take you deeper into the instrument.

After LOTS and LOTS of practice, you become masterful with the instrument, the feeling of the music is in your blood and you can “just play the songs” with other musicians by putting your attention on the co-creation NOT on the music itself.

When you first start coaching, just follow the Guides. Metaphorically speaking, you will be able to create pleasing music and hopefully continue to fuel your desire to pursue mastery. And then one day you will BE the music and write your own songs!

Before you use the Guide with a player read it over many times. Read it out loud a few times. Get a feeling for the words, the questions, the ideas and the flow of the conversation.

When you are first learning, follow the Guides closely; put your attention on observing your player as they respond to the questions and statements.

Within each Guide there are places to follow your intuition and places to improvise; for example, when doing a Role Play with your player.

Using these coaching guides, you will create a great experience for your players AND you will learn the Transformation Coaching Techniques, the Coaching Superpowers, and the Transformation Models... ALL AT THE SAME TIME!

Following the 12 Coaching Guides for the sessions in the class, you will see coaching guides for the “Stand Alone” techniques. These are awesome for when you are “every day” coaching and using the techniques in the free flow of a coaching session.

Enjoy every moment...

Coach Dave Buck and the CV Team!

We are the champions of dreams!

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# Coaching Guide Format

Here is the format for the Coaching Guides

\*\*!!!\*\*

## WELCOME

### 1) INTRODUCTION

**SAY:** "Thanks so much for doing this exploratory conversation with me. I really appreciate you and I can't wait to see what we discover together. This conversation will take about 15-20 minutes.

**ASK:** Are you ready to go?

{Coach: wait for them to SAY: YES}

\*\*!!!\*\*

### NOTES

1) You say to the player the text after the **ASK:** or **SAY:**

While sounding conversational;

as if that question just popped into your mind.

2) **The copy in Red** – {also in curly brackets if you don't see color} You DO NOT say to your player.

These notes are guidance for you.

# Coaching Guide Session 01: Exploratory Session

## 1) WELCOME

**SAY:** "Thanks so much for doing this exploratory conversation with me. I really appreciate you and I can't wait to see what we discover together. This conversation will take about 20 minutes.

**ASK:** Are you ready to go?

{Coach: wait for them to SAY: YES}

## 2) COACHING PLAN

**SAY:** "OK. Let's go. So as I mentioned I am offering in a Coaching program called: Transformation Coaching. The idea is to look at business or career and personal growth as playing for your Dream; my role as the coach is to help you live your dream now by exploring new experiences and stepping into the growth zone. This is what we are going to explore." If after we explore it, you want to become one of my players, then we can talk about those details.

**ASK:** Does that sound good to you?

{Coach: wait for them to SAY: YES}

## 3) PRACTICE TOGETHER

### DISCOVER THEIR DREAM

**1) ASK:** If you looked at your life / business / career as playing for your dream...What would you say your dream is right now?

{Coach: listen and ask any curious questions that pop up for you}

**You may want to ASK: "Anything else?" a few times to get to the deeper stuff.**

**2) ASK:** One big idea in playing life with a transformation coach is that you can live your DREAM NOW. Considering all of the aspects of your current situation, how would you describe your focus for the next 3 months?

{Coach: listen and ask any curious questions that pop up for you}

**YOU are trying to hone in on the BIG Dream / BIG Purpose as well as the RIGHT NOW focus.**

**3) ASK:** A big idea we will play with together is creating peak experiences... when you experience yourself as being awesome and loving life. Can you share with me an example of a peak experience you want to have as you play this dream over the next 3 months?

## EXPLORE HUMAN NATURE SUPERPOWER URGE TO BECOME

**SAY:** As we play for your dream we are going to focus on unleashing your Human Nature Superpowers. This is really powerful and fun. One of these is the Urge to Become next version of YOU through self-expression and playful practice. Let's talk about this for a few moments.

**4) ASK:** How would you like to expand your self-expression over the next 3 months?

**5) ASK:** What are some ways you want to contribute to the lives of others by playing this Dream?

{Coach: This is just to set a tone for unleashing their Human Nature Superpowers. Listen and ask any curious questions that pop up for you; but this is NOT the time to go DEEP on this topic. That will come later.}

## FIND THE GAP

**SAY:** Coaching is always about the pursuit of playing better. It can be stepping into the growth zone by doing some new actions or to developing some new skills.

**6) ASK:** What are some ways that you would like to play better over the next few months?

{Coach: listen and **AVOID AVOID AVOID** offering solutions!!  
But you do want to affirm that you are excited about to dive into practice with them.}

**7) ASK:** Are there any growth-oriented challenges that you see in this dream?

*{Coach: amplify them}*

**SAY:** Coaching is all about practicing together. We have ways to practice anything in life that you need to do for your dream. I look forward to doing that with you.

{Coach: add something personal about how you connect to their dream and vision for growth.}

## 4) GROWTH MODE

### MOMENT OF CHOICE

{Coach: Here you have to choose! Do you have a good connection with them? Does something about them intrigue you as a learning opportunity for you?}

**If YOU are a “YES”:**

**SAY:** I love your Dream and I think we could have great success together.

*Only say the RED part if you are going to charge for the coaching.*

**ASK:** *Can I tell you how the money works? And then you can decide if you* would you like to be one of my players?

If they say “yes”, move on to #5A. If not, skip to 5B.

If YOU are a “no”, skip to 5B.

## **5) PLAY PLAN (the days ahead)**

**IF you are charging...**

### **EXPLAIN THE MONEY**

**SAY:** So, in order to earn my coaching certification, I need to accumulate 450 paid coaching hours! It’s a lot. While I am on my way to certification, I am offering a super affordable introductory rate of \$300 for 10 sessions. If you are good at math, you know that is \$30 / session. Amazing value!

Plus, you get the playbook and prep audios and playsheets and there is a community on the CoachVille App for all the players in the Transformation Coaching program which you might really enjoy.

AND ...

You don’t pay until after our 4<sup>th</sup> session. If after our 4<sup>th</sup> session you want to keep going, then the investment is \$300 – and you can pay in 3 \$100 payments each month.

If you don’t want to keep going, then there is no payment, and we consider the 4 sessions pro bono and we both learned from the experience together.

**ASK:** Does this sound fair to you?

### **CONFIRM THE COMMITMENT**

**SAY:** Excellent. I just want to confirm that you are committing to meet with me for about 45 minutes each week. If we can’t do a session one week for some reason, we will try to make it up the next week.

**ASK:** Are you good with that?

{Coach: wait for them to SAY: YES}

**SAY:** Let's get our first two sessions on the calendar now.

AND... Sessions 1 and 2 may be closer to an hour because we are going to get into the details of how you are going to Play for your dream

{get your first 2 sessions set up in your calendar for as soon as possible after the start date for the program}

**ENDING**

**SAY:** "Great! Talk to you soon"

**5B) If either of you say "no": thank them for their time.**

**SAY:** I have learned a lot from this conversation. Thank you. But I don't think we are a good match for coaching together. Thanks so much for your time today!

# Coaching Guide Session 02: Dream Activation

## Coaching Technique : Dream Activation

### 1) WARMUP (and affirm coaching agreement)

**SAY:** "I am really excited about coaching with you. I can't wait to see what we co-create together and discover on the treasure map."

**ASK:** Do I have your permission to be your coach today? Are you ready to get started?

{wait for them to say, YES}

#### ***AFFIRM COACHING AGREEMENT***

**SAY:** The first thing we need to do – and we only need to do this once, is a quick verbal recap of our Coaching Agreement.

**ASK:** I just want to confirm that you read the coaching agreement.

{wait for yes}

**SAY:** #1 Coaching is focused on growth by practicing together and exploring situations for new awareness. We are not doing therapy with the focus on healing. And I am not going to give you any legal, medical, or financial advice. Often coaching can have healing side-effects, but that is not our focus.

**SAY:** We can talk about anything you want to talk about, past, present or future, AND if something comes up that seems like it requires a psychological, legal, medical or financial professional, we will agree together for you to bring those specifics to another professional.

**ASK:** Are you ok with that?

{wait for yes}

**SAY:** As your coach I am not going to do any tasks or projects on your behalf. If we both want me to do something for you, that will be outside of this coaching agreement.

**ASK:** Are you ok with that?

{wait for yes}

**SAY:** There are a few boundaries that our conversations cannot cross. As a coach I take an ethics oath that I am not a supremacist; there is no inherent superiority of rulership of one person over another. So, we can't get into anything involving for example: white supremacy, male supremacy, religious supremacy or wealth supremacy.

**ASK:** Are you ok with that?

*{wait for yes}*

**SAY:** Our coaching sessions are confidential. What that means is that I won't share anything about our sessions with anyone without your permission. You can share about anything that you want to. There are two exceptions:

- 1) There is no coach-client privilege by law in the US. So if for some reason I receive a subpoena to testify in court about our sessions, I would have to do so.
- 2) If you talk about harming yourself or someone else, I would be obligated to seek assistance.

**ASK:** *Are you ok with that?*

*{wait for yes}*

**SAY:** One more thing. Today, we are going to co-create some clarity on the focus of our coaching together. And we will go in that general direction until you decide we should change it or expand it. Our focus is always your choice. I may suggest certain coaching techniques, but our focus within those techniques is always up to you.

**ASK:** *Are you ok with that?*

*{wait for yes}*

**SAY:** Whew! OK we are in the clear!

*{coach, you can rephrase this in your own words 😊}*

## **WARM UP**

**SAY:** "OK. Let's start the coaching with a quick warm up. We will do 3 Connecting Breaths to warm up our wisdom and a 30 second visualization to warm up our imaginations.

**SAY:** A Connecting Breath is a BIG breath in and a SLOW breath out.

Breathing in to a count of 4 and breathing out to a count of 7. If you are in a safe place you can close your eyes. If possible put your feet flat on the floor and rest your hands on your lap or place them over your heart.

*{do this in a quiet voice}*

**SAY:** Big breath in ...{pause} and a slow breath out

**SAY:** Big breath in ...{pause} and a slow breath out

**SAY:** Big breath in ...{pause} and a slow breath out

**SAY:** Breathing this way creates a strong connection between the heart and the brain.

**SAY:** Next we will do a 30 second visualization. Keep your eyes closed if you can. Use your imagination to see yourself doing something you enjoy. Do your best to see it and feel it in your body as deeply as you can. After you start the scene, allow your imagination to take you where it wants to go.

**SAY:** 30 seconds... here we go.

*{wait approximately 30 seconds}*

**SAY:** OK Excellent. Thanks for doing that with me.

*NOTE: if they want to share what they saw, definitely encourage them to do so.*

**ASK:** Are you ready to dive in?

*{wait for them to say: Yes}*

## 2) CELEBRATION

**ASK:** Can you share with me something you would love to celebrate about your life right now?

*{This is to create a sense of flow from one session to the next}*

## 3) GROW

**ASK:** Did any insights about your Dream or playing for your dream come up since our exploratory session?

*{This is to create a sense of flow from one session to the next}*

## 4) PRACTICE PLAN

**SAY:** We started talking about your Dream in our exploratory conversation. Our coaching plan for today is to go deeper into your Dream; and co-create some growth opportunities by exploring the Superpowers of Human Nature.

## 5) PRACTICE ~ Dream Activation

*To Dream*

**ASK:** Share with me a starting place for your Dream right now in two parts the Impact and your focus for the next 90 days.

**ASK:** One – what is the ripple effect you hope to have by living this dream?

{Coach: listen and ask any curious questions that pop up for you}

**ASK:** Two – what is your focus for the next 90 Days? We can update this as we go along.

{Coach: listen and ask any curious questions that pop up for you}

**SAY:** A lot of times people struggle speaking their dream because they worry about not being worthy of the possible impact they could have.

**ASK:** What would be a bold statement that you can make to say that you are worthy of living this dream.

### ***Drive to BE Free***

**SAY:** Next we will explore the Human Superpower the Drive to be Free which is about choosing your adventure every day, self-determination and self-trust

**ASK:** How does this dream spark your sense of adventure?

**ASK:** How will this dream activate your self-determination?

**ASK:** How will this dream require you to expand your self-trust?

### **BONUS Question**

**ASK:** will you need to break free of expectations to play this dream?

### ***Love to BEfriend***

**SAY:** Next we will explore the Human Superpower the Love to BEFriend which is about choosing your companions in life, co-creating, giving and receiving care

**ASK:** How does this dream spark or satisfy your love for companionship?

**ASK:** How will this dream bring up opportunities to co-create with awesome people?

**ASK:** How will this dream require you to express your care for people?

**ASK:** How will this dream require you to accept care from other people?

## BONUS QUESTION

**ASK:** will you need to break free of the do it yourself mindset?

### *Urge to BECOME*

**SAY:** Next we will explore the Human Superpower the Urge to BEcome which is about self-expression, spirit of play and choosing your playful practices.

**ASK:** How does this dream spark your self-expression?

**ASK:** How can you bring the spirit of play into these actions?

**ASK:** Playful practice is all about getting better at doing things you enjoy. What are a few activities you envision getting better at doing?

## BONUS QUESTION

**ASK:** will you need to break free of the perfection trap mindset?

### *Ability to BELieve*

**SAY:** Next we will explore the Human Superpower the Ability to BELieve which is about choosing your desires, self-confidence and self-preservation.

**ASK:** How does this dream spark your hearts desires?

**ASK:** How will this dream require you to expand your self-confidence?

**SAY:** Self-preservation is an awesome Superpower that keeps us safe. It usually steers us away from social risk.

**ASK:** How will this Dream challenge you to expand your capacity for social risk?

## BONUS QUESTION

**ASK:** will you need to break free of the Industrial Age “I am not enough” mindset?

### *Need to BELong*

**SAY:** Last one, we will explore the Human Superpower the Need to BELong which is about self-value, social safety instincts and choosing your environments.

**ASK:** Your environments are the people, places, things and ideas around you. Do you have an inkling of anything around you that you need to uplevel to feel like you truly belong?

**ASK:** Self-value ... what is something about your CORE YOU that you want to value and share with others?

**ASK:** Social Safety Instinct ... Is there anything about your Dream that will ask you to challenge the status quo in some way?

### **BONUS QUESTION**

**ASK:** will you need to break free of the “I don’t belong here” mindset?

### ***NAME the Dream***

**SAY:** Now that we have explored your Dream and how it will call upon your Superpowers of Human Nature...

**ASK:** What is a name that we can give this Dream?

**ASK:** One last question about your Dream for now: How can playing for this Dream be an expression of Self-Love for you?

***Coach: This is a deep question; if anything pops up for you about the player, definitely share it with them.***

## **6) GROWTH ZONE**

**SAY:** “OK, this is a good time to switch into the growth zone”

**ASK:** “We set out today to create some clarity about your Dream as a growth opportunity? How do you feel we did on that?”

**{Coach: listen and share}**

**ASK:** “What did you learn about playing for your dream today?”

{Coach: listen

**ASK:** “What did you learn about yourself in this session?”

{Coach: listen

**SAY:** “Can I share an observation?”

**{Coach: share an observation about your player’s Human Nature superpower potential and the pursuit of their dream.}**

## 7) PLAY PLAN (the days ahead)

**SAY:** “OK, let’s make sure we have a Play Plan...”

**SAY:** We are going to use a coaching model called: Plan – Play – Grow.

So each week we will create a play plan. Then you will go and play for your dream out in the world and then we will explore what happened and look for growth opportunities. In our next session we are going to get into the details of playing for your dream.

**ASK:** For this week what transformation can we focus on? From A to B?

{Coach: listen and CO-CREATE }

**ASK:** For this week what are some social actions you can take to play for your dream?

{Coach: listen }

**ASK:** “How can you use what you learned in our session to take a new social action?”

{Coach: listen

**ASK:** “What resources or support will you need for this play plan?”

{Coach: listen their need for support OR highlight possible obstacles}

**ASK:** “How will you keep our play plan alive between now and our next session?”

{Coach: listen for their structure / the Play plan Playsheet is an example structure}

**SAY:** “My challenge for you between now and next week is to get into co-creation by bringing other people into as many of your actions and experiences as you can.

**ASK:** “Can you do that?”

Wait for them to SAY: “YES!”

**SAY:** {Share a supportive observation about the player's progress in the session}

## ***ENDING***

**SAY:** "Great! Have a great week of play. Talk to you soon"

**NOTE:** if you want to stay connected with them via text or email, you can confirm those details with them.

## **ALTERNATE ENDING**

**SAY:** "Great! Please keep me tuned in to your progress by {connect tool}. I want to hear from you. OK? Have a great week of play. Talk to you soon"

# Coaching Guide Session 03: Social Play

## Coaching Technique: Peak Experience

### 1) WARMUP & Speak the Dream

**SAY:** "I am really excited about coaching with you today. I can't wait to see what we co-create together and discover on the treasure map."

**ASK:** Do I have your permission to be your coach today? Are you ready to get started?

*{wait for them to say, YES}*

**SAY:** "OK. Let's start with a quick warm up. Just like last session, we will do 3 Connecting Breaths to warm up our wisdom and a 30 second visualization to warm up our imaginations.

**SAY:** A Connecting Breaths is a BIG breath in and a SLOW breath out.

If you are in a safe place, you can close your eyes. If possible, put your feet flat on the floor and rest your hands on your lap or place them over your heart.

*{do this in a quiet voice}*

**SAY:** Big breath in ...*{pause}* and a slow breath out

**SAY:** Big breath in ...*{pause}* and a slow breath out

**SAY:** Big breath in ...*{pause}* and a slow breath out

**SAY:** Breathing this way creates a strong connection between the heart and the mind.

**SAY:** Next we will do a 30 second visualization. Keep your eyes closed if you can. Use your imagination to see yourself doing something and being awesome. Do your best to see it and feel it in your body as deeply as you can. After you start the scene, allow your imagination to take you where it wants to go.

**SAY:** 30 seconds... here we go.

*{wait approximately 30 seconds}*

**SAY:** OK Excellent. Thanks for doing that with me.

**NOTE:** *if they want to share what they saw, definitely encourage them to do so.*

**SAY:** OK. The final warm up step is to share with me a 30-second version of your Dream. It's OK if it has changed since our last session.

*{Listen. Then when they finish...}*

**SAY:** I can see you doing that.

{pause for a moment}

**ASK:** Alright! We are warmed up now. Are you ready to dive in?

{wait for them to say: Yes}

## 2) CELEBRATION

**SAY:** Our coaching plan for today is to co-create a more detailed play plan for you and your dream using a model called Social Play. And then we are going to choose an action to practice together.

**ASK:** Does that sound good to you?

{wait for them so say YES}

**ASK:** Before we get into that, share with me anything you want to celebrate since our last session...

{listen and encourage... celebrating together strengthens the connection}

## 3) GROW (from Play)

**ASK:** Share with me any insights you had about playing for your Dream?

{Coach: listen and ask any curious questions that pop up for you}

**ASK:** What were some of the actions you took and what happened?

{Coach: listen; especially for actions and results to **celebrate!!**. It is important that they know that you care about how they play each week}

## 4) (Practice) PLAN

**SAY:** Let's get into our play plan! Today we are going to explore a powerful transformation coaching model called Social Play. We are going to look at your Dream and figure out the social actions you want to take to live your dream for peak experiences. There are no road maps to our dreams. Today we will start looking for clues on the treasure map!

A key point about this model is to see that the action and the result are different things.

So we will explore

Relate for Influence; Relate is the Action, Influence is the result.

Create for Inspiration; Creating is the action, then sharing, inspiration is the result

And

Explore for Visibility; Exploring is the action, Visibility – being seen and known by someone new – is the result.

This is important because when you play in the social world, you can't control the result, but you can influence it with skill, strategy and energy, which are all coachable.

## 5) PRACTICE Together (Social Play)

So, let's play with this together.

### RELATE FOR INFLUENCE

**SAY:** Relate is when you are communicating with someone and influence is usually when you want them to say YES

**ASK:** what is an example of a relating action for your Dream?

{Listen, you MAY need to make a suggestion to get them started}

**ASK:** And what is the Influence you want to have?

{Listen, you MAY need to make a suggestion to get them started}

**ASK:** What else?

**{COACH: Co-create a few examples together. Write them into the play sheet as you go along}**

### CREATE FOR INSPIRATION

**SAY:** Let's move onto Create for Inspiration. Create is a thing or an experience that you want to share with others. And Inspiration is how you want to impact other people in a positive way.

**ASK:** what is an example of a creating action for your Dream?

{Listen, you MAY need to make a suggestion to get them started}

**ASK:** And what is the Inspiration you want to have?

{Listen, you MAY need to make a suggestion to get them started}

**ASK:** What else?

**{COACH: Co-create a few examples together. Write them into the play sheet as you go along}**

### EXPLORE FOR VISIBILITY

**SAY:** Explore is when you are venturing into new territory physical or virtual and Visibility is when you are seen and then known by someone new. In business this is also called marketing.

**ASK:** what is an example of an exploring action for your Dream?

{Listen, you MAY need to make a suggestion to get them started}

**ASK:** And what is the Visibility you want to have?

{Listen, you MAY need to make a suggestion to get them started}

**ASK:** What else?

**{COACH: Co-create a few examples together. Write them into the play sheet as you go along}**

## PRACTICE with Peak Experience Technique

**SAY:** “OK, next we are going to practice one of these actions together. The important idea here is that we can practice life... similar to the way athletes and performance artists practice using visualization. We will use a coaching technique called “Peak Experience”.

**ASK:** “Which of the actions that we talked about would you like to practice?”

{Listen, you MAY need to make a suggestion.}

**SAY:** “Great, next let’s confirm the social action, intended feelings and result.

(1) **ASK:** “What is the social action you are going to do in an awesome way?”

{Listen, you MAY need to help them talk it through.}

**ASK:** “What do YOU want to feel while you are doing this action?”

{Listen, you MAY need to help them talk it through.}

(2) **ASK:** “What do you want the other person to feel when they engage with you or what you created?”

{Listen, you MAY need to help them talk it through.}

(3) **ASK:** “What do you want the other person to do?”

{Listen, you MAY need to help them talk it through.}

**SAY:** “We are going to use your imagination similar to what we did in the warm up to embody this experience. We will do this in two phases, first the action then the result. And the “trick is to pay attention to both your thoughts and your body sensations as we visualize”

**ASK:** “Do you feel safe closing your eyes again?”

**SAY:** OK, close your eyes for a moment. Take a deep connecting breath....{pause}

(4) Now bring into your imagination a scene of you doing the action in an awesome way. Your imagination is so powerful Let it fill in all the details... as you see it and feel it as deeply as you can.

{You can repeat the action and the scene}

{pause 20 seconds}

Next bring in the feeling you want to experience while you are doing this action.

{You can repeat the feeling to them}

{pause 20 seconds}

Notice any thoughts coming into your mind. Share one with me...

{pause & listen}

Notice any body sensations that are coming into your awareness. Share one with me...

{pause & listen}

{listen. Affirm by saying: “I can see that”}

(5) **SAY:** OK. You are doing great. Next I want you to push your energy out to another person.

{coach, fill in the details based on the situation. The person they are relating to, the person they are sharing or co-creating with.}

Pause 30 seconds

(6) **SAY:** Imagine them feeling {fill in the blank from what they shared}.

{pause}

(7) **SAY:** Imagine them enjoying it and doing {fill in the blank with the action they want}.

{pause}

**(8) SAY:** Now notice any thoughts popping into your mind as you imagine the other person in this scene.

**ASK:** Keep your eyes closed for just a moment more and share with me what you saw.

{listen. Affirm by saying: “I can see that”}

**(9) SAY:** Next notice physical sensations in your body as you imagine the other person in this scene.

**ASK:** Keep your eyes closed for just a moment more and share with me what you feel.

{listen. Affirm by saying: “I can feel that”}

**(10) ASK:** One last thing, as you imagine this scene do you notice any desires coming up?

{listen. Affirm by saying: “I can see that”}

**SAY:** OK. You can open your eyes.

**ASK:** What was that experience like?

{Listen and dialogue with them; share your observations;}

{They may have felt joyful in seeing it.}

{They may have felt doubt or even fear. That is also great.}

{It’s all about noticing opportunities for growth.}

**SAY:** I acknowledge your courage and playfulness! Awesome.

## 6) GROWTH ZONE (From Practice)

**SAY:** “OK, this is a good time to switch into the growth zone”

**ASK:** “We set out today reveal the social play opportunities in your Dream and then practice a Peak experience. How did you do on that plan?”

{Coach: listen

**ASK:** “What did you learn about playing for your dream today?”

{Coach: listen

**ASK:** “What did you learn about yourself and your superpowers in this session?”

{Coach: listen

**SAY:** “Can I share an observation?”

**{Coach: share an observation about your player’s Human Nature Superpowers and the pursuit of their dream.}**

**ASK:** “How do you feel about our progress in understanding how to play for your dream?”

{Coach: listen and share}

## 7) PLAY PLAN (the days ahead)

**SAY:** “OK, let’s make sure we have a Play Plan...”

**ASK:** For this week what transformation can we focus on? From A to B?

{Coach: listen and CO-CREATE }

**ASK:** “What are the social actions (or perspectives) you will focus on?”

{Coach: listen

**ASK:** “What resources or support will you need for this play plan?”

{Coach: listen their need for support OR highlight possible obstacles}

**ASK:** “How will you keep our play plan alive between now and our next session?”

{Coach: listen for their structure / the Play plan Playsheet is an example structure}

**SAY:** “My challenge for you between now and next week is to get into co-creation by bringing other people into as many of your actions and experiences as you can.”

**ASK:** “Can you do that?”

Wait for them to SAY: “YES!”

**SAY:** {Share a supportive observation about the player’s progress in the session}

**ENDING**

**SAY:** “Great! Have a great week of play. Talk to you soon”

**NOTE:** if you want to stay connected with them via text or email, you can confirm those details with them.

#### ALTERNATE ENDING

**SAY:** “Great! Please keep me tuned in to your progress by {connect tool}. I want to hear from you. OK? Have a great week of play. Talk to you soon”

# Coaching Guide Session 04: Play Better

## Coaching Technique: Role Play

### 1) WARMUP

**SAY:** "I am really excited about coaching with you again today. I can't wait to see what we co-create together and discover on the treasure map."

**ASK:** Do I have your permission to be your coach today? Are you ready to get started?

*{wait for them to say, YES}*

**SAY:** "OK. Let's start with a quick warm up. Just like last session, we will do 3 Connecting Breaths to warm up our wisdom and a 30 second visualization to warm up our imaginations.

**SAY:** If you are in a safe place, you can close your eyes. If possible, put your feet flat on the floor and rest your hands on your lap or place them over your heart.

*{do this in a quiet voice}*

**SAY:** Big breath in (hold a moment)... Slow Breath Out {breath out slowly}

**SAY:** Big breath in (hold a moment)... Slow Breath Out {breath out slowly}

**SAY:** one more time...

**SAY:** Big breath in (hold a moment)... Slow Breath Out {breath out slowly}

**SAY:** Excellent

**SAY:** Next we will do a 30 second visualization. Keep your eyes closed if you can. Use your imagination to see yourself doing one of the social play actions of your dream. Do your best to see it and feel it in your body. After you start the scene, allow your imagination to take you where it wants to go.

**SAY:** 30 seconds... here we go.

*{wait approximately 30 seconds}*

**SAY:** OK Excellent. Thanks for doing that with me.

**NOTE:** *if they want to share what they saw, definitely encourage them to do so.*

**SAY:** OK. The final warm up step is to share with me a 30-second version of your Dream.

*{Listen. Then when they finish...}*

**SAY:** I can see you doing that!

{pause for a moment}

**ASK:** Alright! We are warmed up now. Are you ready to dive in?

{wait for them to say: Yes}

## 2) CELEBRATION

**SAY:** For our Coaching plan today we will go deeper into social play by exploring some challenges and growth opportunities to get some more clues on the treasure map. Then we will practice together by doing a role play of a relate for influence action.

**ASK:** Does that sound good?

**ASK:** Share with me anything you want to celebrate since our last session especially peak experiences...

{Coach: listen and champion their growth!}

## 3) GROW (from Play)

**ASK:** Share with me any insights you had about playing for your Dream?

{Coach: listen and ask any curious questions that pop up for you;  
ESPECIALLY listen for PIVOTAL MOMENTS!, GROWTH OPPORTUNITIES...  
ESPECIALLY listen for anything that sounds like a conversation that you could role play}

**SAY:** Let's do a quick check-in on how you played.

**ASK:** Please share with me anything important about your **actions and results**.

{Coach: listen and ask any curious questions that pop up for you;  
ESPECIALLY listen for PIVOTAL MOMENTS!, GROWTH OPPORTUNITIES...  
and anything that sounds like a conversation that you could role play}

### **EXPLORE CHALLENGES for Awareness**

**SAY:** Next we are going to explore some challenges and look for growth opportunities together. These are the social play opportunities that you have noticed so far where you would love to play better *using your Superpowers of Human Nature!* We will look at all three areas of Social Play that we have talked about so far.

**SAY:** The last point I want to share is that there are both external challenges and internal challenges. We want to lean into external challenges today, but we can explore both.

### **RELATE FOR INFLUENCE**

**ASK:** What was the most interesting Relate for Influence **challenge** you faced?

{You many need to offer suggestions; many people are uneasy talking about challenges}

{an external challenge is when the other person doesn't easily say "yes"}

{an internal challenge is when you feel fear and then don't ask}

**ASK:** and what did you discover about your Human Nature Superpowers of co-creation or self-expression?

{Coach: listen and ask any curious questions that pop up for you; ESPECIALLY listen for anything that sounds like a BIG ASK conversation that you could role play}

**This is a place to Co-create Awareness! ASK: "What other challenges..."**  
**Encourage your player to embrace challenges as growth opportunities.**

**ASK:** anything else?

**ASK:** Were there any relating, offering or inviting opportunities that you avoided?

{listen and bring up any possible examples that you can think of}

**ASK:** What do you think is the growth opportunity in these RELATING for influence challenges?

**SAY:** Let's co-create some ways you can bring the spirit of play to one of these challenges.

{Coach: listen first. Then ASK permission. Then share any ideas popping into your mind.

**IMPORTANT:** when co-creating ideas the key is to let your imagination flow AND allow what you say to spark the player. It is not about coming up with the right answers }

**{If needed, emphasize the FUN of growth opportunities; don't let them see it as a problem or something wrong!}**

## CREATE FOR INSPIRATION

**ASK:** What was the most interesting CREATE for INSPIRATION challenge you faced? This would be where you created and shared something, but they weren't inspired to the action you desired.

{You many need to offer suggestions; many people are uneasy talking about challenges}

{an external challenge is when the other person doesn't easily "Act"}

{an internal challenge is when you feel fear and then don't share}

**ASK:** and what did you discover about your Human Nature Superpowers of co-creation or self-expression or owning your value?

{Coach: listen and ask any curious questions that pop up for you}

**ASK:** Where there any situations where you resisted creating or resisted sharing? These would be internal challenges.

{Coach: listen and share any examples from what you know of their dream so far}

**ASK:** What do you think is the growth opportunity in these CREATING for inspiration challenges?

**SAY:** Let's co-create some ways you can bring the spirit of play to one of these challenges.

{Coach: listen first. Then ASK permission. Then share any ideas popping into your mind.

**IMPORTANT:** when co-creating ideas the key is to let your imagination flow AND allow what you say to spark the player. It is not about coming up with the right answers }

**{If needed, emphasize the FUN of growth opportunities; don't let them see it as a problem or something wrong!}**

## EXPLORE FOR VISIBILITY

**ASK:** What was the most interesting explore for visibility **challenge** you faced? This would be where you attempted to be more visible but didn't meet anyone new.

{an external challenge is when the other person doesn't respond to you or approach you}

{an internal challenge is when you feel fear and don't explore or don't attempt to meet anyone}

**ASK:** and what did you discover about your Human Nature Superpowers of self-confidence or owning your value?

{Coach: listen and ask any curious questions that pop up for you}

**ASK:** anything else?

**ASK:** Were there any situations where you resisted exploring or resisted an opportunity to approach someone new? These would be internal challenges.

{Coach: listen and share any examples from what you know of their dream so far}

**ASK:** What do you think is the growth opportunity in these EXPLORING for visibility challenges?

**SAY:** Let's co-create some ways you can bring the spirit of play to one of these challenges.

{Coach: listen first. Then ASK permission. Then share any ideas popping into your mind.

**IMPORTANT:** when co-creating ideas the key is to let your imagination flow AND allow what you say to spark the player. It is not about coming up with the right answers }

**{If needed, emphasize the FUN of growth opportunities; don't let them see it as a problem or something wrong!}**

## 4) (Practice) PLAN

### *ROLE PLAY*

**SAY:** OK. Let's get into our Role Play.

**ASK:** Let's think of a relate for influence conversation that we can practice right now. Any ideas?

{Coach: you may need to help them or even suggest something}

## 5) PRACTICE

### Set up the Role Play

1) **ASK:** What role am I playing? Please describe the person's general characteristics in 30 seconds.

2) **ASK:** What is the result or influence that you want in this conversation?

3) **ASK:** What is the person's point of view toward the subject?

4) **Jump into the Role Play for a few minutes. Remember... It's PLAY!!**

5) **Call time out! Share your observations.**

**ASK:** How am I doing playing the role? Do I need to refine anything?

**ASK:** What is the superpower you want to practice expressing?

**SAY:** OK. Let's try it again and this time play with your superpower!

6) **Try it again.** Throw in a few twists as the role player that will evoke your players Superpower to see how your player responds.

7) **Repeat** as many times as necessary until you feel your player has confidence for the conversation AND expressing their Superpower.

**ASK:** What are your insights from this practice?

## 6) GROWTH MODE (from practice)

**SAY:** "OK, this is a good time to switch into the growth zone"

**ASK:** "We set out today reveal ways to play better in your social play activities in your Dream and then practice Relating for Influence with a Role Play. How did you do on that plan?"

{Coach: listen}

**ASK:** "What did you learn about playing for your dream (your situation) today?"

{Coach: listen}

**ASK:** "What did you learn about yourself, and your superpowers in this session?"

{Coach: listen}

**SAY:** "Can I share an observation?"

{Coach: share an observation about your player's superpowers and the pursuit of their dream.}

## 7) PLAY PLAN (For the days ahead)

**SAY:** "OK, let's make sure we have a Play Plan..."

**ASK:** "How can you use what you learned in our session in the days ahead?"

{Coach: listen}

**ASK:** For this week what transformation can we focus on? From A to B?

{Coach: listen and CO-CREATE }

**ASK:** "What are the social actions (or perspectives) you will focus on?"

{Coach: listen}

**ASK:** “What resources or support will you need for this play plan?”

{Coach: listen their need for support OR highlight possible obstacles}

**ASK:** “What is your structure to keep our play plan alive between now and our next session?”

{Coach: listen for their structure / the Play plan Playsheet is an example structure}

**SAY:** “Keep co-creating ways to bring other people into as many of your actions and experiences as you can.”

**ASK:** “Can you do that?”

Wait for them to SAY: “YES!”

**SAY:** {Share a supportive observation about the player’s progress in the session; if possible share something about how they expressed their superpower in the Role Play}

## **ENDING**

**SAY:** “Great! Have a great week of play. Talk to you soon”

**NOTE:** if you want to stay connected with them via text or email, you can confirm those details with them.

## **ALTERNATE ENDING**

**SAY:** “Great! Please keep me tuned in to your progress by {connect tool}. I want to hear from you. OK? Have a great week of play. Talk to you soon”

# Coaching Guide Session 05: Pivotal Moments

## Coaching Technique: Pivotal Moment of Choice

### 1) WARMUP

**SAY:** "I am really excited about coaching with you again today. I can't wait to see what we co-create together and discover on the treasure map."

**ASK:** Do I have your permission to be your coach today? Are you ready to get started?

*{wait for them to say, YES}*

**SAY:** "OK. Let's start with a quick warm up. Like we do each session, we will do 3 Connecting Breaths to warm up our wisdom and a 30 second visualization to warm up our imaginations.

**SAY:** If you are in a safe place, you can close your eyes. If possible, put your feet flat on the floor and rest your hands on your lap or place them over your heart.

*{do this in a quiet voice}*

**SAY:** Big breath in (hold a moment)... Slow Breath Out {breath out slowly}

**SAY:** Big breath in (hold a moment)... Slow Breath Out {breath out slowly}

**SAY:** one more time...

**SAY:** Big breath in (hold a moment)... Slow Breath Out {breath out slowly}

**SAY:** Excellent

**SAY:** Next we will do a 30 second visualization. Keep your eyes closed if you can. Use your imagination to see yourself in one of the peak experiences of your dream and being awesome. Do your best to see it and feel it in your body. After you start the scene, allow your imagination to take you where it wants to go.

**SAY:** 30 seconds... here we go.

*{wait approximately 30 seconds}*

**SAY:** OK Excellent. Thanks for doing that with me.

**NOTE:** *if they want to share what they saw, definitely encourage them to do so.*

**SAY:** OK. The final warm up step is to share with me a 30-second version of your Dream.

*{Listen. Then when they finish...}*

**SAY:** I can see you doing that!

{pause for a moment}

**ASK:** Alright! We are warmed up now. Are you ready to dive in?

{wait for them to say: Yes}

## 2) CELEBRATION

**SAY:** For our coaching plan today we will explore your actions, results and challenges for growth opportunities and then practice together with a Pivotal Moment of Choice. This is similar to the Peak Experience Technique and an awesome way to practice any situation where you face some doubt, fear or a belief that is not supporting your Dream. This is how we go deeper into the treasure map. It's FUN!

**ASK:** Share with me anything you want to celebrate since our last session especially peak experiences...

{Coach: listen and champion their growth!}

## 3) GROW (from Play)

**ASK:** Share with me any insights you had about playing for your Dream?

{Coach: listen and ask any curious questions that pop up for you;  
ESPECIALLY listen for PIVOTAL MOMENTS!, GROWTH OPPORTUNITIES...}

**SAY:** Let's do a quick check-in on how you played.

**ASK:** Please share with me anything important about your **actions and results**.

{Coach: listen and ask any curious questions that pop up for you;  
ESPECIALLY listen for PIVOTAL MOMENTS!, GROWTH OPPORTUNITIES...}

**ASK:** What were the most interesting **challenges** you faced and what did you discover about your Human Nature Superpowers?

{Coach: listen and ask any curious questions that pop up for you; ESPECIALLY listen for anything that sounds like a Pivotal Moment to explore.}

{This is a place to Co-create Awareness!}

**ASK:** "What other challenges..."

**Encourage your player to embrace challenges as growth opportunities.**

**IMPORANT:** you are looking for a challenge to explore with the Pivotal Moment Technique.

## 4) (Practice) PLAN

**SAY:** Let's get into our Pivotal Moment of Choice practice technique.

**ASK:** Does that sound good to you?

{Coach: wait for the yes}

## The Pivotal Moment of Choice Technique

1) **ASK:** Of all the challenges we explored, which one are you experiencing doubt, fear, stress, overwhelm, frustration or hesitation? Any ideas?

{Coach: This may be obvious from what you already talked about. Or you may need to help them hone in on a specific situation.}

**SAY:** OK let's make sure we are clear on what is happening and not happening.

**ASK:** The activity that we are playing with is **X** {say the action}

And when you do **X** (the action), what is your intended result?

{Listen: It is important that you are both clear about the action and the intended results.}

**SAY:** we will use a visualization technique called: "PREplay the Moment" and explore your thoughts and physical sensations.

## 5) PRACTICE

### 2) Visualize the scene

#### Ensure a Safe Space

{Coach Note: Make sure they are in an environment where it is safe to close their eyes for a few moments. Eg. Not driving. Not in a busy public place. Not watching something on the stove top. Not chopping vegetables.}

**ASK:** Are you in a place where you can safely close your eyes?

**Assuming they say yes...**

#### Start the Visualization

**SAY:** close your eyes, breath naturally, and take a few moments to create the scene; envision yourself taking the action.

**ASK:** Can you describe the scene for me?

{Coach Note: Listen carefully and get into the moment with them.

Coach Note: Make sure you can "see" it with them based on what they are describing.}

Coach Note: Some people are more fluid with visualization than others. Let them dictate the level of detail they describe.

### 3) Describe the Thoughts

**SAY:** It is very important that you **maintain judgment-free awareness** during this exercise. You need to imagine that we are both looking at this situation as interested and caring yet detached observers. This will help us expand awareness more easily.

**ASK:** Do you notice any thoughts going through your mind?

What are they?

**SAY:** Take your time. Continue to see yourself in the scene while being curious about everything that was going through your mind at that moment.

**{Coach Note: Just wait and listen}**

#### 4) Scan the body

**SAY:** Now I want you to scan your body for physical sensations from the top of your head down to your waist. Scan slowly and remain open.

**ASK:** What sensations are you feeling in your body?

**Coach, at this point there are 3 possibilities. They feel nothing, they feel one thing, they feel many things.**

#### **If they feel nothing**

**SAY:** *that is ok. Often when we experience resistance there is a sensation in the body somewhere. Often it is quite subtle like a little buzzing or tingling sensation.*

#### **Go down to 5) Share the wisdom of the fear**

#### **If they feel many things**

**ASK:** *Which sensation is most intense?*

**Have them choose one thing.**

#### **If they feel one thing... ALLOW it to be there**

**SAY:** *Bring your full attention to the physical sensation. Feel into it as deeply as you can. ...{pause}... You may notice some emotions coming up. Just let them pass for now and focus on the physical sensation.*

**ASK:** *Does the feeling have a shape?*

**ASK:** *Does the feeling have a color?*

**ASK:** *Does the feeling have a temperature?*

**SAY:** *OK. Just keep your eyes closed for a few more seconds. Feel into it and allow this sensation to be in your body for 30 seconds.*

**ASK:** *Can you do that?*

{wait for them to say yes}

**SAY:** OK. Go for it.

{wait...stay silent for 30 seconds}

**ASK:** You did it! What was that experience like? Did anything pop up for you?

{just listen}

**FIND THE BODY BELIEF** AKA the “Wisdom of the fear”

**SAY:** Now let’s try to find the wisdom in what you are experiencing. Fear is always focused on self-preservation. We want to discover what the fear or Body Belief is urging you to preserve, protect or hide.

**ASK:** Fill in the blank for this phrase: “It’s not safe for me to ... fill in the blank”

Coach, co-create them. Explore a few options together. Encourage them to honor the wisdom of the “fear”.

### 5) Explore the Superpower Potential

**ASK:** Let’s try to imagine the superpower this belief is preserving or protecting?

{co-create this with your player}

{this is treasure map reading and it takes some practice!}

### 6) The Dream’s Request / Desire

**SAY:** That is excellent. Now let’s create a phrase to describe what your Dream wants you do.

**ASK:** What is your dream asking you to do in this situation?

Coach, co-create them. Explore a few options together. Help them hone in on a short phrase.

### 7) Preplay the moment again

**SAY:** Now close your eyes for a moment and visualize the scene again while holding in your mind your Dream’s request. ...{pause} See yourself making the BIG Move and everything turning out great.

**Give them 10-30 seconds of silence.**

**ASK:** What did you see?

**Listen.**

**SAY:** Now you have the choice to play safe or play BIG. Either one may be appropriate when you are in this situation. The key is that you have choice.

**SAY:** Great practicing!!!

**SAY:**“OK, this is a good time to switch into the growth zone”

**ASK:** “We set out today to explore and practice a pivotal moment from your Dream. How did you do on that plan?”

{Coach: listen}

**ASK:** “What did you learn about playing for your dream (your situation) today?”

{Coach: listen}

**ASK:** “What did you learn about yourself, and your superpowers in this session?”

{Coach: listen}

**SAY:**“Can I share an observation?”

**{Coach: share an observation about your player’s superpowers and the pursuit of their dream.}**

## 6) GROWTH ZONE (from practice)

**SAY:**“OK, this is a good time to switch into the growth zone”

**ASK:** “We set out today to explore and practice a pivotal moment in your Dream. How did you do on that plan?”

{Coach: listen}

**ASK:** “What did you learn about playing for your dream (your situation) today?”

{Coach: listen}

**ASK:** “What did you learn about yourself, and your superpowers in this session?”

{Coach: listen}

**SAY:**“Can I share an observation?”

**{Coach: share an observation about your player’s superpowers and the pursuit of their dream.}**

## 7) PLAY PLAN (For the days ahead)

**SAY:**“OK, let’s make sure we have a Play Plan...”

**ASK:**“How can you use what you learned in our session in the days ahead?”

{Coach: listen}

**ASK:** For this week what transformation can we focus on? From A to B?

{Coach: listen and CO-CREATE }

**ASK:** “What are the social actions (or perspectives) you will focus on?”

{Coach: listen}

**ASK:** “What resources or support will you need for this play plan?”

{Coach: listen their need for support OR highlight possible obstacles}

**ASK:** “What is your structure to keep our play plan alive between now and our next session?”

{Coach: listen for their structure / the Play plan Playsheet is an example structure}

**SAY:** “Keep co-creating ways to bring other people into as many of your actions and experiences as you can.”

**ASK:** “Can you do that?”

Wait for them to SAY: “YES!”

**SAY:** {Share a supportive observation about the player’s progress in the session; if possible share something about how they expressed their superpower in the Role Play}

## **ENDING**

**SAY:** “Great! Have a great week of play. Talk to you soon”

**NOTE:** if you want to stay connected with them via text or email, you can confirm those details with them.

## **ALTERNATE ENDING**

**SAY:** “Great! Please keep me tuned in to your progress by {connect tool}. I want to hear from you. OK? Have a great week of play. Talk to you soon”

# Coaching Guide Session 06: Co-create Practice

(The Transformation Coaching Technique – Plan-Play-Grow)

## 1) WARMUP

*Only Keywords Now! (You know what to say)*

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Imagination Technique - Imagination

Share your Dream in 30-seconds - Alignment

**SAY:** I can see you doing that.

**ASK:** Alright! We are warmed up now. Are you ready to dive in?

*{wait for them to say: Yes}*

## 2) CELEBRATION

**SAY:** For our coaching plan today we will choose something to practice together and use whatever technique we want.

**ASK:** Share with me anything you want to celebrate since our last session especially peak experiences...

*{Coach: listen and champion their growth!}*

## 3) GROW (from Play)

**ASK:** Share with me any insights you had about playing for your Dream?

*{Coach: listen and ask any curious questions that pop up for you; ESPECIALLY listen for PIVOTAL MOMENTS, GROWTH OPPORTUNITIES...}*

**SAY:** Let's do a quick check-in on how you played.

**ASK:** Please share with me anything important about your **actions and results**.

*{Coach: listen and ask any curious questions that pop up for you; ESPECIALLY listen for PIVOTAL MOMENTS, GROWTH OPPORTUNITIES...}*

*{Coach: listen and ask any curious questions that pop up for you}*

*ASK: What were the most interesting **challenges** you faced and what did you discover about your Human Nature Superpowers?*

{Coach: listen and ask any curious questions that pop up for you; ESPECIALLY listen for anything that sounds like a practice opportunity to explore.}

## 4) PRACTICE PLAN

**\*\*\* NEXT Co-create a practice plan (AKA agreement) for the session**

*ASK: What growth opportunity would you like to focus on for this session?*

{Coach: listen to their ideas and then co-create clarity together}

*ASK: What would you like to accomplish by the end of this session?*

{Coach: listen to their ideas and then co-create clarity together}

*ASK: What practice technique should we start with?*

{Coach: listen to their ideas and then co-create clarity together}

**Techniques:**

- Co-create awareness
- Peak Experience
- Role Play
- Pivotal Moment

**HAVE YOUR 4 TECHNIQUE SHEETS READY!!**

## 5) PRACTICE

**{Coach: Guide and co-create a practice experience with your player using the Technique Sheets – YOU can do it}**

## 6) GROWTH MODE (from practice)

*SAY: “OK, this is a good time to switch into the growth zone”*

**ASK:** “We set out today to explore and practice **X (name it)** growth opportunity. How did you do on that plan?”

{Coach: listen}

**ASK:** “What did you learn about playing for your dream (your situation) today?”

{Coach: listen}

**ASK:** “What did you learn about yourself, and your superpowers in this session?”

{Coach: listen}

**SAY:** “Can I share an observation?”

{Coach: share an observation about your player’s superpowers and the pursuit of their dream.}

## 7) PLAY PLAN (For the days ahead)

**SAY:** “OK, let’s make sure we have a Play Plan...”

**ASK:** “How can you use what you learned in our session in the days ahead?”

{Coach: listen}

**ASK:** For this week what transformation can we focus on? From A to B?

{Coach: listen and CO-CREATE }

**ASK:** “What are the social actions (or perspectives) you will focus on?”

{Coach: listen}

**ASK:** “What resources or support will you need for this play plan?”

{Coach: listen their need for support OR highlight possible obstacles}

**ASK:** “What is your structure to keep our play plan alive between now and our next session?”

{Coach: listen for their structure / the Play plan Playsheet is an example structure}

**SAY:** “Keep co-creating ways to bring other people into as many of your actions and experiences as you can.”

**ASK:** “Can you do that?”

Wait for them to SAY: “YES!”

**SAY:** {Share a supportive observation about the player's progress in the session; if possible share something about how they expressed their superpower in the Role Play}

## ***ENDING***

**SAY:** "Great! Have a great week of play. Talk to you soon"

**NOTE:** if you want to stay connected with them via text or email, you can confirm those details with them.

## **ALTERNATE ENDING**

**SAY:** "Great! Please keep me tuned in to your progress by {connect tool}. I want to hear from you. OK? Have a great week of play. Talk to you soon"

# Coaching Guide Session 07: Dream Refresh

Coaching Technique: Co-Create Awareness

## 1) WARMUP

*Only Keywords Now! (You know what to say)*

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Imagination Technique - Imagination

Share your Dream in 30-seconds - Alignment

*SAY: I can see you doing that.*

*ASK: Alright! We are warmed up now. Are you ready to dive in?*

*{wait for them to say: Yes}*

## 2) CELEBRATION

*SAY: For our coaching plan today we will do a dream refresh on what has happened so far and who you are becoming and then we will explore one desire or situation using the Co-Create awareness technique.*

*ASK: Share with me anything you want to celebrate since our last session especially peak experiences...*

*{Coach: listen and champion their growth!}*

## 3) GROW (from Play)

*ASK: Share with me any insights you had about playing for your Dream?*

*{Coach: listen and ask any curious questions that pop up for you; ESPECIALLY listen for PIVOTAL MOMENTS, GROWTH OPPORTUNITIES...}*

*SAY: Let's do a quick check-in on how you played.*

*ASK: Please share with me anything important about your actions and results.*

*{Coach: listen and ask any curious questions that pop up for you; ESPECIALLY listen for PIVOTAL MOMENTS, GROWTH OPPORTUNITIES...}*

*ASK: What were the most interesting challenges you faced and what did you discover about your Superpowers?*

{Coach: listen and ask any curious questions that pop up for you; ESPECIALLY listen for anything that sounds like a practice opportunity to explore.}

## 4) (Practice) PLAN

### *DEEP DIVE ON PLAYING FOR THE DREAM*

*SAY:* Today we are going to do a refresh on playing for your Dream; Then we will explore a desire or situation with the Co-Create Awareness Technique.

## 5) PRACTICE

### *DREAM REFRESH*

### RESULTS

*ASK:* What are some of the results you have co-created **with** the world?

{share what you have observed}

*ASK:* How did your results fulfill your purpose to play for your Dream?

{share what you have observed}

*ASK:* What are the results you want to focus on next?

{share any suggestions you have}

### MASTERY

*ASK:* Where have you gained mastery by playing for your Dream?

{share what you have observed}

*ASK:* What new capabilities have you started to acquire

{share what you have observed}

*ASK:* What are the activities you want to expand mastery in next?

{share any suggestions you have}

### BECOMINGS

*SAY:* Let's talk about becoming by embracing challenges.

*ASK:* How do you describe the challenges you have faced so far?  
and how did they cause you to bring out your Human Nature Superpowers?

**{Share your observations....}**

**ASK:** Which Human Nature Superpower do you want to bring out next?

**{share any suggestions you have}**

## **PEAK EXPERIENCES**

**ASK:** What are some of the Peak Experiences you have co-created in the past 5 weeks?

**{Share your observations....}**

**ASK:** What are a few Peak Experiences you want to co-create next?

**{share any suggestions you have}**

## **USE THE CO-CREATE AWARENESS TECHNIQUE**

**SAY:** Let's go deeper into one of these desires using Co-create Awareness Technique

**1) ASK:** What is a desire or situation in your Dream that you would like to explore in a deeper way?

**{if needed, share any suggestions you have}**

**2) ASK:** Why is this important to you now?

**{if needed, share any suggestions you have}**

**3) ASK:** What is an action you hope to be able to do in a new way after we explore this?

**{if needed, share any suggestions you have}**

**4) ASK:** Ask a curious question.

**(Formulate a questions on what they just shared, or something you know about them)**

OR, use one of these:

- **How is this situation the perfect fit for your growth?**
- **What part of YOU is this situation asking for?**

- Who is this situation asking you to become?
- What ability is this situation asking for?
- What truth is this situation asking for?

5) {Triplex Listen! Notice

- A belief
- Words with emotion
- Energy alignment (or lack of alignment)
- What are they NOT saying
- A desire

6) *SAY*: Share something you observed

7) {Triplex Listen! Notice

- Resonance with what you shared
- Non-attached to if they agree or not to what you shared
- Sparks to new thoughts from what you shared
- Yes, And ... to your next question...
- Dissonance with what you shared

USE what you heard and your intuition to come up with the next question...  
TRUST what comes up for you!

GO BACK to 4)

{After a few rounds, go to Step 8}

8) *ASK*: What is a new insight that you have?

{Could be a possibility, perspective, or a Human Nature Superpower to boost}

9) *ASK*: What is a new growth opportunity that you see?

{Could be a skill, approach, or belief upgrade}

10) *ASK*: What is a new action you want to experiment with?

{Could be doing something in a new way, a new territory or a “toleration to zap” (a mess to clean up to make space for something new)}

## 6) GROWTH ZONE (from practice)

*SAY*: “OK, this is a good time to switch into the growth zone”

*ASK*: “We set out today to refresh your dream and then explore **X (name it)** growth opportunity. How did you do on that plan?”

{Coach: listen}

*ASK*: “What did you learn about playing for your dream (your situation) today?”

{Coach: listen}

*ASK*: “What did you learn about yourself, and your superpowers in this session?”

{Coach: listen}

*SAY*: “Can I share an observation?”

{Coach: share an observation about your player’s superpowers and the pursuit of their dream.}

## 7) PLAY PLAN (For the days ahead)

*SAY*: “OK, let’s make sure we have a Play Plan...”

*ASK*: “How can you use what you learned in our session in the days ahead?”

{Coach: listen}

*ASK*: For this week what transformation can we focus on? From A to B?

{Coach: listen and CO-CREATE }

*ASK:* “What are the social actions (or perspectives) you will focus on?”

{Coach: listen}

*ASK:* “What resources or support will you need for this play plan?”

{Coach: listen their need for support OR highlight possible obstacles}

*ASK:* “What is your structure to keep our play plan alive between now and our next session?”

{Coach: listen for their structure / the Play plan Playsheet is an example structure}

*SAY:* “Keep co-creating ways to bring other people into as many of your actions and experiences as you can.”

*ASK:* “Can you do that?”

Wait for them to SAY: “YES!”

*SAY:* {Share a supportive observation about the player’s progress in the session; if possible share something about how they expressed their superpower in the Role Play}

## **ENDING**

*SAY:* “Great! Have a great week of play. Talk to you soon”

*NOTE:* if you want to stay connected with them via text or email, you can confirm those details with them.

## **ALTERNATE ENDING**

*SAY:* “Great! Please keep me tuned in to your progress by {connect tool}. I want to hear from you. OK? Have a great week of play. Talk to you soon”

# Coaching Guide Session 08: Play for “YES”

(Role Play a BIG ASK + the Pivotal Moment Technique Combo)

## 1) WARMUP

*Only Keywords Now! (You know what to say)*

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Imagination Technique - Imagination

Share your Dream in 30-seconds - Alignment

**SAY:** I can see you doing that.

**ASK:** Alright! We are warmed up now. Are you ready to dive in?

*{wait for them to say: Yes}*

## 2) CELEBRATION

**SAY:** Our coaching plan today is to practice by doing a role play of a pivotal conversation in your Dream where you want to ask for something, to relate for influence or ask someone to do something with you or for you.

**SAY:** As we do each session, share with me how you describe your BIG Dream now.

*{listen. It is powerful for someone to speak their dream}*

**ASK:** Share with me anything you want to celebrate from playing for your Dream last week?

*{Coach: listen and champion their growth!}*

## 3) GROW (from Play)

**ASK:** Share with me any insights you had about playing for your Dream?

*{Coach: listen and ask any curious questions that pop up for you; ESPECIALLY listen for anything that sounds like a conversation that you could role play}*

**SAY:** Let's do a quick check-in on how you played.

**ASK:** Please share with me anything important about your **actions and results**.

{Coach: listen and ask any curious questions that pop up for you; ESPECIALLY listen for anything that sounds like a conversation that you could role play}

**ASK:** What was the most interesting **challenge** you faced and what did you learn about your superpowers?

{Coach: listen and ask any curious questions that pop up for you; ESPECIALLY listen for anything that sounds like a BIG ASK conversation that you could role play}

**This is a place to Co-create Awareness! ASK: “What other challenges...”**  
**Encourage your player to embrace challenges as growth opportunities.**

## 4) (Practice) PLAN

**SAY:** Let's get into our pivotal conversation practice.

**ASK:** Let's think of a BIG ASK conversation that we can practice right now. Any ideas?

{Coach: Your player will be more acclimated to role play now. But ASKING is one of the most challenging things to do for most people. So you may need to offer a few suggestions for them to choose from.}

## 5) PRACTICE

### Set up the Role Play

- 1) **ASK:** Who am I playing? Please describe the person's general characteristics in 30 seconds.
- 2) **ASK:** What is the ASK that you want to make in this conversation?
- 3) **ASK:** What is the person's point of view toward your request?

Jump into the Role Play for a few minutes. Remember... It's PLAY!!

Play the scene in a way that you make it obvious that your player should make the ASK

Pay special attention to your players energy and flow while making the ASK

### 5) Call time out! Share your observations.

**USE 1 of these 2 questions A or B...**

**A) ASK:** How did you feel while making the ask?

OR

**B) ASK:** It seemed like you were avoiding making the ask. What was happening for you?

**\*\*\* If your player was experiencing any hesitation, doubt or FEAR, go into the Pivotal Moment Exercise. Otherwise skip down to 6. \*\*\***

## A) Visualize the scene

### Ensure a Safe Space

**{Coach Note:** Make sure they are in an environment where it is safe to close their eyes for a few moments. Eg. Not driving. Not in a busy public place. Not watching something on the stove top. Not chopping vegetables.}

**ASK:** Are you in a place where you can safely close your eyes?

Assuming they say yes...

### Start the Visualization

**SAY:** close your eyes, breath naturally, and take a few moments to re-create the scene we were just practicing.

## B) Describe the Thoughts

**SAY:** It is very important that you **maintain judgment-free awareness** during this exercise. You need to imagine that we are both looking at this situation as interested and caring yet detached observers. This will help us expand awareness more easily.

**ASK:** Do you notice any thoughts going through your mind?

What are they?

**SAY:** Take your time. Continue to see yourself in the scene while being curious about everything that was going through your mind at that moment.

**{Coach Note: Just wait and listen}**

## C) Scan the body

**SAY:** Now I want you to scan your body for physical sensations from the top of your head down to your waist. Scan slowly and remain open.

**ASK:** What sensations are you feeling in your body?

Coach, at this point there are 3 possibilities. They feel nothing, they feel one thing, they feel many things.

### If they feel nothing

**SAY:** that is ok. Often when we experience resistance there is a sensation in the body somewhere. Often it is quite subtle like a little buzzing or tingling sensation.

**Go down to D) Share the wisdom of the fear**

## If they feel many things

*ASK: Which sensation is most intense?*

**Have them choose one thing.**

## If they feel one thing... ALLOW it to be there

*SAY: Bring your full attention to the physical sensation. Feel into it as deeply as you can. ...{pause}... You may notice some emotions coming up. Just let them pass for now and focus on the physical sensation.*

*ASK: Does the feeling have a shape? What is it?*

*ASK: Does the feeling have a color? What is it?*

*ASK: Does the feeling have a temperature? What is it?*

*SAY: OK. Just keep your eyes closed for a few more seconds. Feel into it and allow this sensation to be in your body for 30 seconds.*

**{wait...stay silent for 30 seconds}**

*ASK: You did it! What was that experience like? Did anything pop up for you?*

*{just listen}*

## D) Share the “Wisdom of the fear”

*SAY: Now let's try to find the wisdom in what you are experiencing. Let's explore what this sensation is urging you to preserve or protect.*

*SAY: Fill in the blank of this statement: It's not safe for me to \_\_\_\_\_*

**Coach, co-create them. Explore a few options together. Encourage them to honor the wisdom of the “fear”?**

## E) The Dream's Request (Desire)

*SAY: That is excellent. Now let's create a phrase to describe what your Dream wants you do.*

*ASK: What is your dream asking you to do in this situation?*

**Coach, co-create them. Explore a few options together. Help them hone in on a short phrase.**

## \*\*\* Back to the Role Play \*\*\*

6) **Try it again.** Throw in a few twists as the role player if you want to see how your player responds

7) **Repeat** as many times as necessary until you feel your player has confidence for the conversation.

**ASK:** What are your insights from this practice?

## 6) GROWTH ZONE (from practice)

**SAY:**“OK, this is a good time to switch into the growth zone”

**ASK:** “We set out today to practice a situation where you are playing for YES. How did you do on that plan?”

{Coach: listen

**ASK:** “What did you learn about playing for your dream (your situation) today?”

{Coach: listen}

**ASK:** “What did you learn about yourself, and your superpowers in this session?”

{Coach: listen}

**SAY:**“Can I share an observation?”

{Coach: share an observation about your player’s superpowers and the pursuit of their dream.}

## 7) PLAY PLAN (For the days ahead)

**SAY:**“OK, let’s make sure we have a Play Plan...”

**ASK:**“How can you use what you learned in our session in the days ahead?”

{Coach: listen}

**ASK:** For this week what transformation can we focus on? From A to B?

{Coach: listen and CO-CREATE }

**ASK:** “What are the social actions (or perspectives) you will focus on?”

{Coach: listen}

**ASK:** “What resources or support will you need for this play plan?”

{Coach: listen their need for support OR highlight possible obstacles}

**ASK:** “What is your structure to keep our play plan alive between now and our next session?”

{Coach: listen for their structure / the Play plan Playsheet is an example structure}

**SAY:** “Keep co-creating ways to bring other people into as many of your actions and experiences as you can.”

**ASK:** “Can you do that?”

Wait for them to SAY: “YES!”

**SAY:** {Share a supportive observation about the player’s progress in the session; if possible share something about how they expressed their superpower in the Role Play}

## **ENDING**

**SAY:** “Great! Have a great week of play. Talk to you soon”

**NOTE:** if you want to stay connected with them via text or email, you can confirm those details with them.

## **ALTERNATE ENDING**

**SAY:** “Great! Please keep me tuned in to your progress by {connect tool}. I want to hear from you. OK? Have a great week of play. Talk to you soon”

# Coaching Guide Session 09: Co-Creation Series

## Coaching Technique: Intentional Co-Creation Series

### 1) WARMUP

*Only Keywords Now! (You know what to say)*

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Imagination Technique - Imagination

Share your Dream in 30-seconds - Alignment

**SAY:** I can see you doing that.

**ASK:** Alright! We are warmed up now. Are you ready to dive in?

*{wait for them to say: Yes}*

### 2) CELEBRATION

**SAY:** Our coaching plan today is to practice with a co-creation series that is like doing a peak experience dress rehearsal for your Dream.

**SAY:** As we do each session, share with me how you describe your BIG Dream now.

*{listen. It is powerful for someone to speak their dream}*

**ASK:** Share with me anything you want to celebrate from playing for your Dream last week?

*{Coach: listen and champion their growth!}*

### 3) GROW (from Play)

**ASK:** Share with me any insights you had about playing for your Dream?

*{Coach: listen and ask any curious questions that pop up for you; ESPECIALLY listen for anything that sounds like a conversation that you could role play}*

**SAY:** Let's do a quick check-in on how you played.

**ASK:** Please share with me anything important about your actions and results.

{Coach: listen and ask any curious questions that pop up for you; ESPECIALLY listen for anything that sounds like a conversation that you could role play}

**ASK:** What was the most interesting **challenge** you faced and what did you learn about your superpowers?

{Coach: listen and ask any curious questions that pop up for you; ESPECIALLY listen for anything that sounds like a BIG ASK conversation that you could role play}

**This is a place to Co-create Awareness! ASK: “What other challenges...”**  
**Encourage your player to embrace challenges as growth opportunities.**

## 4) (Practice) PLAN

**SAY:** Today we are going to play with a powerful coaching technique called a Co-Creation Sequence. It is an advanced version of the Peak Experience Technique that we practiced a few sessions ago. We will co-create a series of Social Play Actions and Peak Experience Results and then practice it to embody the experience!

**ASK:** What aspect of your Dream should we focus on?

{It may be obvious what the focus is; Or you may need to help them choose}

**NOTE:** if they have read the playbook and/or listened to the prep audio they will be ready to play.}

## 5) PRACTICE

### 1) CO-CREATE the SERIES ~ ACTIONS AND FEELINGS

**SAY:** First let's talk through a sketch of the series of 3 Social Play Actions.

Remember we have Relate for Influence, Create for Inspiration and Explore for Visibility.

{Help them choose the 3 main social actions that will flow together}

**SAY:** Now let's co-create a detailed flow together so you can speak your intentions.

**#1 SAY:** The first social action is: {SAY the ACTION}

**#1 ASK:** When you do this action, how do you want to feel?

**#1 ASK:** When you do this action, how do you want the other person to feel?

**#1 ASK:** What do you want the other person to do as a result of the experience.

**{AS you talk this out, write it into the Play Sheet, the TRIANGLE Lines}**

**#2 SAY:** The second social action is: **{SAY the ACTION}**

**#2 ASK:** When you do this action, how do you want to feel?

**#2 ASK:** When you do this action, how do you want the other person to feel?

**#2 ASK:** What do you want the other person to do as a result of the experience.

**{AS you talk this out, write it into the Play Sheet, the TRIANGLE Lines}**

**#3 SAY:** The third social action is: **{SAY the ACTION}**

**#3 ASK:** When you do this action, how do you want to feel?

**#3 ASK:** When you do this action, how do you want the other person to feel?

**#3 ASK:** What do you want the other person to do as a result of the experience.

**{AS you talk this out, write it into the Play Sheet, the TRIANGLE Lines}**

**SAY:** This is powerful!! I can envision this happening.

**\*\*\*!!**

## 2) VISUALIZE the SERIES ~ NOTICE THOUGHTS AND BODY SENSATIONS

**SAY:** Next we are going to do an extended visualization of this series. As I guide you through each step, I am going to ask you to share the thoughts popping into your mind AND the sensations that you notice in your body. This is how we EMBODY the experience.

***It is VERY important to maintain judgment free awareness as we do this. Anything that comes up will have value for us as a clue on the Treasure Map.***

**ASK:** Are you in a safe space where you can close your eyes for a few moments?

***{wait for them to say yes}***

**SAY:** Close your eyes and first we will do one connected breath.

***Big breath in... {pause} Slow breath out.***

**{Now you are going to walk through the scenes that you wrote on the TRIANGLE LINES; As they share write your notes on the CIRCLE lines on the playsheet}**

***\*!\* Scene 1***

**SAY:** Imagine yourself doing **{Say Action 1}** and being awesome.

**SAY:** Tap into the feeling of **{Say Feeling 1}** .

***{Wait 20 seconds}***

**ASK:** As you see yourself in this scene, what thoughts do you notice popping up?

***{listen; take a note}***

**ASK:** As you see yourself in this scene, describe any physical sensations you notice in your body.

*{listen; take a note}*

**SAY:** Now we are going to push your energy toward the OTHER person in the scene. Imagine them feeling **{Say Other Feeling 1}** and enjoying the experience.

**SAY:** Now imagine them doing **{Say Other Action 1}**.

*{Wait 20 seconds}*

**ASK:** As you see them in this scene, what thoughts do you notice popping up?

*{listen; take a note}*

**ASK:** As you see them in this scene, describe any physical sensations you notice in your body.

*{listen; take a note}*

**\*\* Scene 2**

**SAY:** Imagine yourself doing **{Say Action 2}** and being awesome.

**SAY:** Tap into the feeling of **{Say Feeling 2}**.

*{Wait 20 seconds}*

**ASK:** As you see yourself in this scene, what thoughts do you notice popping up?

*{listen; take a note}*

**ASK:** As you see yourself in this scene, describe any physical sensations you notice in your body.

*{listen; take a note}*

**SAY:** Now we are going to push your energy toward the OTHER person in the scene. Imagine them feeling **{Say Other Feeling 2}** and enjoying the experience.

**SAY:** Now imagine them doing **{Say Other Action 2}**.

*{Wait 20 seconds}*

**ASK:** As you see them in this scene, what thoughts do you notice popping up?

*{listen; take a note}*

**ASK:** As you see them in this scene, describe any physical sensations you notice in your body.

*{listen; take a note}*

### ***\*!\* Scene 3***

**SAY:** Imagine yourself doing **{Say Action 3}** and being awesome.

**SAY:** Tap into the feeling of **{Say Feeling 3}**.

**{Wait 20 seconds}**

**ASK:** As you see yourself in this scene, what thoughts do you notice popping up?

**{listen; take a note}**

**ASK:** As you see yourself in this scene, describe any physical sensations you notice in your body.

**{listen; take a note}**

**SAY:** Now we are going to push your energy toward the OTHER person in the scene.

Imagine them feeling **{Say Other Feeling 3}** and enjoying the experience.

**SAY:** Now imagine them doing **{Say Other Action 3}**.

**{Wait 20 seconds}**

**ASK:** As you see them in this scene, what thoughts do you notice popping up?

**{listen; take a note}**

**ASK:** As you see them in this scene, describe any physical sensations you notice in your body.

**{listen; take a note}**

### ***\*!\* Go Deeper***

**SAY:** Now, let's go a little deeper into this final body sensation. We want to fully embody this culminating peak experience. Feel into it as deeply as you can for 30 Seconds...

**{Wait 30 seconds}**

### ***Explore Desire***

**ASK:** As you see yourself in this series of scenes, did you notice your hearts desires coming up? What did you notice?

**{LISTEN}**

## ***3) CO-CREATE GROWTH FROM THE VISUALIZATION***

**SAY:** You can open your eyes.

**ASK:** What was that experience like for you?

**{Listen and dialogue with them; share your observations;}**

**{They may have felt joyful in seeing it.}**

**{They may have felt doubt or even fear. That is also great.}**

**{It's all about noticing opportunities for growth.}**

**ASK:** Do you notice any new growth opportunities from this experience?

**SAY:** I acknowledge your courage and playfulness! Awesome.

## **6) GROWTH ZONE (from practice)**

**SAY:** “OK, this is a good time to switch into the growth zone”

**ASK:** “We set out today to practice a sequence of social play actions for a Peak Experience. How did you do on that plan?”

**{Coach: listen}**

**ASK:** “What did you learn about playing for your dream (your situation) today?”

**{Coach: listen}**

**ASK:** “What did you learn about yourself, and your superpowers in this session?”

**{Coach: listen}**

**SAY:** “Can I share an observation?”

**{Coach: share an observation about your player's superpowers and the pursuit of their dream.}**

## **7) PLAY PLAN (For the days ahead)**

**SAY:** “OK, let's make sure we have a Play Plan...”

**ASK:** “How can you use what you learned in our session in the days ahead?”

**{Coach: listen}**

**ASK:** For this week what transformation can we focus on? From A to B?

{Coach: listen and CO-CREATE }

*ASK:* “What are the social actions (or perspectives) you will focus on?”

{Coach: listen}

*ASK:* “What resources or support will you need for this play plan?”

{Coach: listen their need for support OR highlight possible obstacles}

*ASK:* “What is your structure to keep our play plan alive between now and our next session?”

{Coach: listen for their structure / the Play plan Playsheet is an example structure}

*SAY:* “Keep co-creating ways to bring other people into as many of your actions and experiences as you can.”

*ASK:* “Can you do that?”

Wait for them to SAY: “YES!”

*SAY:* {Share a supportive observation about the player’s progress in the session; if possible share something about how they expressed their superpower in the Role Play}

## *ENDING*

*SAY:* “Great! Have a great week of play. Talk to you soon”

*NOTE:* if you want to stay connected with them via text or email, you can confirm those details with them.

## ALTERNATE ENDING

*SAY:* “Great! Please keep me tuned in to your progress by {connect tool}. I want to hear from you. OK? Have a great week of play. Talk to you soon”

# Coaching Guide Session 10: More Practice

Co-Create and Choose everything together

NOTE: For a 12 Session Series, repeat sessions 10 for 11 and 12 (13 is Celebration)

## 1) WARMUP

*Only Keywords Now! (You know what to say)*

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Imagination Technique - Imagination

Share your Dream in 30-seconds - Alignment

**SAY:** I can see you doing that.

**ASK:** Alright! We are warmed up now. Are you ready to dive in?

*{wait for them to say: Yes}*

## 2) CELEBRATION

**SAY:** For our coaching plan today we will choose something to practice together and use whatever technique we think is best.

**ASK:** Share with me anything you want to celebrate since our last session especially peak experiences...

*{Coach: listen and champion their growth!}*

## 3) GROW (from Play)

**ASK:** Share with me any insights you had about playing for your Dream?

*{Coach: listen and ask any curious questions that pop up for you; ESPECIALLY listen for PIVOTAL MOMENTS, GROWTH OPPORTUNITIES...}*

**SAY:** Let's do a quick check-in on how you played.

**ASK:** Please share with me anything important about your **actions and results**.

*{Coach: listen and ask any curious questions that pop up for you; ESPECIALLY listen for PIVOTAL MOMENTS, GROWTH OPPORTUNITIES...}*

*{Coach: listen and ask any curious questions that pop up for you}*

*ASK: What were the most interesting **challenges** you faced and what did you discover about your Human Nature Superpowers?*

{Coach: listen and ask any curious questions that pop up for you; ESPECIALLY listen for anything that sounds like a practice opportunity to explore.}

### 3) PRACTICE PLAN

**\*\*\* NEXT Co-create a practice plan (AKA agreement) for the session**

*ASK: What growth opportunity would you like to focus on for this session? It could be a desire, a moment to practice or a situation to explore...*

{Coach: listen to their ideas and then co-create clarity together}

*ASK: What would you like to accomplish by playing with this growth opportunity?*

*ASK: What practice technique should we start with?*

{Coach: listen to their ideas and then co-create clarity together}

**Techniques:**

- Co-create awareness
- Peak Experience
- Role Play
- Pivotal Moment
- Co-Creation Series

**HAVE YOUR 4 TECHNIQUE SHEETS READY!!**

### 5) PRACTICE

**{Coach: Guide and co-create a practice experience with your player using the Technique Sheets – YOU can do it}**

### 6) GROWTH MODE (from practice)

*SAY: “OK, this is a good time to switch into the growth zone”*

**ASK:** “We set out today to explore and practice **X (name it)** growth opportunity. How did we do on that plan?”

{Coach: listen}

**ASK:** “What did you learn about playing for your dream (your situation) today?”

{Coach: listen}

**ASK:** “What did you learn about yourself, and your superpowers in this session?”

{Coach: listen}

**SAY:** “Can I share an observation?”

{Coach: share an observation about your player’s superpowers and the pursuit of their dream.}

## 7) PLAY PLAN (For the days ahead)

**SAY:** “OK, let’s make sure we have a Play Plan...”

**ASK:** “How can you use what you learned in our session in the days ahead?”

{Coach: listen}

**ASK:** For this week what transformation can we focus on? From A to B?

{Coach: listen and CO-CREATE }

**ASK:** “What are the social actions (or perspectives) you will focus on?”

{Coach: listen}

**ASK:** “What resources or support will you need for this play plan?”

{Coach: listen their need for support OR highlight possible obstacles}

**ASK:** “What is your structure to keep our play plan alive between now and our next session?”

{Coach: listen for their structure / the Play plan Playsheet is an example structure}

**SAY:** “Keep co-creating ways to bring other people into as many of your actions and experiences as you can.”

**ASK:** “Can you do that?”

Wait for them to SAY: “YES!”

**SAY:** {Share a supportive observation about the player's progress in the session; if possible share something about how they expressed their superpower in the Role Play}

## ***ENDING***

**SAY:** "Great! Have a great week of play. Talk to you soon"

**NOTE:** if you want to stay connected with them via text or email, you can confirm those details with them.

## **ALTERNATE ENDING**

**SAY:** "Great! Please keep me tuned in to your progress by {connect tool}. I want to hear from you. OK? Have a great week of play. Talk to you soon"

# Coaching Guide Session 11: Celebration

Co-Create a Celebration of living the Dream!

## 1) WARMUP

*Only Keywords Now! (You know what to say)*

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Imagination Technique - Imagination

Share your Dream in 30-seconds - Alignment

**SAY:** I can see you doing that.

**ASK:** Alright! We are warmed up now. Are you ready to dive in?

*{wait for them to say: Yes}*

## 2) CELEBRATION

**ASK:** Share with me anything you want to celebrate since our last session especially peak experiences...

*{Coach: listen and champion their growth!}*

## 3) GROW (from Play)

**ASK:** Share with me any insights you had about playing for your Dream in the past week?

*{Coach: listen and ask any curious questions that pop up for you; ESPECIALLY listen for PIVOTAL MOMENTS, GROWTH OPPORTUNITIES...}*

**SAY:** Let's do a quick check-in on how you played during the past week.

**ASK:** Please share with me anything important about your **actions and results**.

*{Coach: listen and ask any curious questions that pop up for you; ESPECIALLY listen for PIVOTAL MOMENTS, GROWTH OPPORTUNITIES...}*

*{Coach: listen and ask any curious questions that pop up for you}*

## 4) PRACTICE PLAN

*SAY: For our coaching plan today we will do a deep dive celebration of our adventure together for your Dream!*

## 5) PRACTICE

### ***DEEP DIVE CELEBRATION OF PLAYING FOR THE DREAM***

#### RESULTS

*ASK:* What are some of the results you have co-created **with** the world?

**{share what you have observed}**

*ASK:* How did your results fulfill your purpose to play for your Dream?

**{share what you have observed}**

#### MASTERY

*ASK:* Where have you gained mastery by playing for your Dream?

**{share what you have observed}**

*ASK:* What new capabilities have you started to acquire

**{share what you have observed}**

#### BECOMINGS

*SAY:* Let's talk about becoming by embracing challenges.

*ASK:* How do you describe the BIGGEST challenges you have faced?  
and how did they cause you to bring out your Human Nature Superpowers?

**{Share your observations....}**

#### PEAK EXPERIENCES

*ASK:* What are some of the Peak Experiences you have co-created?

**{Share your observations....}**

### ***CELEBRATE EXPANDED HUMAN NATURE SUPERPOWERS***

*SAY:* Let's talk about the Superpowers of Human Nature.

**ASK:** How have you expanded your **Drive to BE Free** and choose your adventure everyday?

**Optional:** Ask about Self-Determination and Self-Trust

{Share your observations....}

**ASK:** How have you expanded your **Love to Befriend** and choose your companions?

**Optional:** Ask about Co-creating and giving and receiving Care?

{Share your observations....}

**ASK:** How have you expanded your **Urge to Become** and choose your playful practice?

**Optional:** Ask about Self-Expression and Spirit of play?

{Share your observations....}

**ASK:** How have you expanded your **Ability to Believe and choose your beliefs and desires?**

**Optional:** Ask about Self-Confidence and Self-Preservation?

{Share your observations....}

**ASK:** How have you expanded your **Need to Belong** and choose your environments?

**Optional:** Ask about Self-Value and Social Safety Instinct?

{Share your observations....}

**ASK:** How have you expanded your **Ability to Dream?**

**Optional:** Ask about Self-Worth and Self-Love?

{Share your observations....}

## 6) GROWTH MODE (from practice)

*SAY: “OK, this is a good time to switch into the growth zone”*

*ASK: “We set out today to celebrate you, your peak experiences, your Dream, your Human Nature Superpowers. What is your highlight from this exploration?”*

{Coach: listen

*SAY: “Can I share an observation?”*

{Coach: share an observation about your player’s superpowers and the pursuit of their dream.}

## **7) PLAY PLAN (the Next Dream)**

*ASK: “Share with me a few thoughts about your Next Dream?”*

{Coach: listen and share your ideas and encouragement!}

### **ENDING**

*SAY: “Let’s talk about what’s next...”*

*NOTE: co-create a way to keep coaching together if that feels like the right offer.*

### **ALTERNATE ENDING**

*SAY: “Great! Thank you so much for this amazing experience together.”*

# Coaching Guide Session 12: Every Day Coaching

Co-Create and Choose everything together

NOTE: For a 12 Session Series, repeat sessions 10 for 11 and 12 (13 is Celebration)

## 1) WARMUP

*Only Keywords Now! (You know what to say)*

Welcome

Permission to coach

Connected Breath Technique - Wisdom

Imagination Technique - Imagination

Share your Dream in 30-seconds - Alignment

**SAY:** I can see you doing that.

**ASK:** Alright! We are warmed up now. Are you ready to dive in?

*{wait for them to say: Yes}*

## 2) CELEBRATION

**SAY:** For our coaching plan today we will choose something to practice together and use whatever technique we think is best.

**ASK:** Share with me anything you want to celebrate since our last session especially peak experiences...

*{Coach: listen and champion their growth!}*

## 3) GROW (from Play)

**ASK:** Share with me any insights you had about playing for your Dream?

*{Coach: listen and ask any curious questions that pop up for you;  
ESPECIALLY listen for PIVOTAL MOMENTS, GROWTH OPPORTUNITIES...}*

**SAY:** Let's do a quick check-in on how you played.

**ASK:** Please share with me anything important about your **actions and results**.

*{Coach: listen and ask any curious questions that pop up for you;  
ESPECIALLY listen for PIVOTAL MOMENTS, GROWTH OPPORTUNITIES...}*

*{Coach: listen and ask any curious questions that pop up for you}*

*ASK: What were the most interesting **challenges** you faced and what did you discover about your Human Nature Superpowers?*

{Coach: listen and ask any curious questions that pop up for you; ESPECIALLY listen for anything that sounds like a practice opportunity to explore.}

### 3) PRACTICE PLAN

**\*\*\* NEXT Co-create a practice plan (AKA agreement) for the session**

*ASK: What growth opportunity would you like to focus on for this session? It could be a desire, a moment to practice or a situation to explore...*

{Coach: listen to their ideas and then co-create clarity together}

*ASK: What would you like to accomplish by playing with this growth opportunity?*

*ASK: What practice technique should we start with?*

{Coach: listen to their ideas and then co-create clarity together}

**Techniques:**

- Co-create awareness
- Peak Experience
- Role Play
- Pivotal Moment
- Co-Creation Series

**HAVE YOUR TECHNIQUE SHEETS READY!!**

### 5) PRACTICE

**{Coach: Guide and co-create a practice experience with your player using the Technique Sheets – YOU can do it}**

### 6) GROWTH MODE (from practice)

*SAY: “OK, this is a good time to switch into the growth zone”*

**ASK:** “We set out today to explore and practice **X (name it)** growth opportunity. How did we do on that plan?”

{Coach: listen}

**ASK:** “What did you learn about playing for your dream (your situation) today?”

{Coach: listen}

**ASK:** “What did you learn about yourself, and your superpowers in this session?”

{Coach: listen}

**SAY:** “Can I share an observation?”

{Coach: share an observation about your player’s superpowers and the pursuit of their dream.}

## 7) PLAY PLAN (For the days ahead)

**SAY:** “OK, let’s make sure we have a Play Plan...”

**ASK:** “How can you use what you learned in our session in the days ahead?”

{Coach: listen}

**ASK:** For this week what transformation can we focus on? From A to B?

{Coach: listen and CO-CREATE }

**ASK:** “What are the social actions (or perspectives) you will focus on?”

{Coach: listen}

**ASK:** “What resources or support will you need for this play plan?”

{Coach: listen their need for support OR highlight possible obstacles}

**ASK:** “What is your structure to keep our play plan alive between now and our next session?”

{Coach: listen for their structure / the Play plan Playsheet is an example structure}

**SAY:** “Keep co-creating ways to bring other people into as many of your actions and experiences as you can.”

**ASK:** “Can you do that?”

Wait for them to SAY: “YES!”

**SAY:** {Share a supportive observation about the player's progress in the session; if possible share something about how they expressed their superpower in the Role Play}

## **ENDING**

**SAY:** "Great! Have a great week of play. Talk to you soon"

**NOTE:** if you want to stay connected with them via text or email, you can confirm those details with them.

## ALTERNATE ENDING

**SAY:** "Great! Please keep me tuned in to your progress by {connect tool}. I want to hear from you. OK? Have a great week of play. Talk to you soon"

# Coaching Guide Dream Activation

## *To Dream*

**ASK:** Share with me a starting place for your Dream right now in two parts the Impact and your focus for the next 90 days.

**ASK:** One – what is the ripple effect you hope to have by living this dream?

{Coach: listen and ask any curious questions that pop up for you}

**ASK:** Two – what is your focus for the next 90 Days? We can update this as we go along.

{Coach: listen and ask any curious questions that pop up for you}

**SAY:** A lot of times people struggle speaking their dream because they worry about not being worthy of the possible impact they could have.

**ASK:** What would be a bold statement that you can make to say that you are worthy of living this dream.

## *Drive to BE Free*

**SAY:** Next we will explore the Human Superpower the Drive to be Free which is about choosing your adventure every day, self-determination and self-trust

**ASK:** How does this dream spark your sense of adventure?

**ASK:** How will this dream activate your self-determination?

**ASK:** How will this dream require you to expand your self-trust?

## **BONUS Question**

**ASK:** will you need to break free of expectations to play this dream?

## *Love to BEfriend*

**SAY:** Next we will explore the Human Superpower the Love to BEFriend which is about choosing your companions in life, co-creating, giving and receiving care

**ASK:** How does this dream spark or satisfy your love for companionship?

**ASK:** How will this dream bring up opportunities to co-create with awesome people?

**ASK:** How will this dream require you to express your care for people?

**ASK:** How will this dream require you to accept care from other people?

### **BONUS QUESTION**

**ASK:** will you need to break free of the do it yourself mindset?

### ***Urge to BECOME***

**SAY:** Next we will explore the Human Superpower the Urge to BEcome which is about self-expression, spirit of play and choosing your playful practices.

**ASK:** How does this dream spark your self-expression?

**ASK:** How can you bring the spirit of play into these actions?

**ASK:** Playful practice is all about getting better at doing things you enjoy. What are a few activities you envision getting better at doing?

### **BONUS QUESTION**

**ASK:** will you need to break free of the perfection trap mindset?

### ***Ability to BELieve***

**SAY:** Next we will explore the Human Superpower the Ability to BELieve which is about choosing your desires, self-confidence and self-preservation.

**ASK:** How does this dream spark your hearts desires?

**ASK:** How will this dream require you to expand your self-confidence?

**SAY:** Self-preservation is an awesome Superpower that keeps us safe. It usually steers us away from social risk.

**ASK:** How will this Dream challenge you to expand your capacity for social risk?

### **BONUS QUESTION**

**ASK:** will you need to break free of the Industrial Age “I am not enough” mindset?

## *Need to BElong*

**SAY:** Last one, we will explore the Human Superpower the Need to BElong which is about self-value, social safety instincts and choosing your environments.

**ASK:** Your environments are the people, places, things and ideas around you. Do you have an inkling of anything around you that you need to uplevel to feel like you truly belong?

**ASK:** Self-value ... what is something about your CORE YOU that you want to value and share with others?

**ASK:** Social Safety Instinct ... Is there anything about your Dream that will ask you to challenge the status quo in some way?

## **BONUS QUESTION**

**ASK:** will you need to break free of the “I don’t belong here” mindset?

## *NAME the Dream*

**SAY:** Now that we have explored your Dream and how it will call upon your Superpowers of Human Nature...

**ASK:** What is a name that we can give this Dream?

**ASK:** One last question about your Dream for now: How can playing for this Dream be an expression of Self-Love for you?

**Coach:** *This is a deep question; if anything pops up for you about the player, definitely share it with them.*

## Coaching Guide: Peak Experience Technique

**SAY:** “We will use the Peak Experience Technique to practice a social play action together. The important idea here is that we can practice life... similar to the way athletes and performance artists practice using visualization.

**ASK:** “Which social action are we going to practice?”

{Listen, you MAY need to make a suggestion.}

**SAY:** “Great, next let’s confirm and clarify the social action, intended feelings and intended result.

**(1) ASK:** “What is the social action you are going to do in an awesome way?”

{Listen, you MAY need to help them talk it through.}

**ASK:** “What do YOU want to feel while you are doing this action?”

{Listen, you MAY need to help them talk it through.}

**(2) ASK:** “What do you want the other person to feel when they engage with you or what you created?”

{Listen, you MAY need to help them talk it through.}

**(3) ASK:** “What do you want the other person to do?”

{Listen, you MAY need to help them talk it through.}

**SAY:** “We are going to use your imagination to embody this experience. We will do this in two phases, first the action then the result. And the “trick is to pay attention to both your thoughts and your body sensations as we visualize”

**ASK:** “Do you feel safe closing your eyes?”

{Wait for them to say: Yes}

**SAY:** OK, close your eyes for a moment. Take a deep connecting breath....{pause}

(4) Now bring into your imagination a scene of you doing the action in an awesome way. Your imagination is so powerful Let it fill in all the details... as you see it and feel it as deeply as you can.

{You can repeat the action and the scene}

{pause 20 seconds}

Next bring in the feeling you want to experience while you are doing this action.

{You can repeat the feeling to them}

{pause 20 seconds}

Notice any thoughts coming into your mind. Share one with me...

{pause & listen}

Notice any body sensations that are coming into your awareness. Share one with me...

{pause & listen}

{listen. Affirm by saying: "I can see that"}

(5) **SAY:** OK. You are doing great. Next I want you to push your energy out to another person.

{coach, fill in the details based on the situation. The person they are relating to, the person they are sharing or co-creating with.}

Pause 30 seconds

(6) **SAY:** Imagine them feeling {fill in the blank from what they shared}.

{pause}

(7) **SAY:** Imagine them enjoying it and doing {fill in the blank with the action they want}.

{pause}

(8) **SAY:** Now notice any thoughts popping into your mind as you imagine the other person in this scene.

**ASK:** Keep your eyes closed for just a moment more and share with me what you saw.

{listen. Affirm by saying: "I can see that"}

(9) **SAY:** Next notice physical sensations in your body as you imagine the other person in this scene.

**ASK:** Keep your eyes closed for just a moment more and share with me what you feel.

{listen. Affirm by saying: "I can feel that"}

(10) **ASK:** One last thing, as you imagine this scene do you notice any desires coming up?

{listen. Affirm by saying: "I can see that"}

**SAY:** OK. You can open your eyes.

**ASK:** What was that experience like?

**{Listen and dialogue with them; share your observations;}**

**{They may have felt joyful in seeing it.}**

**{They may have felt doubt or even fear. That is also great.}**

**{It's all about noticing opportunities for growth.}**

**SAY:** I acknowledge your courage and playfulness! Awesome.

# Coaching Guide: Role Play Technique

## *ROLE PLAY*

**SAY:** OK. Let's get into our Role Play.

**ASK:** Let's think of a relate for influence conversation that we can practice right now. Any ideas?

{Coach: you may need to help them or even suggest something}

### Set up the Role Play

1) **ASK:** What role am I playing? Please describe the person's general characteristics in 30 seconds.

2) **ASK:** What is the result or influence that you want in this conversation?

3) **ASK:** What is the person's point of view toward the subject?

4) **Jump into the Role Play for a few minutes. Remember... It's PLAY!!**

5) **Call time out! Share your observations.**

**ASK:** How am I doing playing the role? Do I need to refine anything?

**ASK:** What is the superpower you want to practice expressing?

**SAY:** OK. Let's try it again and this time play with your superpower!

6) **Try it again.** Throw in a few twists as the role player that will evoke your players Superpower to see how your player responds.

7) **Repeat** as many times as necessary until you feel your player has confidence for the conversation AND expressing their Superpower.

**ASK:** What are your insights from this practice?

# Coaching Guide: Pivotal Moment Technique

**SAY:** Let's get into our Pivotal Moment of Choice practice technique.

**ASK:** Does that sound good to you?

{Coach: wait for the yes}

## The Pivotal Moment of Choice Technique

### 1) Choose a moment to practice

**ASK:** Of all the challenges we explored, which one are you experiencing doubt, fear, stress, overwhelm, frustration or hesitation? Any ideas?

{Coach: This may be obvious from what you already talked about. Or you may need to help them hone in on a specific situation.}

**SAY:** OK let's make sure we are clear on what is happening and not happening.

**ASK:** The activity that we are playing with is X {say the action}

And when you do X (the action), what is your intended result?

{Listen: It is important that you are both clear about the action and the intended results.}

**SAY:** we will use a visualization technique called: "PREplay the Moment" and explore your thoughts and physical sensations.

### 2) Visualize the scene

#### Ensure a Safe Space

{Coach Note: Make sure they are in an environment where it is safe to close their eyes for a few moments. Eg. Not driving. Not in a busy public place. Not watching something on the stove top. Not chopping vegetables.}

**ASK:** Are you in a place where you can safely close your eyes?

**Assuming they say yes...**

#### Start the Visualization

**SAY:** close your eyes, breath naturally, and take a few moments to create the scene; envision yourself taking the action.

**ASK:** Can you describe the scene for me?

{Coach Note: Listen carefully and get into the moment with them.

Coach Note: Make sure you can "see" it with them based on what they are describing.}

Coach Note: Some people are more fluid with visualization than others. Let them dictate the level of detail they describe.

### 3) Describe the Thoughts

**SAY:** It is very important that you **maintain judgment-free awareness** during this exercise. You need to imagine that we are both looking at this situation as interested and caring yet detached observers. This will help us expand awareness more easily.

**ASK:** Do you notice any thoughts going through your mind?

What are they?

**SAY:** Take your time. Continue to see yourself in the scene while being curious about everything that was going through your mind at that moment.

**{Coach Note: Just wait and listen}**

#### 4) Scan the body

**SAY:** Now I want you to scan your body for physical sensations from the top of your head down to your waist. Scan slowly and remain open.

**ASK:** What sensations are you feeling in your body?

**Coach, at this point there are 3 possibilities. They feel nothing, they feel one thing, they feel many things.**

#### **If they feel nothing**

**SAY:** *that is ok. Often when we experience resistance there is a sensation in the body somewhere. Often it is quite subtle like a little buzzing or tingling sensation.*

**Go down to 5) Share the wisdom of the fear**

#### **If they feel many things**

**ASK:** *Which sensation is most intense?*

**Have them choose one thing.**

#### **If they feel one thing... ALLOW it to be there**

**SAY:** *Bring your full attention to the physical sensation. Feel into it as deeply as you can. ...{pause}... You may notice some emotions coming up. Just let them pass for now and focus on the physical sensation.*

**ASK:** *Does the feeling have a shape?*

**ASK:** *Does the feeling have a color?*

**ASK:** *Does the feeling have a temperature?*

**SAY:** *OK. Just keep your eyes closed for a few more seconds. Feel into it and allow this sensation to be in your body for 30 seconds.*

**ASK:** *Can you do that?*

{wait for them to say yes}

**SAY:** OK. Go for it.

{wait...stay silent for 30 seconds}

**ASK:** You did it! What was that experience like? Did anything pop up for you?

{just listen}

**FIND THE BODY BELIEF** AKA the “Wisdom of the fear”

**SAY:** Now let’s try to find the wisdom in what you are experiencing. Fear is always focused on self-preservation. We want to discover what the fear or Body Belief is urging you to preserve, protect or hide.

**ASK:** Fill in the blank for this phrase: “It’s not safe for me to ... fill in the blank”

Coach, co-create them. Explore a few options together. Encourage them to honor the wisdom of the “fear”.

## 5) Explore the Superpower Potential

**ASK:** Let’s try to imagine the superpower this belief is preserving or protecting?

{co-create this with your player}

{this is treasure map reading and it takes some practice!}

## 6) The Dream’s Request / Desire

**SAY:** That is excellent. Now let’s create a phrase to describe what your Dream wants you do.

**ASK:** What is your dream asking you to do in this situation?

Coach, co-create them. Explore a few options together. Help them hone in on a short phrase.

## 7) Preplay the moment again

**SAY:** Now close your eyes for a moment and visualize the scene again while holding in your mind your Dream’s request. ...{pause} See yourself making the BIG Move and everything turning out great.

**Give them 10-30 seconds of silence.**

**ASK:** What did you see?

**Listen.**

**SAY:** Now you have the choice to play safe or play BIG. Either one may be appropriate when you are in this situation. The key is that you have choice.

**SAY:** Great practicing!!!

# Coaching Guide: Co-Create Awareness Technique

## *USE THE CO-CREATE AWARENESS TECHNIQUE*

*SAY:* Let's go deeper into one of these desires using Co-create Awareness Technique

*1) ASK:* What is a desire or situation in your Dream that you would like to explore in a deeper way?

*{if needed, share any suggestions you have}*

*2) ASK:* Why is this important to you now?

*{if needed, share any suggestions you have}*

*3) ASK:* What is an action you hope to be able to do in a new way after we explore this?

*{if needed, share any suggestions you have}*

*4) ASK:* Ask a curious question.

*(Formulate a questions on what they just shared, or something you know about them)*

OR, use one of these:

- How is this situation the perfect fit for your growth?
- What part of YOU is this situation asking for?
- Who is this situation asking you to become?
- What ability is this situation asking for?
- What truth is this situation asking for?

**5) {Triplex Listen! Notice**

- A belief
- Words with emotion
- Energy alignment (or lack of alignment)
- What are thy NOT saying

- A desire

6) **SAY: Share something you observed**

7) **{Triplex Listen! Notice**

- Resonance with what you shared
- Non-attached to if they agree or not to what you shared
- Sparks to new thoughts from what you shared
- Yes, And ... to your next question...
- Dissonance with what you shared

USE what you heard and your intuition to come up with the next question...  
TRUST what comes up for you!

**GO BACK to 4)**

**{After a few rounds, go to Step 8}**

8) *ASK:* What is a new insight that you have?

{Could be a possibility, perspective, or a Human Nature Superpower to boost}

9) *ASK:* What is a new growth opportunity that you see?

{Could be a skill, approach, or belief upgrade}

10) *ASK:* What is a new action you want to experiment with?

{Could be doing something in a new way, a new territory or a “toleration to zap” (a mess to clean up to make space for something new)}



# Coaching Guide: Co-Creation Series

**START:** Choose a focus

*ASK:* What aspect of your Dream should we focus on?

{It may be obvious what the focus is; Or you may need to help them choose}

*NOTE:* if they have read the playbook and/or listened to the prep audio they will be ready to play.}

## 1) CO-CREATE the SERIES ~ ACTIONS AND FEELINGS

*SAY:* First let's talk through a sketch of the series of 3 Social Play Actions.

Remember we have Relate for Influence, Create for Inspiration and Explore for Visibility.

{Help them choose the 3 main social actions that will flow together}

*SAY:* Now let's co-create a detailed flow together so you can speak your intentions.

*#1 SAY:* The first social action is: {*SAY the ACTION*}

*#1 ASK:* When you do this action, how do you want to feel?

*#1 ASK:* When you do this action, how do you want the other person to feel?

*#1 ASK:* What do you want the other person to do as a result of the experience.

{*AS you talk this out, write it into the Play Sheet, the TRIANGLE Lines*}

*#2 SAY:* The second social action is: {*SAY the ACTION*}

*#2 ASK:* When you do this action, how do you want to feel?

*#2 ASK:* When you do this action, how do you want the other person to feel?

*#2 ASK:* What do you want the other person to do as a result of the experience.

{*AS you talk this out, write it into the Play Sheet, the TRIANGLE Lines*}

*#3 SAY:* The third social action is: {*SAY the ACTION*}

*#3 ASK:* When you do this action, how do you want to feel?

*#3 ASK:* When you do this action, how do you want the other person to feel?

*#3 ASK:* What do you want the other person to do as a result of the experience.

{*AS you talk this out, write it into the Play Sheet, the TRIANGLE Lines*}

*SAY:* This is powerful!! I can envision this happening.

\*\*\*!!

## 2) VISUALIZE the SERIES ~ NOTICE THOUGHTS AND BODY SENSATIONS

**SAY:** Next we are going to do an extended visualization of this series. As I guide you through each step, I am going to ask you to share the thoughts popping into your mind AND the sensations that you notice in your body. This is how we EMBODY the experience.

*It is VERY important to maintain judgment free awareness as we do this. Anything that comes up will have value for us as a clue on the Treasure Map.*

**ASK:** Are you in a safe space where you can close your eyes for a few moments?

*{wait for them to say yes}*

**SAY:** Close your eyes and first we will do one connected breath.

*Big breath in... {pause} Slow breath out.*

*{Now you are going to walk through the scenes that you wrote on the TRIANGLE LINES; As they share write your notes on the CIRCLE lines on the playsheet}*

**\*\* Scene 1**

**SAY:** Imagine yourself doing **{Say Action 1}** and being awesome.

**SAY:** Tap into the feeling of **{Say Feeling 1}**.

*{Wait 20 seconds}*

**ASK:** As you see yourself in this scene, what thoughts do you notice popping up?

*{listen; take a note}*

**ASK:** As you see yourself in this scene, describe any physical sensations you notice in your body.

*{listen; take a note}*

**SAY:** Now we are going to push your energy toward the OTHER person in the scene. Imagine them feeling **{Say Other Feeling 1}** and enjoying the experience.

**SAY:** Now imagine them doing **{Say Other Action 1}**.

*{Wait 20 seconds}*

**ASK:** As you see them in this scene, what thoughts do you notice popping up?

*{listen; take a note}*

**ASK:** As you see them in this scene, describe any physical sensations you notice in your body.

*{listen; take a note}*

**\*\* Scene 2**

**SAY:** Imagine yourself doing **{Say Action 2}** and being awesome.

**SAY:** Tap into the feeling of **{Say Feeling 2}** .

*{Wait 20 seconds}*

**ASK:** As you see yourself in this scene, what thoughts do you notice popping up?

*{listen; take a note}*

**ASK:** As you see yourself in this scene, describe any physical sensations you notice in your body.

*{listen; take a note}*

**SAY:** Now we are going to push your energy toward the OTHER person in the scene. Imagine them feeling **{Say Other Feeling 2}** and enjoying the experience.

**SAY:** Now imagine them doing **{Say Other Action 2}** .

*{Wait 20 seconds}*

**ASK:** As you see them in this scene, what thoughts do you notice popping up?

*{listen; take a note}*

**ASK:** As you see them in this scene, describe any physical sensations you notice in your body.

*{listen; take a note}*

**\*\* Scene 3**

**SAY:** Imagine yourself doing **{Say Action 3}** and being awesome.

**SAY:** Tap into the feeling of **{Say Feeling 3}** .

*{Wait 20 seconds}*

**ASK:** As you see yourself in this scene, what thoughts do you notice popping up?

*{listen; take a note}*

**ASK:** As you see yourself in this scene, describe any physical sensations you notice in your body.

*{listen; take a note}*

**SAY:** Now we are going to push your energy toward the OTHER person in the scene.

Imagine them feeling **{Say Other Feeling 3}** and enjoying the experience.

**SAY:** Now imagine them doing **{Say Other Action 3}**.

**{Wait 20 seconds}**

**ASK:** As you see them in this scene, what thoughts do you notice popping up?

**{listen; take a note}**

**ASK:** As you see them in this scene, describe any physical sensations you notice in your body.

**{listen; take a note}**

**!\* Go Deeper**

**SAY:** Now, let's go a little deeper into this final body sensation. We want to fully embody this culminating peak experience. Feel into it as deeply as you can for 30 Seconds...

**{Wait 30 seconds}**

**Explore Desire**

**ASK:** As you see yourself in this series of scenes, did you notice your hearts desires coming up? What did you notice?

**{LISTEN}**

### **3) CO-CREATE GROWTH FROM THE VISUALIZATION**

**SAY:** You can open your eyes.

**ASK:** What was that experience like for you?

**{Listen and dialogue with them; share your observations;}**

**{They may have felt joyful in seeing it.}**

**{They may have felt doubt or even fear. That is also great.}**

**{It's all about noticing opportunities for growth.}**

**ASK** Do you notice any new growth opportunities from this experience?

**SAY:** I acknowledge your courage and playfulness! Awesome.