

# TRANSFORMATION COACHING



*Player Playbook*  
*by Dave Buck, MCC*



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

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# Transformation Coaching

## Playbook for Players 2023 Edition

By Coach Dave Buck, MCC

**Last Update: 2023-02-10**

Note to reader...

This is a playbook. If you can imagine the playbook of a sports team, it is always evolving with new ideas... and letting go of ideas / plays that don't work so well anymore.

This playbook is like that.

The PDF link for this ebook that your coach shared with you will always get you the most up-to-date version.

We introduced this program to our coaches in 2022. So, it is still in rapid development Your experiences will help us make it better.

ENJOY!

If you see this - **EXPLAIN** - anywhere in the playbook, this means this section is new or has not been updated for this version of the playbook.

## Welcome!

Hello there! Coach Dave here with you.

On behalf of the CoachVille Community, I welcome you to the Transformation Coaching program with your CoachVille Coach.

I am the co-creator – with our amazing team of coaches – of the Transformation Coaching program that your coach is using to guide you in pursuit of your dreams. While your coach is your Guide on the adventure, I will be your “Bonus Companion” with this playbook and a series of audios that I recorded to help you make the most of every session with your coach.



### Our BIG Dream at CoachVille...

Everyone, everywhere with the courage to play for their dreams, has a GREAT Coach! YOU are making our dream come true!! Thank YOU!

### Your Transformation Coach is...

- **The champion of your dreams**
- **The promoter of your playfulness**
- **The uplifter of your Human Nature Superpowers**

The true heart of coaching is practicing together to play better. So, just as a basketball coach will help you play basketball better or a violin coach will help you play violin better, a Transformation Coach will help you play life better. You might be wondering: how do we practice life? We will get to that I promise. Oh, and it's AWESOME!

Your **Dream** is the call to adventure... out in the world... to create new experiences that enhance your life and the lives of others.

Your **Playfulness** will empower you to relate for influence, create for inspiration, explore for visibility and experiment for discovery... the 4 things your Dream needs you to do.

Your **Human Nature Superpowers** are core abilities that we all have within us that we can express to co-create a beautiful life of Egalitarian Freedom. As you live your Dream you will discover, unleash and develop your Superpowers of Human Nature!

**Are you READY TO Live Your Dream NOW, AND create a ripple effect of good that deeply touches others? And amplify the goodness of your Human Nature?** I know the answer is YES! The good news is that it happens naturally when you play with a Transformation Coach.

Enjoy the adventure...

Coach Dave Buck and the CoachVille Community...  
***We are the Champions of Dreams!***

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**?? LIST OF TRANSFORMATIONS .....ERROR! BOOKMARK NOT DEFINED.**

# Introduction

## *IN-01) The Lightning Bolt Moment*



The Lightning Bolt is a symbol of transformation.

The FLASH of electricity comes out of the sky to shake things up and cause a transformation.

In the mystic symbol of the lightning bolt, it is striking a tower and the people in the tower are tossed out. SET FREE! Out of their isolation and back out into the social world of other people and new possibilities... and new challenges.

Were they held captive by some form of outside control? Or did they put themselves under control to get away from the risks of the world? We don't know. But either way, the control is gone and now they are free to play – and risk – and GROW – again.

### **Scenario 1:**

In real life terms this is some kind of event. Often the end of a situation: a job, a relationship, a time in a place, or a state of health... and at the exact same time, the beginning of something... your NEXT Dream.

You may be in a lightning bolt moment in your life and now you are connected to a Transformation Coach. Good!

### **Scenario 2:**

You are connected to a Transformation Coach and now you are going to co-create your own lightning bolt moment (Yes, we can do that). In real life terms this is some kind of choice. A choice to let go of some status quo in your life and LIVE YOUR NEXT DREAM NOW!

Whichever scenario you are in... it is good!

Sometimes we choose our next Dream.

Sometimes our next Dream chooses us!

**The Transformation:**

**From:** under control... staying safe

**To:** set free... into the social world

There is some part you YOU that needs to be set free... back into the social world for expression, growth, risk and opportunity; so that can live your next Dream, NOW!

Together we will discover what part of YOU (or parts) is being SET FREE... and ready or not.. the other people of the world are calling for you.

Here is a BIG point about Transformation Coaching: whatever problems you were focused on before the spark... are probably no longer relevant; most likely they are not worth your attention. We leave them behind with the crumbled tower. AND it is likely that the cause of those “problems” was trying to keep your Self or something under control.

On adventure in the social world, we don't focus on problems. We focus on the peak experiences of the Dream we are playing.

The Lightning Bolt between the two faces talking represents the transformative power of coaching conversations.

FLASH... a new DREAM!

FLASH... a new possibility

FLASH... a new awareness

FLASH... a revealed desire

FLASH... a new ability

FLASH... a new becoming

FLASH... a new understanding

FLASH... the next DREAM

The Lightning Bolt – the Transformation Coach – is the messenger, the catalyst, the companion, the guide...the FLASH!

The only choice now is to play the new Dream....Or stay under control.

FLASH!

Let's Play

## *IN-02) A Coaching Session: Before – During - After*



### **BEFORE the Session**

This playbook, plus a set of playsheets, audio, and an online community and APP are designed to help you become a powerful co-creator with your coach. All of the key ideas are explained here, so you and your coach can dive right into co-creating and practicing together; rather than your coach using precious time explaining these concepts to you.

- 1) Print the Coaching Notes sheet.
- 2) Read – or scan - the chapter.
- 3) Listen to the Player Prep Audio.
- 4) BONUS: Listen to a recorded coaching session.

#### **1) Coaching Session Notes**

An example of the Coaching Notes for Session 3 is on the next page. I am using Session 3 as the example because it is the one that is most similar to the others.

Use these sheets to write a few key word notes during each coaching session. The sheets are set up with words and symbols to follow the flow of the session; like creating a mind map. Writing a few notes will help you remember different parts of the experience and then capture your growth from the session.

Remember, a coaching session is not school! There won't be a test. You don't need copious notes. Write a few key words for each segment; again, like a mind map.

## 2) Read the Playbook

This item is optional based on if you are a comfortable reader or not. If you are not a comfortable reader, then you can listen to the player prep audio. If you are a comfortable reader then a quick scan of the chapter will prepare you with a few concepts, a technique and an overview of the session.

You can either read the PDF or you can read it in small segments on the web on the CoachVille Social Site (CoachVille.net) or on your phone on the CoachVille APP.

## 3) Listen to the Player Prep Audio.

You can either listen to the entire prep audio OR you can listen to it in small chunks on the CoachVille Social Site or App.









Listening to the “player prep” audio will help to create an “immersion experience” for your Dream. We have all had thousands of “repetitions” about working on tasks in isolation... so it will take quite a few reps before you can fluidly PLAY Together for your dream. But together... we will do it.

## 4) BONUS Recording of the Coaching Session

I have a recording for each session in the series that I made with the amazing Player Mary McClements. Listening to these audios – each about an hour – will expand your comfort level with being coached and expand your understanding what Transformation Coaching is all about.

Think about it, before you wanted to be coached in any athletic activity or performance art activity, you saw it played MANY times. So, you had a comfort level going into the coaching experience. These recordings are our attempt to give you that comfort with playing and coaching social play in life / business / leaderships etc.

AND, listening to Mary play for her Dream is SUPER inspiring. It’s like a serial podcast where the story unfolds with each episode. I think you will really enjoy it.

Transformation Coaching Session #3 Notes		Date:
1. WARM-UP and Dream sharing: 		
2. CELEBRATE 	3. GROW (from Play) 	
4. (Practice) PLAN: <i>Co-create Awareness of Social Play and Peak Experience Technique</i>		
5. PRACTICE <i>Co-create Awareness of Social Play</i>   	Relate	for INFLUENCE
	Create	for INSPIRATION
	Explore	for VISIBILITY
	<i>Peak Experience Technique</i>	
Do:	Feel:	Do:
Thoughts:	Body:	Thoughts: Body:
6. GROW (from Practice) What did you learn about playing for your dream?  What did you learn about yourself and your superpowers? 		
7. PLAY PLAN: What is your transformation for this week? What social actions? FROM: TO:		

# DURING the Session

The most important thing is to be in a place where you can be fully present with your coach.

Come prepared to share your celebrations and challenges.

Your coach will guide the session, so all you have to do is engage fully and playfully.

Speak from the heart... there are no right or wrong answers to coaching questions.

## NOTES

Use the Coaching Notes Playsheet to write just a FEW notes during the session.

OR you can fill in a few notes after the session.

Use whatever method helps you focus on the session with your coach.

# AFTER the session

## 1) Fill in your Transformation Coaching Adventure Log

Write the date and a few high-level key word notes to capture the essence of the session for you on the Transformation Coaching Adventure Log.

Use these two pages to create a visual display of your progress through the program.

Just a few key words for each session will allow your amazing mind to store and recall the important moments of your adventure.

The form is titled "Transformation Coaching Adventure Log (Part I)". At the top, there is a section labeled "The Dream" with a dashed arrow pointing left and a lightning bolt icon. Below this is a large area with horizontal dashed lines for writing, featuring a small icon of a scroll with symbols. The main body of the form is divided into six numbered sections, each with a blue header and a date field (Date: / /):

- 1. Exploratory Session
- 2. Dream Activation
- 3. Social Play
- 4. Play Better
- 5. Pivotal Moments
- 6. Co-Create Practice

Each section contains several horizontal dashed lines for notes. At the bottom left, it says "//CoachVille.com" and at the bottom right, it says "© CoachVille LLC 2022".

## 2) Use the Transformation Coaching Play Plan











Write out your play plan for the week on the Transformation Coaching Play Sheet. This sheet is organized for transformation and social play. Keep the sheet in view in between coaching sessions so you remember to play!

## 3) PLAY!

Do the actions you intended to do PLUS any social actions you feel inspired to do. Notice new events and situations that come into your life.

Keep your play plan near you as you play for your dream in between coaching sessions to remind yourself to play.

Use it like a journal to make a few notes about your experiences of playing with each item. Note your thoughts, feelings, experiences and even resistance; if you find yourself looking at the item every day and thinking: “oh, I will do that tomorrow”.

Transformation Coaching Play Plan # _____		Date: _____
Your <b>BIG Dream:</b>	Your Transformation: FROM: TO:	Your Superpowers:
<b>ACTIONS with the Spirit of Play</b> Relate for <b>INFLUENCE</b> > Risk Rejection		Challenges / Superpowers / Results:
	.....	
	.....	
<b>Create for INSPIRATION</b> > Risk Disappointment	.....	
	.....	
<b>Explore for VISIBILITY</b> > Risk Trouble	.....	
	.....	
<b>Experiment for DISCOVERY</b> > Risk Mistakes	.....	
<b>Celebrations:</b>	.....	<b>Growth:</b>
	.....	

This will help you prepare for your next coaching session.

## 4) Participate and share

Participate in the online community via the web or use the CoachVille App to share about your experiences and connect with Transformation Players around the world!

SUPER FUN.

Share about...

- 1) Your insights from any of the content
- 2) Your highlights from your coaching session

3) Your experiences playing for your dream in the world!

We are so excited to read about your adventure as it unfolds!!!

Read, Comment, Co-Create Belonging

Read about what your fellow adventurers are doing and share your encouraging words.

Profound belonging is something we can co-create together by using our amazing Superpowers The Need to Belong and the Love to Befriend.

## **Session #01 - Exploratory**

(Exploring the possibility of having a Transformation Coach)

## 01-01) Prepare for Session #01 – the Exploratory Session

You may be reading this playbook before or after your exploratory session with your coach. Either way is OK!

If it is before, then consider these first 10 pages or so as motivation to say: “YES”!

If it is after, then these pages are here to get you prepped and ready to play.

Even if you already had the exploratory conversation and said: “Yes”, I still recommend that you listen to the prep audio. A few of the ideas will energize your experience with your coach.



### The First Step in Coaching

The first step in a coaching relationship is what we call an “Exploratory Conversation”. The main purposes are to:

- A) Get you excited about having a Transformation Coach
- B) Make sure that you and the coach are a good fit for each other.

[Listening to this audio will help you prepare for the session.](#)

Reading this playbook introduction will also help you prepare to get the most out of it AND to make a good choice for yourself.

### Prepare for your Exploratory Session

Well, you don’t really need to “prepare” in the traditional sense.

But your potential coach is going to bring up a few topics that you may never have been asked about before. So if you want to give them a moment of thought before the session you can.

If your coach has sent you the Playsheet Pack then you can print a page that looks like the one on the right. If not, no worries.

**Transformation Coaching #1 (Exploratory)** Date: \_\_\_\_\_

**SESSION FOCUS: EXPLORATORY SESSION**

**Peak experiences:** \_\_\_\_\_ **Self-expression:** \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**3-month focus:** \_\_\_\_\_ **Contribution:** \_\_\_\_\_

2. \_\_\_\_\_ 1. **Your Dream** \_\_\_\_\_ 5. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Growth-oriented challenges:** \_\_\_\_\_ **Play better:** \_\_\_\_\_

7. \_\_\_\_\_ 6. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- 1) Your coach is going to ask you if you to share your current version of your Dream. Your Dream can be an elaborate vision or **it can be a simple statement of desire.**
- 2) Is there something that you are focused on for the next 3 months.
- 3) Are there any peak experiences you would love to have over the next 3 months?
- 4) How would you love to expand your self-expression?
- 5) How would you love to expand your contribution?
- 6) Are there some activities that you would love to “play better”?
- 7) Are there any growth-oriented challenges you would love to step into?

This can be a really fun conversation!!!

Enjoy your exploratory session with your – potential – coach.

It could be the start of something BIG!

## Free people. **FREE PEOPLE!**

### *01-02) The Practical... The Problems ... The Purposeful... The Playful*

YES!

As your bonus companion on your adventure with your Transformation Coach, my role is to prepare you for each leg of the journey so that you can really LOVE it and thrive.

In this exploratory chapter, I have a few provocative ideas to share with you... that will shift how you see yourself, the world around you and your opportunity to thrive in a joyful way. AWWW Yeah.

The first thing I want to do is share with you a few of the “real world” benefits of playing with a Transformation Coach in the form of practical benefits, “problems” solved and bigger purpose and aspirations.



## The Practical

- If your Dream or purpose feels fuzzy or lost, it will come into focus and gain energy.
- Positive actions that used to seem hard, will start to feel easy.
- You will have more fulfilling experiences with people you enjoy; in ALL aspects of your life!
- You will gain awareness of where your doubts and fears are coming from... and you will feel more and more FREE!
- You will greatly expand your “body awareness” and “emotional awareness” which will increase your intuition, inner knowing and self-trust. << ***THIS IS A BIG ONE!***
- You will feel more ALIVE... and feel like your life is more vibrant than it used to be!

## The Problems

Coaching is NOT an intervention for problems! It is about playing better for your dream.

However,... as you play better with your Transformation Coach, many of life’s situations that are commonly perceived as problems will lessen or disappear completely.

- You will experience LESS anxiety.
- You will experience LESS self-doubt.
- You will experience LESS procrastination on important actions.
- You will experience LESS negative self-talk.
- You will experience LESS limiting beliefs.
- The idea of self-sabotage will gradually disappear.

You have to admit... this will be awesome!

## The Purposeful... and Aspirational

- You will gain influence. You will begin to see yourself as powerful and capable of having a profound positive impact in the lives of others and in the world!
- You will gain creativity. You will gain clarity on the YOUUnique qualities that you have within you that you can use to co-create the results and experiences you desire.
- You will make changes. You will feel more confident in taking risks that can bring about positive rewards for your dream.
- You will gain visibility. You will feel more courage in being seen and owning your value.
- You will develop the ability to tap into your body wisdom to make bold choices.
- You will develop the ability to tap into your AWESOME Human Nature for needed insights and possibilities... and then ACT on them.
- 

## The Playful

A BIG difference between playing with a coach and working in isolation is well... a focus on play... specifically Social Play, and practice.

We have a little model to help you shift your mindset from worker to player: Relate, Create, Explore, Experiment. (it has a ring to it!)

Your coach will encourage you to add activities in these four areas into your plan each week; this will guide you toward the experiences you desire, the impact you desire and personal transformation **AT THE SAME TIME!**

Here is an important insight to consider: **Anything that you cannot control but you can influence is an opportunity to play and play better with a coach!**

**So, I want you to wonder... to dream... of what you would do if you were able to increase your positive connection in the social world around you.**

These are the four types of activities: **Moments of Social Play.**

- A play-able moment is a coach-able moment that you can improve through practice.
- Social play means that it involves co-creating the experience with one or more other people rather than completing a task in isolation as was the norm in the Industrial Age of Control.

And here is another **BIG** point: As you unleash your Superpowers of Human Nature, you naturally get better and better at Social Play because Human Nature is Playful!!!

### **The BIG Picture...**

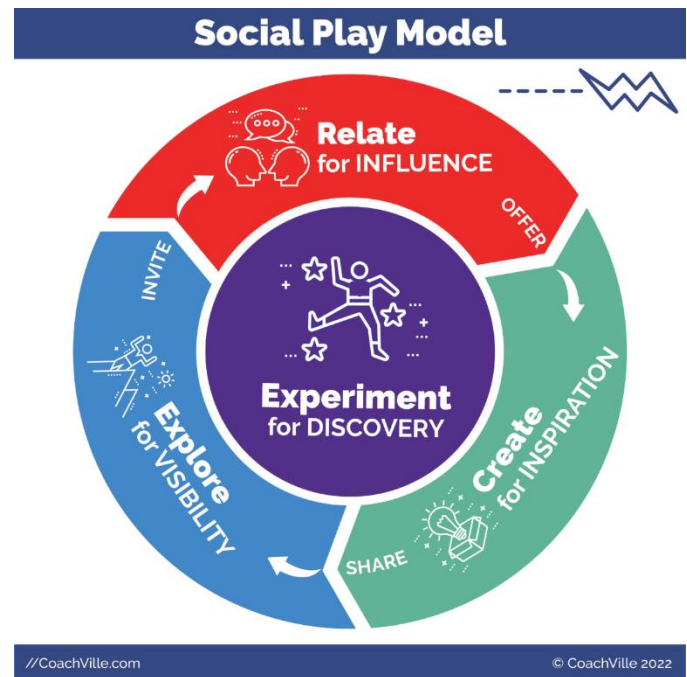
Playing life with a Transformation Coach means you will practice pivotal moments of social play that lead to influence, inspiration, visibility and change!

You will experience this fully throughout this coaching engagement and you just might be inspired to take a “coach and play” approach to many of your future pursuits in life! **I HOPE SO!!!**

Now you might be thinking: “Yes, the social play actions and results are exactly what I want! The Power of Playfulness sounds amazing.

“But when I think about it:

- Asking for what I want or need is pretty hard for me.
- Sharing what I create can be a real struggle.
- I know I need to “get out there” and be more visible, but it’s not easy.



- Trying new things often feels too risky so I stick with what I always do.”

EXACTLY.

Somehow, we have all become fearful of our playfulness and social play actions in the Industrial Culture.

This is a BIG reason why Transformation Coaching was invented!!

## *01-03) Transformation: From Control to Co-Create*

Each week we will focus on one transformation.

To get us started we will explore one of the biggest...

**From:** Control

**TO:** Co-Create



OR the deeper version:

**From:** Hierarchical Control

**TO:** Egalitarian Co-Creation

Juicy.

### **Control**

Notice areas of life where you are attempting to control OR you feel that you are “supposed” to be in control.

- Of a person
- Of a situation
- Your SELF

And notice the areas of life where you are being controlled

- By a person

- By a situation

## Co-Create

Notice moments when you feel the urge to co-create with another person.

Usually this will be to co-create an experience together.

And sometimes you will co-create a “thing” that you want other people to experience.

The big idea is to notice that we can – and really enjoy – co-creating experiences with others.

This is important right at the start because coaching is a co-created experience.

### *Coaching is a form of Egalitarian Co-Creation.*

We like to think of it as a highly advanced and effective form of egalitarian co-creation.

It is different to how most human relations are organized by our current culture.

Your coach is not going to control you as if they are “the authority.”

YOU are not going to control your coach because they are supposed “to serve” you as a customer or client and the “customer is always right”.

## **01-04) Transformation Coaching... the quick definition**

Here is a quick definition of Transformation Coaching, with more to come later.

Let’s do the coaching part first.

The super straightforward definition of



### Coaching is *Proactive Co-Creation and Guided Practice.*

NOT... solving problems and organizing tasks.

The purpose of coaching is to play better.

A tennis coach co-creates approaches to tennis with you and then practices tennis with you so you can play tennis better.

A vocal coach co-creates approaches to singing with you and then practices singing with you so you can sing (play your voice) better.

YES! It is possible to practice life, and it's really fun! We will get to that a bit later.

**Important pattern language:**

Lawyers have clients.

Doctors have patients.

***Coaches have players!***

All through this book we will refer to coaches and players!

Being a coach is awesome.

Being a player is awesome!

**Becoming and Transformation**

There is an element of coaching that includes becoming the next version of you WHILE you co-create and practice playing.

The idea is that practicing any activity with vision and desire will have a ripple effect on the rest of your life.

Such as becoming a more confident person.

Or becoming a more fulfilled person because your passion and playfulness have a healthy focus or “outlet”.

By calling what we do “Transformation Coaching” we emphasize the becoming part.

As we play for our Dreams in life there are almost infinite possibilities for becoming the next best version of ourselves.

Transformation has a simple structure:

**FROM:** something NOW (that served its purpose)

**TO:** something NEXT (that we desire to become or experience)

Our big example at CoachVille is:

**FROM:** under control

**TO:** set free

The “Lightning Bolt Moment”!

There are sooooo many possibilities here. So many aspects of our SELVES that we can “unleash” or set free and express in the world in a bigger way.

Another good way to understand coaching is the Guide on the Heroes Journey – or as we call it “The Human Journey”. The idea here is the Transformation Coach is your Guide / Companion on the adventure of life providing observations, ideas and new perspectives so that you grow much faster than if you were adventuring alone.

This is just the start of understanding what transformation coaching is and the value it can have in your life. As we move along, the clarity will grow.

Let’s play.

## *01-05) Possibilities for your Dream*

Your Dream can be an elaborate vision. OR it can be a simple statement of desire. Either are an awesome way to start our adventure together.

Elaborate: I want to host a podcast where people share their defining moments in life.

Simple: I want to feel more energy when I am at work.

Simple: I want to have a closer relationship with my friends and neighbors.

At CoachVille, we use the symbol of the lightning bolt to represent your Dream. We also typically capitalize the D to represent that your Dream takes on a life of its own, almost like a character in your adventure.

The first thing your coach is going to talk with you about is your Dreams; because living your Dreams is what playing life is all about. An important point here is that playing life with a Transformation Coach is MUCH different than going it alone. So, I am encouraging you to think bigger than you might normally allow yourself to think.

### **Why Dream... rather than objectives or goals?**

- Your Dream includes your imagination.
- Your Dream includes your vision.
- Your Dream includes your heart’s desires.



- Your Dream includes how you want to contribute to life.
- Your Dream includes who you want to become.
- Your Dream includes the peak experiences you want to co-create.
- Your Dream includes the spirit of play.
- Your Dream includes a sense of wonder and mystery.

Often, we don't think too much about our dreams, we just focus on what we can control by ourselves. This is how we were trained to think in the Industrial Culture. (We will get to this later) This approach tends to keep us pretty small; which is OK sometimes. But truly life can be MORE.

Another important idea about Dreams is this:

## **There is no Road Map to our dreams BUT... there IS a Treasure Map!**

There is no Road Map to your dream; no step-by-step instructions like we were told in the Industrial Culture.

*During this coaching experience you will rekindle the treasure map reading mindset and skills that are part of your Human Nature and prepare to live fully with the wonders and mystery of life.*

You may be very clear on your Dream and already in pursuit. Or you may be a little fuzzy about the details but just know you are ready for more. Wherever you find yourself now is the perfect place to start your adventure. The purpose of this little section is to spark your imagination for what your BIG Dream can be.

**Our mantra is: The world is a playground. Let's Play Together.**

Here is a "starter" list of the endeavors that people dream of playing better. This will spark your imagination for the many possibilities you have with your Transformation Coach!

### **Aspects of Life you can play better with a Transformation Coach**

- small business ownership,
- career development & transition into something joyful & meaningful
- business growth through team play
- leading a worthy cause or movement
- growing a vibrant community
- spiritual quest through community participation
- financial freedom through value creation

- corporate management and/or leadership of a great team
- artistic expression and performance
- health and wellness through engagement
- personal growth through self-expression and participation (this includes co-creating relationships and partnerships)

### **How you will grow as you play for your dreams...**

- You will express your superpowers, energy and creativity.
- You will enjoy the company of people by growing your Dream Team.
- You will grow your skills and capabilities.
- You will experience personal transformation; to dream, be free, befriend, become, believe and belong.
- You will grow in status within your community.
- You will co-create your world - and THE world - in a positive way.

You will LOVE playing for a Dream that is engaging, supportive, challenging, purposeful and fulfilling... even if right now in your life you only have 20 minutes per day to play for your Dream, it will light up the rest of your life. And hopefully soon more and more of your day can be living your Dream time. AWWWW Yeah!

Let's talk for a moment about the Superpowers of Human Nature.

## ***01-06) Overview of the Transformation Coaching Program***

### **Overview**

Your coach will be guiding your adventure using a sequence of Transformation Coaching Techniques from CoachVille.

The sequence is designed so that YOU can discover the powerful ways a coach can co-create and practice with you while you live your Dream now.

As I mentioned before, when you are prepared with an overview of each coaching session, you can be a more powerful co-creator with your coach.

Before each session you will learn about the practice technique that you will do together as well as concepts and ideas that will help you make the most of each session.

Here is a quick outline of the Exploratory Conversation and the 10 Sessions:

### **Part 1 – Experience Transformation Coaching Techniques**



#1 Exploratory Conversation – Is now your time to have a coach?... YES!

#2 Dream Activation – Activate Your Dream Technique (+ To Dream)

#3 Social Play – Peak Experience Technique

#4 Play Better - Role Play Technique

#5 Pivotal Moments – Pivotal Moment Technique

#6 Practice – Plan-Play-Grow Technique

## **Part 2 – Play BIGGER**

#7 Dream Refresh – Co-Create Awareness Technique

#8 Play for “Yes” – Transformational Play

#9 Co-creation Series

#10 More Practice!

#11 Celebration!

NOTE: If you and your coach are doing a 13 Session series, an Exploratory + 12 Sessions, then you simply repeat session #10 two more times; because... **WE LOVE PRACTICE!!!!**

#11 More Practice; #12 More Practice; #13 Celebration!

### **The purpose of the coaching program:**

1) For you to experience the essential techniques of Transformation Coaching as a player so that you will know how to benefit from having a Transformation Coach as a companion for all your big adventures in life.

2) For you to... well... live your Dream NOW - and activate your Human Nature superpowers! To realize that you have more power than you think you do to play for your dreams and create a ripple effect of goodness in the world around you.

**3) HAVE FUN!**

### ***01-07) Team Play for Transformation***

Your coach and I are co-creating team play for transformation for YOU and your dream!!



In each chapter I will share with you a few ideas about playing for your Dream. And I will give you a preview of any coaching techniques your coach will practice with you for the first time.

## Why this is awesome...!

You probably have never had a CoachVille Transformation Coach before, and probably never any kind of Personal Coach. The more you know about what to expect in the session, the more you can be a co-creator rather than a passenger. This is super important because Transformation Coaching is a co-created experience, it is NOT a service.



**It takes a village to live your dream.**

A Coach Village! Hah. (Couldn't resist)

**It takes a village to co-create the next version of YOU!**

Your coach is part of a team (a village!) of coaches who are co-creating team play for transformation. For YOU and your dream!!

In this program you will learn about the enormous influence that culture has on you and your ability to live your Dream and transform into the next version of you.

At CoachVille we have co-created a culture for Dreams and Transformation that you can be a part of.

Our culture includes Coaching, Concepts and Community.

## **Coaching**

Coaching is proactive co-creation guided practice, with the emphasis on guided practice. You are about to experience this with your coach.

The practice techniques that you will use with your coach have some life-expanding ideas built into them.

## **Concepts**

Concepts are life expanding ideas that can shift your mindset and expand your awareness. You have the playbook and access to a series of audios, so you can immerse in ideas that will make living your Dream easier and more fun!

When you share unique experiences with others you build a strong bond of community.

## **Community**

Community is a place of profound belonging where your growth is nurtured and encouraged. For this we have a CoachVille App with a group for players with a Transformation Coach! Here you can access all of the resources and also connect with other amazing humans who are also participating in the Transformation Coaching Program.

The community part is vital because you will feel that you are a part of something bigger, rather than just being the only person that you know with a Transformation Coach. Experiencing a positive culture will empower you to “ripple” your experience out to other communities that you are part of!

When you feel that you are being championed as an individual within a group it expands your energy to step into the next challenge in your Dream. Your coach is ready to explore this challenge with you.

## **Access**

You can access the community on CoachVille.net AND... most importantly... on the CoachVille App. The App makes it especially easy to access the audio content.

Your coach will let you know how to access the private group for Transformation Coaching Players.

**SEE YOU THERE!**

## *The Coaching Agreement*

Your coach and I are part of an international community of coaches called the International Coaching Federation.

As a member of this community, we abide a set of Coaching Ethics.

Your coach will send you an agreement to sign after the Exploratory Conversation and prior to Coaching Session #2.

## **Session #02 - Dream Activation**

(The Dream Activation Technique)

## 02-01) Prepare for Session #02 – DREAM Activation

Yeah!

First of all... Yeah! You and your coach both said "Yes" to coaching and now we are on the adventure together to play for your Dream and live your Dream NOW! Here is a quick overview of this session so you can be prepared to co-create.



### Coaching Agreement

At the start of Session 2 your Coach will do a quick walk through of the coaching agreement. This is an important to ensure that both you and your coach are in agreement on a few key points regarding coaching ethics. You only need to do this for the first session.

On the right is a mini version is the Coaching Notes Sheet for Session 1.

### To important things to notice:

- 1) The flow of the coaching session through 7 stages in the blue circles
- 2) It puts your Dream at the center of the page. The focus of the session on Dream Activation; looking at what you aim to experience in life through the lens of the Human Nature Superpowers.

Always be prepared to speak from the heart while co-creating with your coach. It is not a test and there are no correct answers!!

### The Flow of the Coaching Session:

#### 1) WARM UP and Dream Sharing

Just like you would for an athletic or performance art practice, it is important to warm up first. Your coach is going to guide you through a quick Transformation Coach warm up routine that includes Connected Breath and Imagination Activation.

Transformation Coaching Session #2 Notes		Date: _____
1. WARM-UP and Dream sharing:		
2. CELEBRATE	3. GROW	
4. (Practice) PLAN: <i>Dream Activation</i>		
5. PRACTICE		
<b>Drive to be free:</b> B Self-determination & self-trust 	<b>Love to befriend:</b> C Co-create & care 	
<b>Start here</b> A Brief description: 	<p><b>Your Dream</b> Self-love &amp; self-worth  G Ripple Effect: Focus: _____</p>	
<b>Need to belong:</b> F Self-value & social safety instinct 	<b>Urge to become:</b> D Self-expression & spirit of play 	
<b>Ability to believe:</b> E Self-confidence & self-preservation 		
6. GROW (from Practice) What did you learn about playing for your dream?		
What did you learn about yourself and your superpowers?		
7. PLAY PLAN: What is your transformation for this week? What social actions? FROM: _____ TO: _____		

Starting in Session #2 you will do a quick Dream Sharing activity as well. It is SUPER empowering to speak your dream on a regular basis.

## **2) CELEBRATE**

Your coach will ask you to share a celebration from your life. Sharing celebrations is a powerful trust building activity... vital to Transformation Coaching.

## **3) GROW from play experiences**

This will be brief in this session. But as we move forward sharing about growth and growth opportunities will be a vital part of each coaching session.

## **4) Practice PLAN**

For Session 1 the practice plan is the Dream Activation Technique. YES!!

## **5) PRACTICE**

The main focus of each coaching session is practicing together.

In the Dream Activation Technique we explore your Dream - or statement of Desire - using the Human Nature Superpower Model.

This is a very empowering way to explore your Dream! Rather than making a list of tasks or outcomes, we look for who you can BECOME by engaging in new experiences.

A) Start here: Describe your Dream as you currently envision it; even if it is just an inkling of an experience that you desire.

Next, we will talk about your experiences with the Human Nature Superpowers to look for “clues on the treasure map” to your Dreams.

B) Drive to Be Free

C) Love to Befriend

D) Urge to Become

E) Ability to Believe

F) Need to Belong

G) Your Dream with a little more clarity

What is the impact you aim to have?

What is the focus for the next 3 months?

## **6) GROW**

- What did you learn about yourself?

- What did you learn about your Dream?

## 7) PLAY PLAN

A) Set your intention for Transformation for the week. A way you intend to expand or express something new or become the next version of YOU

FROM: A (a word or phrase)

TO: B (a word or phrase)

Look at what you explored in the session. Think about your situation. Add in what you plan to do. And sum it up in a transformation phrase from A to B.

B) Share a few social actions to get started on your Dream this week.

## Dream Activation & Human Nature Superpowers

It puts your Dream in the center and then offers 6 different explorations related to living this dream that your coach will explore with you in the coaching session.

Always be prepared to speak from the heart while co-creating with your coach. It is not a test and there are no correct answers!!

### *Transformations*

There are several powerful transformations that we will begin to experience in this session. They are part of the BIG transformation:

**From:** Industrial Culture of Authoritarian Control  
**TO:** Connected Culture of Egalitarian Co-Creation

**From:** Control Human Nature  
**TO:** Unleash Human Nature

**From:** Results Orientation  
**TO:** Peak Experience Orientation

**From:** Task Orientation  
**TO:** Playful Growth Orientation

Here is the flow of the Dream Activation Technique.

**A) Start here: Describe your Dream as you currently envision it; even if it is just an inkling.**

It can be simple statement of desire for new experiences. Examples:

- I want to experience a better connection with my neighbors.
- I want to feel more energized in my career or business.
- I want to create a safe space for the children in my neighborhood to play together.
- I want to create a strong referral network for my business.

Next we will talk about your experiences with the Human Nature Superpowers to look for “clues on the treasure map” to your Dreams; rather than a task list.

**B) Drive to Be Free**

How can we tap into your self-determination and self-trust?

**C) Love to Befriend**

How can we express your love for co-creation and care; both giving AND receiving?

**D) Urge to Become**

How can we expand your self-expression AND your spirit of play?

**E) Ability to Believe**

How can we honor both your self-confidence AND your self-preservation?

**F) Need to Belong**

How can we explore both your social-value and your social safety instincts?

**G) Your Dream with a little more clarity**

What is the ripple effect you aim to have?

What is the focus for the next 3 months?

Have an awesome session with your Coach!

## Transformation is happening...

### 1) Your Dream is Activated

Once you activate your Dream, EVERYTHING that happens in your world is part of your Dream... somehow.

### 2) Treasure Map Mindset

Any experience can provide clues that lead you to your Human Nature Superpowers and Pathways to live your Dream NOW!

### 3) You are awesome!

You were born awesome. You are a natural at social play; though you may need to dig in a little bit to restore it. And you are capable of becoming the next version of YOU.

### 4) You are FREE

Playing for your Dream is an act of Egalitarian Freedom! And a subversive act to the Authoritarian Control Culture. Aww Yeah.

## 5) Free people. FREE PEOPLE!

### 02-02) Dream Activation Technique

To activate your Dream, you start talking about it with someone who is REALLY engaged with you and ready to adventure with you. This is what Transformation Coaches do! AWWWW yeah.

We are going to talk about your Dream in an unconventional way... mostly focusing on who you want to become and your vision for the next version of



YOU.

We do this so that there is no resemblance to a typical goals or objectives conversation which usually quickly devolves into a task list. BLAGH! We are not into that at all.

We start with your vision for the ripple effect you aim to have on your world by playing for this dream. This can resemble accomplishments.

Then we get into what you want to focus on for the next 90 days.

The important thing here is that you speak from the heart and don't worry about the details of HOW you are going to do it. Your Dream starts with your vision.

While you are sharing your thoughts, your coach will explore with you using some elements of the Co-Create Awareness technique to reveal beliefs and desires. Juicy!

Also, if your vision is a little fuzzy... or nothing but fuzzy... it is OK. Just share what you can see. That's all you need to do to start the activation.

Then we will walk through the Superpowers of Human Nature to Power Up your dream the energy of becoming the next version of YOU! This is the energy of Transformation Potential.

You saw these qualities on the Superpowers of Human Nature model in the Introduction.

We will explore you in your current situation and then your vision of you playing for your dream through the lens of these qualities. Your coach may also ask you a few bonus questions to reveal how the Authoritarian Control Culture is impacting you right now.

## **Transformation Coaching starts with your Dream**

All coaching begins when you have a Dream and choose a coach to guide you on the adventure. Remember our lightning bolt metaphor. The Dream is the FLASH that gets you out of the tower; out of being in control. As the "player" you must have a vision to experience something beyond what you are doing today; you must have a desire to become the next version of YOU! To amplify our other metaphor: this is like putting a game into the "play station of life".



You may be very clear about your Dream. However, if you are like most people, your dream starts out a bit "fuzzy"; mostly because our dreams were squashed by the Industrial Age Culture, and it will take a while to revive it. If that is you, please don't let that stop you. Start with whatever clarity you have about something in life that you desire; or desire to be a little better. Know that your Dream can come into clarity over the next several weeks with your coach. AND it is absolutely OK to change your Dream halfway through the adventure.

Here are a few thoughts to help you hone in on your dream right now.

Focus on something that you CAN do right now. It is great if you also have a “someday” dream, but your coach can only guide you toward a dream you can pursue now.

If you have a “someday” dream that is not possible now, choose a “steppingstone” dream that will develop you in a way that moves you toward your “someday”.

Choose something that will pull you out into the world of other people, even if that is virtually rather than face-to-face. Remember the model for Social Play I shared with you in the Introduction. Something that you can do by working in isolation is not a BIG enough dream for playing with a coach.

Choose something that will ask you to GROW; something that will “ask” you to become the next version of YOU.

Also... be careful about comparing yourself or your Dream to other people. If your dream feels big for you... then it’s a BIG DREAM!

Oh! One more thing; Remember I said that we will often refer to your Dream as if it has a life of its own. I will – and your coach will – say things like: what is your Dream asking you to do?

I hope you enjoy this quirky perspective.

## 02-03) The Superpowers of Human Nature

Your coach is on the adventure with you to live your dream now AND to activate your Human Nature Superpowers! Awesome. AND if you are like most people, you don’t have great clarity about what these Superpowers are. No worries. Your coach and I will guide you together.

Here is a quick overview to spark your curiosity. As you saw, we will explore this in great detail in Session #02 (the first session after your Exploratory Session which is considered Session 1)



After “To Dream”, they all have a keyword with BE to make them easy to remember:

### **To Dream**

- Choose your Desire (your focus for the next period of your life)
- Self-Love = I honor my unique being
- Self-Worth= I am worthy of living my dream; My Dream is worthy of support in my community.

### **The Drive to BE Free.**

- Choose your adventure (every day)
- Self-trust = I trust my inner knowing
- Self-determination = I can choose to do it; I don’t need permission.

### **The Love to BEfriend**

- Choose your companions
- Co-create = Two or more people creating together
- Care (give and receive) = We attend to each other’s well-being

### **The Urge to BEcome**

- Choose your playful practice; anything you want to “get good at doing”
- Self-expression = I can do it in my unique way
- Spirit of play = Curious, Creative, Resourceful, Resilient

### **The Need to BELong**

- Choose your environments
- Social-Value = your contributions to others are appreciated
- Social Safety Instinct = avoid disrupting your status in the group

### **The Ability to BELieve:**

- Choose your beliefs
- Self-Confidence = I believe that I can do it
- Self-Preservation = I believe that I should stay safe

## Conclusion

The first step is to begin to see these profound human instincts and abilities as Superpowers that we can use for good.

### *02-04) Transformation: From Control Human nature to Unleash Human Nature*

#### **Transformation**



**From:** Control/ fix Human Nature

**TO:** Unleash / trust Human Nature

Let's continue our exploration of transformation with a variation on control and co-create.

There is a prevailing concept in our Industrial Control Culture that Human Nature is a problem that we need to fix or get under control.

As we move along in our transformation coaching adventure we will consider a different idea: that Human Nature is AWESOME and we need to unleash it and trust it.

We will get to that.

But first consider a few examples from the control culture:

Dream = NO - your desires are not realistic or productive; or will cause suffering

Be Free = NO – you must OBEY; do as you are told

Befriend = NO – you need to do your own work and don't bother anyone

Become = NO – your playfulness is trouble; your self-expression is too noisy.

Belong = NO – you can't go and find your people you must stay in your place

Believe = NO – you need to believe what WE tell you to believe

#### **Consider...**

Just from how common these “NO” phrases are, we can see how much energy we humans put into controlling each other. BLAGH! (That is the understatement of the century)

In transformation coaching we will consider the rebellious idea that control is not the solution to the Human Nature problems, rather, it is the CAUSE of the problems.

This is just the beginning of a powerful exploration together.

## Reality check

Most people that I have coached have had some awareness of a few things that they were good at. And some had an idea about their “strengths” or something similar from doing a self-assessment test. These inklings and readouts are really valuable.

But most had no idea about their Human Nature **Superpowers** or how vital they are to living a fruitful and fulfilling life. Nor how most stress, anxiety, frustration, apathy etc. are caused by NOT having access to them.

And one more quick clue here. We will talk a lot about our BIG Dream at CoachVille to guide the Human Family out of the Industrial Culture into Coaching Cultures. The Industrial Culture WORKS HARD to suppress – even squash – your Human Nature, or manipulate it in unhealthy ways. Coaching cultures PLAY HARD to unleash and expand our Human Nature Superpowers in pursuit of a vibrant, sustainable and egalitarian world.

I assert that most of the “Problems” in the Human experience – anxiety, self-doubt, etc. - I referred to a few sections back are caused by the Toxic Industrial Culture and the way it promotes authoritarian control and arrogant neglect of our Human Nature.

Notice that:

### Control and Neglect

are the opposite of

### Be Free and Befriend.

More about “Authoritarian Control” and “Arrogant Neglect” that later in the program.

Your coach is going to ask you about your Superpowers in EVERY session. It is up to YOU to keep playing with these ideas. Experiment! Explore. There is a version of SUPER YOU that you were born to be. Your Dream is calling for that version of you right now.

The more you discover and activate your Human Nature Superpowers the more alive you will feel... and the greater ease you will experience in co-creating your dream experiences.

AND it might feel pretty scary sometimes... because of the fears we absorbed from the Toxic Industrial Control Culture. We will get to that later.

**MOST IMPORTANT:** Have fun, use your imagination, and KNOW that these powers are in you; envision yourself possessing them and using them.

## 02-05) What Transformation Coaching is...

To take the next step in our adventure together, let's go a little deeper into how a Transformation Coach can activate your superpowers and guide you toward living your Dream NOW!

Here is our definition of Transformation Coaching:



# Transformation Coaching Is...

1. A profound personal relationship
2. Where the coach guides the self-determined player
3. In pursuit of playing better for their **Dreams**
4. To become the next version of themselves
5. Through proactive co-creation
6. And guided practice

Some folks have gotten the idea that coaches talk with you to help you solve your own problems. Others think that coaches tell you what tasks to do and hold you accountable.

Transformation Coach is not about problems or tasks because life is not about problems and tasks. Life is for playing for our dreams and Coaching is about practicing together to play better.

Let's go a little deeper into each of the elements.

### 1. A profound personal relationship

Coaching is a personal relationship. Your coach will care about you as a person and you will care about your coach. It is very different than the ideas we got about Industrial Age Professional that was robotic and impersonal. Caring is an essential element of the coaching experience.

Coaching is profound because it goes beneath the surface of life's circumstances into feelings, emotions, beliefs, desires, possibilities, fears, visions, ideas... the important stuff.

## 2. Wherein the coach guides the self-determined player

Coaching is NOT hierarchical... which is an important detail we will explore in a moment.

Guiding another person on an adventure is a real artform. It is not the same as directing or controlling; but it is more than a passive companion.

Think about the guide on a hero's journey like Star Wars Obi Wan Kenobi to Luke Skywalker. They are on the adventure together, they are both actively involved. Obi Wan is sharing observations with Luke BUT... Luke makes his own choices about what to do.

Another way to think of this is the Olympic Coach. They are in the Training Center with the athlete every day sharing the dream together. Olympic athletes deeply thank their coach when they win a medal; they could not have done it alone.

## 3. In pursuit of playing better for their **Dreams**

Playing better is the essence and the purpose of what ALL coaching is about.

Playfulness is an awesome Human Superpower. Helping you restore and maximize your playfulness is a big part of Transformation Coach. I will get into that much deeper in a few moments because the idea of play may be scrambling your mind right now.

To ease into the exploration here are a few ideas to help you understand what I mean by PLAY and playfulness:

- Curious and Creative
- Resourceful and Resilient
- Explore and Experiment
- Fun! (usually, but not always)

### The 3 Frameworks of Play

There are 3 areas of life where we see play all the time. One way to get into playing for your dream is to identify with one or more of these and re-imagine your dream with this framework.

1) **Performance Art:** You have talents, a "voice" or perspective and something to say or share. You practice A LOT to refine both your skills and your message. You use your talents to co-create experiences with your audience.

2) **Game / Athletics:** The urge to compete drives you to hone your skills to perform at a high level. You enjoy the thrill of victory and embrace the difficulty of defeat. You enjoy

the camaraderie of your teammates and the competitors. The definition of compete from the ancient Greek language is quite inspiring.

To Compete: *to seek the best in oneself in the company of others likewise engaged.*

3) **Epic Quest:** You have been “called” to adventure. There is something you MUST do even though it means leaving behind the comfortable of your well-known surroundings and place in the world. You face great challenges in pursuit of your mission. If you are successful, you reap some great reward which you can bring back to your tribe for all to enjoy.

## **Your Dreams**

This is another topic we will talk about A LOT in this playbook and with your coach. Your Dream is your vision for who you want to become and what you want to experience in the world.

In the Session 1 we will get into the details of The Dream.

## **4. To Become the next version of themselves**

*This is the transformation part!*

Coaching is always riding on parallel tracks.

One track is focused on the outer experience of what you are co-creating and accomplishing in the world around you.

The other track is focused on your inner experience of growing and becoming; especially becoming the version of YOU who can live the dream you are imagining. Becoming is about feeling more capable, more confident and more free to fully express yourself.

You have Superpowers within you that you are not even aware of right now. Your coach will help you see them, unleash them and practice using them.

You have Beliefs within you that may or not be aligned with your dream. Your coach will help you reveal them and uplevel them if you want to.

## **5. Through proactive co-creation**

Talking together is a big part of how coaching happens.

A key in Transformation Coach and Playing Life is to co-create a safe space for deep and provocative conversations.

This brings me to one of my favorite things to share with new Life Players!

### **The ancient power of co-creation!**

In several ancient languages, there was a power phrase: “I create as I speak”. When two people are talking together in deep conversation with purpose, permission, and presence – as happens in a Transformation Coach relationship – it can take on a life all its own. With

your words you can speak your dream into existence and create the new version of YOU needed to fulfill your dream. This is the “magic” of co-creating that makes coaching such a powerful force in the world!

You and your coach will co-create many “things” together: ideas, plans, approaches, awareness, insights and more.

With focus and determination, you can experience this transformational power with your Transformation Coach!

## **6. and guided practice**

If you really want to hone in on the true essence of coaching, guided practice is the THING.

A key in Transformation Coach and Playing Life is to co-create a safe space for practice.

Practicing together is how we grow both in capability and awareness.

You and your coach will practice together by co-creating situations, conversations, pivotal moments and peak experiences. You will practice skills, using your Superpowers and expressing yourself. Through practice you can experience the new version of you before you bring it out to the world.

A BIG part of practicing together is **observation** and the experience of being SEEN.

We are ALL yearning to be seen by someone who knows what they are looking at!

Your coach is going to observe you as you adventure together and share with you what they see in a judgment-free way.

We all have blind spots in our thoughts and actions because we can't see ourselves very clearly...a trusted outside observer can really accelerate our growth.

At the same time, you will be observing your coach and absorbing their wisdom.

This is the way life is meant to be played; we are meant to co-create life with others; we are meant to be SEEN and valued by others.

## ***02-06) Co-Create Awareness Coaching Model***

Let's explore how to talk together with your coach.

Your coach is going to ask you a lot of questions... A LOT! The key to getting the most out of this experience is to shed the Industrial Culture Mindset that there are correct answers

to questions. In connecting powerfully with another person, questions are meant to spark conversation that leads to co-created understanding; about situations and each other.

When you and your coach talk about things, there is a technique that will help you get the most growth from each experience. We call it the Co-Create Awareness Technique; it is a core technique of Transformation Coaching.

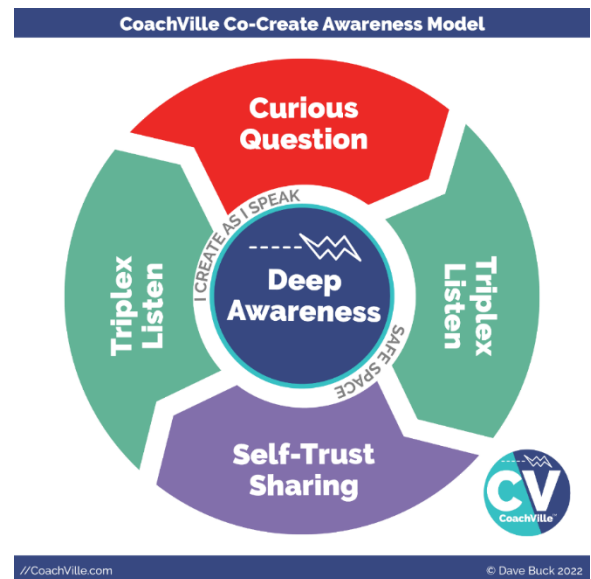
Let's look at the model and start in the white layer in the middle.

## I Create as I Speak

"I Create As I Speak" is a power phrase with origins in several ancient languages. With practice, this power phrase can become magical. When you speak this way, you can create your dreams and create the next version of YOU! It is an experience that both coach and player co-create together, enjoy together and benefit from together.

Another way of thinking about this is speaking from your heart; or speaking from inner knowing and speaking with the intention to create something new.

The power of this technique is that often you don't know how you feel about something until you are saying it. You don't think of it in advance. It comes out and then you know it.



## Safe Space

The coach and the player co-create a safe space where they can both express themselves freely and listen to each other with judgment-free awareness. It is the safe space that gives the "I create as I speak" its profound power. In a safe space you can say things that you have never said before.

Now let's go to the outer layer and three Coaching Superpowers that play together in a cycle.

## Curious Questions

The coach asks a provocative question, then provides a space of deep listening for you, the player. Sometimes you will ask the coach a curious question as well. Navigating via curiosity is a coaching and playing superpower.

## Triplex Listening

Triplex listening is deep listening. This is where you hear the words the other person is saying; you hear and feel the energy behind the words; AND you hear what the other person is NOT saying. You hear beliefs, values, patterns; energetic resonance and dissonance.

In this space of listening the speaker can say things they have never said before.

In this space of listening the speaker is fully heard and “SEEN”; something we are all yearning for.

## Self-Trust Communication

In this space both the coach and player will have insights and inklings that they can freely share. Sometimes these thoughts are challenging to the status quo; this is a good thing. Often it feels like wisdom from within is bubbling up or knowledge from “the Supermind” is coming through (or downloading). Often these thoughts don’t make “logical sense” at first, but as they are explored new connections come to light; the “lightbulb” moment!

## Deep Awareness

When two people are listening and sharing in this space new awareness is co-created.

Thomas Leonard, the founder of professional Transformation Coaching often said: “Awareness is unifying”. In other words, things come together, new visions, new clarity of purpose.

In these conversations, you expand awareness of...

***Your Self*** and your value and your capabilities.

***Your Dream*** and how to live it; what are the peak experiences?

***Your situation*** and the possibilities you want to explore and experience.

***The world*** and your place in it and your potential to contribute to it.

With new awareness, new possibilities emerge.

The more you can see, the more power you have, the better you will play.

One last note: while the focus of the Co-create Awareness Technique is on you, the player, often the coach will gain awareness into their own dreams, self, situations, and world during the experience. BONUS!!

## 02-07) The Human Journey with a Coach

The Human Journey.

It used to be called the Hero's Journey. But we believe that EVERY human can choose to live a hero's life by playing for a BIG Dream to contribute to others by expressing their unique superpowers! So, we call it the Human Journey.



We will explore this model in detail in the Chapter for Session #9; it will all make more sense by then.

But there are three important ideas that I want to share with you now.

### 1) The Pull

See the little shaded section called “The Pull”. When you adventure for a new Dream you will experience a feeling of “Pulling” between your Dream pulling you out into the world and your Social Safety Instinct and Self-Preservation Zone Superpowers pulling you back to safety. This “Pull Experience” is normal and essential. It means that your Superpowers are coming alive!



### 2) Treasure Map Mindset

There is no Roadmap to your Dream! But... **there is an awesome treasure map.** Your adventure will have many side trails and speed bumps. You will experience moving out to the world and pulling back in toward the safety of the status quo. All of these experiences will provide you and your coach with clues that you will read together to rediscover the Superpowers that you will need to live your Dream NOW. AWWW Yeah! I love this part.

### 3) The Growth Gap

We will talk about growth A LOT in our Transformation Coaching adventure together. The Growth Gap is an important concept to understand and embrace.

The idea is that there is a current version of YOU AND version of YOU that you must become in order to live and fulfill your Dream.

You need new skills.

You need more of your Superpowers.

You need to uncover and express parts of you that have been lost for years.

You need some new ideas; and probably some upheveled beliefs too.

You need a LOT of practice.

The key is to embrace and ENJOY both the current version of YOU, AND the version of you needed by your dream. Embrace and enjoy the Gap!

It is super fun to grow into the next version of you.

Playing for your Dream can be a catalyst for this growth.

## ***02-08) Human Nature Superpower = To Dream***

Speaking of the Superpowers of Human Nature Model, we will explore the 5 BE's throughout the program. Because Session 2 is specifically about sharing your Dream I want to share with you a few thoughts about Dreaming as a Human Nature Superpower.



The BIG IDEA is that you have the superpower “To Dream” inside of you. It's in you.

AND the second big idea is to see it and feel it as a Superpower that you can use.

For sure sleeping dreams are a truly remarkable aspect of our Human Nature. But in Transformation Coaching we are focused on your waking Dreams... which are also amazing.

In a waking Dream you put yourself into a future moment which sparks the other five Superpowers of Human Nature in powerful and mysterious ways. For example, you may experience your self-determination to make the Dream experience a Lived experience.

Often you can see a future version of yourself doing something that will spark your Superpower for Self-Expression.

My big point here is to embrace that you have this Superpower and don't take it for granted.

## **Playing for your Dream is all about loving life and feeling alive... EVERY DAY!**

### **Choose Your Desire**

For each of the Human Nature superpowers we focus on one aspect of our power to choose. With the power to Dream you exercise the power to choose your desire. YOU have this power.

The power to choose your Desire does not mean you will only do one thing. But it can mean that you find a way to connect everything you are doing to your Dream like a wildly creative mosaic. FUN!

### **Self-Worth**

Part of the Dream Human Nature Superpower is Self-Worth. This means that you KNOW that you are worthy of living this dream. AND that your Dream is worthy of support from the people around you.

I believe that there is real wisdom in our waking Dreams. If we have a Dream, something within us knows that we are ready – and worthy - to live it.

### **Self-Love**

Finally, Self-Love is an essential Human Nature Superpower connected to your Dream. Self-Love means that you embrace every aspect of YOU; everything serves a purpose. This is super important because as you pursue your Dream you will be called upon to express parts of you that may have been dormant for a while; or possibly have never come out before. Embrace the mystery of YOU and enjoy all of it as YOU emerge.

## **A few principles of your “the Dream” Superpower**

### **1) Out in the world beyond your status quo**

Waking dreams that have purpose and meaning and pull us out into the world for adventure, for new life experiences and ways to contribute our value to the world.

### **2) Treasure Map Mindset**

I have mentioned this a few times, but it is super important so a few times is valuable. There is no road map to your dreams; but there is a Treasure Map!

We are companions on a treasure hunt. NOT workers with our own individual tasks.

- Looking for clues.
- Navigating via curiosity.
- Loving the mystery; LOTS of things don't have logical explanations.
- Connecting the dots between our past experiences and our current beliefs.
- Wondering what something might mean.
- Accepting that there will be puzzles and contradictions.
- Tapping into the value and wisdom from past experiences.
- Embracing the Wonders of Life.
- Seeing a vision of who you can become in the future.
- Paying attention to your desires, joys and delights.
- FUN!

Here is the quirky idea: part of the Treasure Map is ... INSIDE YOU! And part of it is out in the world around you.

As you play for your Dream, the treasure map will reveal itself.

**The Treasure is:**

- A) Your Human Nature Superpowers
- B) Your YOUUnique abilities and desires
- C) The ways to live your Dream NOW.

### **3) The Play Life Station**

Your Dream is something you LIVE now; it's not some day; it's something you play every day. Like putting a game into the Play Life Station.

A Dream is any pursuit that gets you to move out of the Status Quo of life where every day is just a repeat of the day before; often where almost everything is UNDER CONTROL.

A Dream gets you out into the world of people; even if you travel virtually, it can be awesome

Even if you only have 10 minutes per day to play for your Dream, it can bring a powerful new aliveness to everything you do.

**OBEY: The counterpoint in the Authoritarian Control Culture.**

Each of the Superpowers of Human Nature has a counterpoint in the Authoritarian Control Culture. (I also refer to it as the Industrial Culture)

The focus of Authoritarian Control is obedience; in particular, obeying “The Boss”; or whoever is “In Control”.

And in Hierarchies you must obey the boss’s boss and the boss’s, boss’s boss as well.

You know what this is all about.

This may be troubling your mind right now. Obedience has been so normalized and indoctrinated we can barely imagine life without it; we have been told that it would be chaos. We have been told that civilization depends upon the Humans becoming obedient and subjugating to hierarchies of Authoritarian Control.

But who are the Humans at the top of the Hierarchy with no boss; in ultimate control? You may have some ideas about this. I will share mine with you in the last chapter.

There is another way: A Coaching Culture of Egalitarian Freedom and Co-Creation.

In this Transformation Coach experience, you are going to get a taste of it; And cause a ripple effect of freedom in the world around you.

**AWWWW YEAH!!!**

**Session #03 – Social Play**  
(The Peak Experience Technique)

## 03-01) Prepare for Session #03 - Social Play

In this session you and your coach are going to talk through the details of Social Play.

Remember that we all learned the way of the “task list” in the Industrial Age. So, it is an easy trap to fall into to think you can task list your way to your dreams. You can’t! But learning how to play plan is going to take some practice.



Side note: I am not saying that there won’t be any tasks to complete as part of your dream! Of course, there will be. BUT... completing tasks is not what makes your dreams come true... how you play in the world of people determines that; and this is where the growth opportunities are. So that is why we focus on this in Transformation Coach.

### 1) WARM UP and Dream Sharing

Your coach will do the warm up routine with you. Heart-Brain coherence will put you into a good “state” for co-creation and practice. The Imagination Warm up is essential to practicing social play.

Then... the BIG ONE... your coach will ask you to share your dream; the short version in 1-minute or less.

This is SOOO powerful. Every time you speak your Dream with your coach you activate it. SMART!

### 2) CELEBRATE

Celebration is so important for building trust and belonging. The important thing is you can celebrate ANYTHING! You can celebrate new experiences, challenges, insights, growth opportunities... ANYTHING!

### 3) GROW (From Play Experiences)

Have a look at your Play Plan Playsheet! Hopefully you kept it near you so you could write a few notes as you played for your Dream or noticed your thoughts or feelings. Then... share a few insights and highlights with your coach.

Transformation Coaching Session #3 Notes		Date:
1. WARM-UP and Dream sharing:		
2. CELEBRATE 	3. GROW (from Play) 	
4. (Practice) PLAN: <i>Co-create Awareness of Social Play and Peak Experience Technique</i>		
5. PRACTICE <i>Co-create Awareness of Social Play</i>   	Relate	for INFLUENCE
	Create	for INSPIRATION
	Explore	for VISIBILITY
<i>Peak Experience Technique</i>		
Do:	Feel:	Do:
Thoughts:	Body:	Thoughts: Body:
Desires:		
6. GROW (from Practice)		
What did you learn about playing for your dream?	What did you learn about yourself and your superpowers?	
7. PLAY PLAN: What is your transformation for this week? What social actions?		
FROM:		
TO:		

#### 4) Practice PLAN

In this session you will do a Social Play Exploration then the Peak Experience Practice Technique.

#### 5) PRACTICE

First you will do a walk through of the three main Social Play activities:

- Relate for Influence
- Create for Inspiration
- Explore for Visibility

For each one you and your coach will co-create a few examples of how this type of social play is a part of playing your Dream.

**Here is a quick summary of the core concept...**

***Social Actions:*** This is doing something! Usually relate, create or explore.

***Social Results:*** A result is when something happens in the social world, as a result of your actions. In broad terms we call these Influence, Inspiration and Visibility.

There are many results and experiences that you will co-create for example:

- another person says “Yes” to do something (influence) or
- another person enjoys something you create and share (inspiration) or
- another person sees you or something you created and introduces themselves to you (visibility).

***Peak Experience Technique:*** Your coach is going to guide you through this powerful practice technique. With this technique you can practice ANY social activity.

You and your coach will choose one of the social play activities in your Dream to practice.

Then you will make a plan including:

- The vision of what you are doing
- The embodiment of what you want to feel
- The embodiment of what you want the other person to feel.
- The vision of what you want the other person to do.

After co-creating the plan you will use your imagination and body awareness to experience the moment. Very similar to what you do in the warm up.

## 6) GROW

This is becoming the next version of you... and the next version and the next version. It is developing new abilities or stepping into new beliefs. Every BIG Dream we pursue in life sparks growth within us... this is why we all have BIG dreams throughout our lives.



- What did you learn about yourself?
- What did you learn about your Dream?

## 7) PLAY PLAN

You and your coach will hone in on a two things at the end of each session.

A) Set your intention for Transformation for the week. A way you intend to expand or express something new or become the next version of YOU

FROM: A (a word or phrase)

TO: B (a word or phrase)

Look at what you explored in the session. Think about your situation. Add in what you plan to do. And sum it up in a phrase from A to B.

B) Share a few social actions that will include or engage others as you play for your Dream this week.

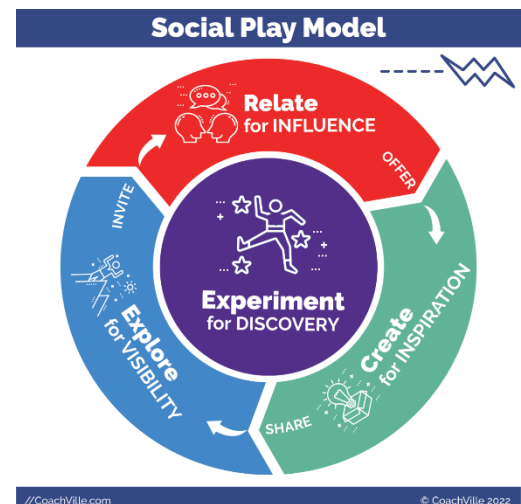
Remember to write a few notes on your Social Playsheet Plan; and keep a journal of what happens when you play. When your coach asks you about celebrations and growth opportunities, you will know what to say.

Have an awesome session with your Coach!

## 03-02) Social Play... and our growth opportunities

Let's go a little deeper into the Social Play Model.

The BIG idea of transformation from completing tasks under control to social play is this: with social play you don't know what the outcome is going to be; there is mystery; there is possibility; this brings a much deeper experience of aliveness! YES!!!!



## **Relate for Influence (AKA Play for “Yes”)**

Relate means talking to other people! This is pretty much what we do all the time in life. It becomes playful where there is an opportunity for positive influence like when you are asking someone to do something with you and they might say “yes”, but they might say “no”.

We call this the “offer”. It can also be in the form of a request.

The offer often leads to an opportunity to co-create an experience together; hopefully an inspiring experience!

## **Create for Inspiration (AKA to share with others)**

Creating is when you make a thing for others to experience or you design a co-created experience that you aim to share with others to inspire them; for examples: writing, recording, designing, planning. The sharing part is all about participation and contribution. This is very much in line with the idea that “Life is Performance Art”; which is a concept we talk about a lot in coaching.

The sharing often leads to an opportunity to be visible; to be seen and known.

## **Explore for Visibility (AKA to See and Be Seen; to know and BE Known)**

Exploring is when you go into a new territory; you are stepping into the unknown (hopefully with a sense of wonder) It can be a physical place, a social media platform or even a new idea. You explore to see and experience new people and new places; and also to BE SEEN and KNOWN by new people.

Often when you meet someone new these leads to an invitation to get to know each other better. (AKA Relate)

## **Experiment for Discovery (AKA to Try New Ways)**

Experimenting is any time you do something that you have not done before OR you do something that you have done in a new way. Often when we experiment, we have an idea or a hope of what will happen but we don’t actually know. A key to success is to start with an intention, be open to new possibilities AND keep track of what happens; and most important is to not look at any outcome as a failure but as learning.

Hopefully you are getting energized about playing for your Dream with Social Play!

“Yes, these social play actions and results are exactly what I want!

But when I think about it:

- Relating when I want to ask for what I want, or need is pretty hard for me.
- Sharing what I create can be a real struggle.
- I know I need to “get out there” and be more visible, but it’s hard.
- Trying new things often feels too risky so I stick with what I always do.”

For now, I am going to ask you to trust me and your coach! Doubts and fears are clues on the treasure map of your Dreams. We welcome them and explore them.

We encourage you to pursue these social play actions with an open mind and a clean slate. IF you experience some fear – or remember fears from your past attempts at Social Play – we have a powerful way to coach you through it that we will practice in Session #4: The Pivotal Moment. But we need to you to get into the experience with a fresh perspective.

Your coach is going to focus on Relate for Influence, Create for Inspiration and Explore for Visibility in this session. We are going to explore Experiment for Discovery starting in a few weeks because when you first start playing, basically EVERYTHING is an experiment!

**Co-Creator:** This is an approach where you can bring out the best of yourself and others; to express both your Drive to BE Free AND your Love to Befriend at the same time.

When your coach asks you about this the key is to release the Industrial Culture need to be perfect and be in control.



### ***03-03) Transformation: From Complete tasks TO Social Play***

Transformation:

**From:** Complete Tasks

**TO:** Social Play

There is a lot to explore in this life-changing transformation. I will share a few ideas with you here.

**Early Days...**

**Classroom** = sit down, be quiet, obey the teacher, do your worksheets, don't make any mistakes or you will be shamed.

**Playground** = find your friends, co-create experiences together, keep the play going by making sure everyone feels included.

I always say: “we were born to play then we were trained to work”.



## **Tasks = control vs. Results = co-creation**

We work on tasks to complete them; usually in isolation.

We play to co-create results / experiences with others.

This is a big transformation for many of us mostly because we were strongly indoctrinated into task mindset by the Authoritarian / Hierarchical Control Culture. The mindset of the culture is that everything we need to do can be narrowed down to a sequence of tasks that can be completed – mostly in isolation - without making mistakes.

Meanwhile social play is our most natural way of being in the world and interacting with other people. In social play there are multiple people involved in the action, OR you are doing an action that you intend to influence or inspire or be seen another person at a later stage.

A task is when you are doing an activity and the only objective is to complete the task; and usually there is a notion of doing it the right way. A key element of task orientation is that we can control the doing and the completion of the task.

In social play the activity is separate from the desired outcome. We engage in the activity AND we can't control the desired outcome. It may happen or it may not. AND we can influence the desired outcome with skill, energy, strategy... even luck.

So, a task is doing something that we can control and learn how to do it the right way.

Social Play is something that we can influence by growing our skill, energy, approach and more. THE BIG idea for us with Transformation Coaching is that we can practice social play with the desire to co-create our desired results more often. Coaching is guided practice!

## **We Manage Tasks vs. We Coach Play**

With task orientation there is an underlying element of obedience or compliance; doing what you are told to do and doing it the right way. Note: even when you “work for yourself” there is an idea that you will assign tasks to yourself and then you will do the tasks.

We are trained in task orientation in compulsory education specifically so that we can then be compliant workers, fit for employment in a Hierarchical Control organization. The manager tells the worker what to do and they do it, ideally without mistakes, over and over again. This is the fundamental premise of the Industrial-Age Organization.

The objective of compulsory education is to make us obedient and fit for Industrial Employment.

With play usually there is a notion that the player – with coaching – will find their best way of co-creating the desired results with others. In this way, play is a pathway to personal growth.

Most opportunities in the emerging connected world involve social play.

Most leadership situations are fully social play but are mostly approached as if they are tasks that can be controlled.

When we approach a social play situation like a controllable task it leads to manipulation, frustration, and STRESS!

### **The Numbers “Game”**

We have been quite determined in the Industrial Control Culture to turn EVERYTHING into a controllable and manageable task that we can work on.

One relevant example is the saying: “it’s a numbers game”; meaning if you need to influence a certain number of people to do something with you, look at each interaction as a transaction; by completing enough impersonal interaction transactions the percentages will get you to your desired number.

This notion ignores the truth that our engagement with others is social play with real people that we can improve through practice rather than grinding through numbers of impersonal transactions.

### **Tasks are safe – Social play includes risk**

A big part of the task mindset is to make life 100% free of risk; get everything under control so that there are no risks, no mistakes and no disappointments. There can be a sense of accomplishment in completing tasks especially since we have been trained to enjoy the experience of completion.

However, a day with only tasks will pretty much suck the joy out of life!

Our natural human way includes playing with risk and embracing the opportunity to fail and grow from challenges.

A good way to approach playing for your Dream (at least a little bit) every day is to find a blend of tasks and social play.

There is value in both.

On the playground, there is always risk which is part of what makes it so engaging... and FUN! And sometimes there are hurt feelings... or blood. Then we go play again!

### **Transformation Coaching**

Encouraging you to engage in social play and embrace the risks involved is a big part of Transformation Coaching.

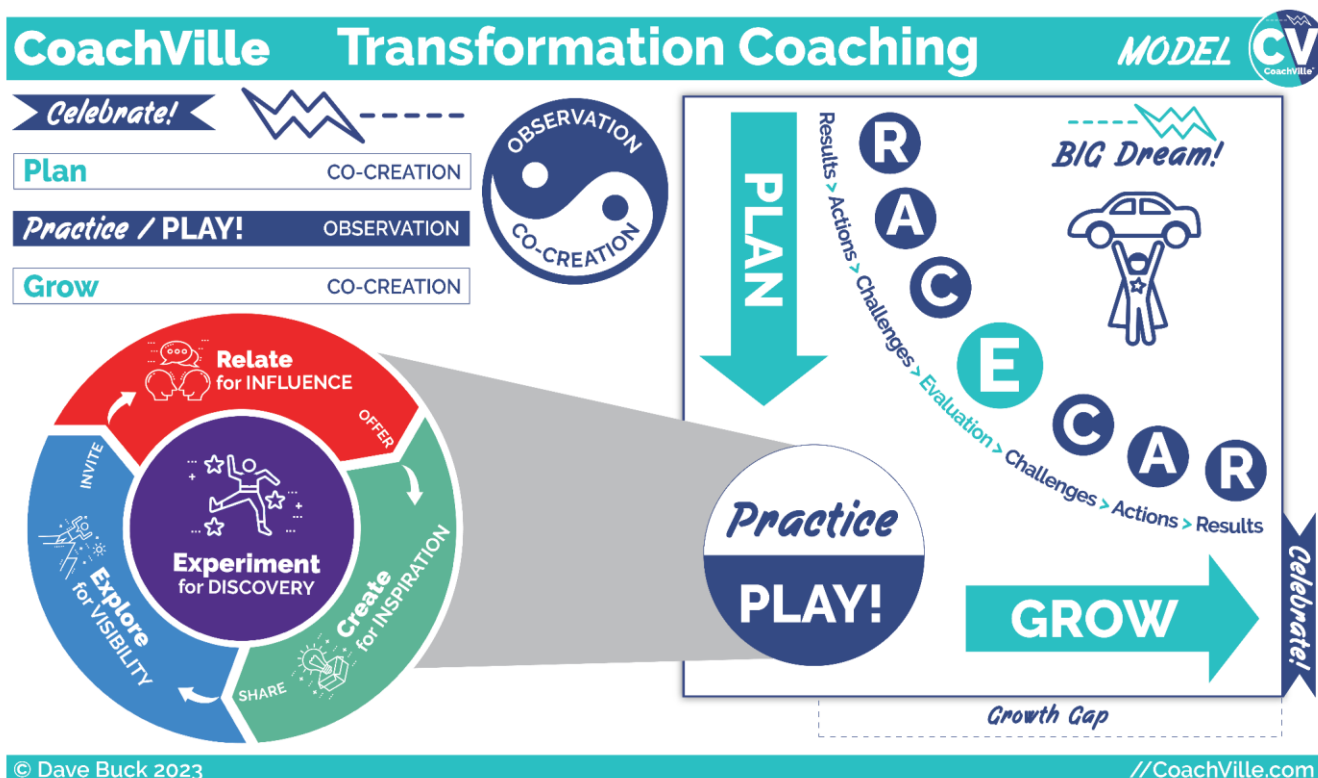
Exploring challenges for growth opportunities is another big part of Transformation Coaching.

Both are enormously rewarding for both the player and the coach.

AWW Yeah!

### 03-04) Transformation Coaching Model

To help you get ready for Session #3, I want to share with a quick overview of the Transformation Coach Model that we use to get into the rhythm of playing with a Transformational Coach. We will go deeper into this technique as we move along.



Here are a few things to notice.

The basic flow of a Transformation Coaching session is:

Plan – Practice – Grow.

The basic flow for playing in the social world is (a Transformational Life):

Plan – PLAY – Grow (And Celebrate!)

The difference is in the coaching session we do a unique form of play called Practice. This is when you play in a safe space with the intention of getting better at something.

What we are practicing and playing in the world is Social Play.

The **RACECAR** part is an acronym:

**R**= Result - what we desire. (eg. The Influence of Relate for Influence)

**A**=Action – what we do (eg. The Relate of Relate for Influence)

**C**=Challenge – Anything that makes the desired Result NOT happen when we take the Action)

**E**=Evaluate (eg. Looking back on the experience for growth opportunities)

**CAR** = Then we look for new ways to approach the Challenges and new ways to play the Actions to co-create the Results we desire better or more often.

The other important element to this model is the circle with the yin/yang symbol and observation ~ co-creation. Your coach is observing you, sharing what they see and then using that knowledge to co-create practice experiences with you.

Meanwhile, you are observing your coach and using what you learn to become a more capable co-creator of practice experiences.

### **03-05) Peak Experience Technique**

Your imagination is wildly powerful and for most people severely underutilized.

Your ability to feel energy in your body is also SUPER powerful and for most people severely underutilized.

The Peak Experience Technique is a visualization and awareness technique where you will practice a social action using your imagination. And also imagine the positive impact (Result) that you desire to have on another person. When we use your imagination to preplay a peak experience, it makes it much easier and more likely for that experience to happen out in the world. In other words, you start living your Dream NOW!



Most elite athletes and performance artists use a similar technique to reach amazing levels of impact. We can do it too with the social actions of life!

This technique requires some practice. But once you get into it, you are going to LOVE it.

## A Quick Walk Through

### *Plan the scenario*

#### 1) Do Something Awesome

Choose a specific social play moment to explore. Be clear about the action and the scene you will be in. For example, I am sitting at my table with my computer and I am writing an article to post on Linked In.

Describe the feeling you want to have while you are in the action.

#### 2) Describe their feeling

Since this is social, there is at least one other person involved; even if it is at a later time. In the interaction, how do you want them to feel.

#### 3) Desired the Action

What do you want them to do as a result of the experience?

### *Play / Practice the scenario*

*Your coach will then walk you through the sequence of scenes.*

#### 4) Imagine yourself at play

Use your imagination to create a scene of you engaged in this social play activity.

And then take a moment to FEEL the energy in your body.

#### 5) Push the Energy

Next use your imagination to push your energy and awareness to the “other person / other people” in the scene.

#### 6) Imagine them Engaged

See and FEEL the other person fully engaged in the scene with you. Try to see it and feel it from their perspective.



## 7) YES! Imagine they do it.

Whatever you intend for the other person to do as a result of these scene, see it playing out perfectly; just as you desire. See it as a peak experience where you really enjoy the feeling of it all.

## 8) Thoughts

Now step back and use judgment-free awareness to notice the thoughts that were in your mind as you imagined the scene playing out.

## 9) Body Sensation

Next do a body scan and notice any physical sensations that you are / were feeling when you imagined the scene.

## 10) Desires

Finally, notice any desires – also known as Heart’s Desires – that you felt as you were in this peak experience in your imagination.

DONE!

Now you have imagined and embodied that moment of the peak experience.

It will be much easier for the moment to play out in the social world.

AWESOME!

## *03-06) Transformation Coaching lives in “The Gap”*

Transformation Coaching is when you intentionally grow into the next version of YOU by playing for your dreams. Playing well - or playing better - is when you are able to create the desired results and experiences from a playful action more often than you could before you started coaching.

It often starts with a vision yourself playing something new or something in a new way. It is your vision of having experiences where you play well and co-create the results you desire.

This creates a Gap. The Gap is the space between how you play now and your vision of possibility for how you want to play; getting the desired results more often.

The way you play better is by imagining, practicing and expressing your Human Nature Superpowers more fully and more freely. Become SUPER YOU!



Another way of seeing this is expanding your visibility, influence, inspiration and discovery (Social Play) while having fun and growing.

This is a big mental shift from Industrial Control thinking where you are either doing it right or you are doing it wrong.

Allow yourself to evaluate how you play now and how and see the gap for how you can play better. Growth lives in the gap. Coaching lives in the Gap! Becoming awesome at what you do... lives in the gap.

### 03-07) Human Nature Superpowers Be Free and Befriend

My purpose with these segments on our Human Nature superpowers is to share observations and questions to help you access and activate these powers within YOU. Playing for your Dream with your coach will take care of the rest.

Let's go a little deeper into the two at the top of the model: The Drive to BE Free and the Love to Befriend.

My experience is that these abilities are both strong within us AND often thwarted and ignored by the way we live in our Hierarchical Control Culture.

One thing to notice on the model is how the "To Dream" superpower is the hub of our power. Everything supports our ability to live our dreams NOW.

A Dream has a theme or a focus over a period of time.

When we look at Be Free and Befriend we see two essential powers:

Be Free: Choose Your Adventure



Befriend: Choose Your Companions.

I always loved the saying: Life is a choose your own adventure game. And every day is a new adventure. That's what we are going for with this Superpower.

While we are living a Dream we will have many adventures and one or more companions.

Adventure is our word for moving out into "the world of people" for the day to do something or experience something new; and now with our technology we can move into "the world" without leaving our homes. The way we live today, our days can have several different activities that we weave together and call it an adventure.

What we are "playing for", so to speak, is what we call a Peak Experience. This is where our abilities meet a moment of challenge or opportunity and something awesome happens!

On the other hand, there is definitely a "thing" we all need to do which is to find the balance between routine, doing something the same way every time, and adventure, when something new happens.

Companions is our word for the people who are closest to us. You may have one or more companions who are with you for many adventures over a long period of time. You may have a companion who is with you for a short period of time; even just one day.

Every meaningful dream in our lives has adventures and companions. And it is a major development in our wisdom as individuals to find our balance and integration of these two powers.

When do I do what I want to do?

When do I do what my companion wants to do?

How do we co-create what WE want to do.

Sometimes with a friend (or friends) we choose an adventure together collectively.

Sometimes we choose an adventure as an individual and then meet people who become friends along the way.

**BOTH** are awesome.

Notice how much of your life's most meaningful moments have involved adventure and companions.

I have coached so many people who when we really get to the core of what they desire in life it is either freedom or love.... And most often... both!

**Drive to BE Free**

Remember the keywords from our Human Nature Superpower:  
The Drive to BE Free.

- Choose your adventure (every day)
- Self-trust = I trust my inner knowing
- Self-determination = I can choose to do it; I don't need permission.

**Drive to BE free**  
Self-determination  
Self-trust



When we talk about freedom there are so many ideas that come to mind:

Creative freedom

Lifestyle freedom

Emotional freedom

Financial freedom

To name just a few.

We all desire freedom. But can we live it?

Tune into this key phrase: Choose your adventure every day. This is the most natural way for us to live. Yet we have organized our human culture to fill our days with obligations. This is very interesting.

Tune into self-trust. This is so vital to living a meaningful and joyful life!

How many times do you face a situation where you notice an inner knowing about what you desire to do or say?

And then how free do you feel to follow your own inner knowing?

I often notice when something goes really wrong that prior to the disaster I KNEW I should do something... that would have had me avoid the trouble.

DANG IT! Why didn't I listen to my SELF?

Does this ever happen to you?

What has happened to us that we find it so difficult to trust ourselves?

Next consider Self-Determination. This is the ability and freedom to choose what you are going to do in any given moment - or how you will respond to a situation – and then follow through with the action. It is strongly related to self-trust.

Notice how often you are able to determine for yourself what to do and how often your actions or responses are determined by someone else; someone who is “in control” of a situation that you are a part of.

It is interesting how we have organized our culture so that much of our time and energy is obligated to do things or be places; and do them a certain way.

It has become “natural” to fill our calendars.

Just to illuminate the obvious: I will refer often to our culture as authoritarian and /or hierarchical control. This goes against our Human Nature and Drive to BE Free! There are many dire consequences to this situation that we will explore in the “Treasure Map of Problems”.

## Love to Befriend

Remember the keywords from our Human Nature Superpower:  
The Love to Befriend

**Love to BEfriend**  
Care (give & receive)  
Co-create

- Choose your companions.
- Co-create = Two or more people creating together
- Care (give and receive) = We attend to each other’s well-being



The way we live in the Industrial Culture we often find ourselves in very large groups. For example, as part of companies or communities of shared geography or purpose. While we are around a lot of different people – now both in person and on line – we are only drawn to a few. How and why we are drawn to some people and not to other is one of the mysteries of life.

You know that feeling when you are talking with someone who is a stranger to you. And something clicks and you feel an energy flow between you.

Other times you are “thrown in” with someone in a company or group activity, like a sports team, and over time you develop a close bond with someone.

All of these make for great companion choices.

Another big idea is that sometimes we choose our companions. And sometimes our companions choose us. Both are good.

Cocreating with another person, or a small group, is one of the most energizing activities in life. This can be doing an activity together which is a cocreated experience. Or, actually co-creating a thing. WOW! We made that together.

When you take a step back and think about your life... it is mostly co-creating experiences with other people. We do it so naturally that we don’t even notice it as a superpower. Now imagine if you used this superpower intentionally. WHOA!

Caring is another incredible Human Nature Superpower. We are awesome at caring for others.

Unfortunately, due to Industrial Control diminishing our self-worth, we are often not so good at receiving care. But we will uplevel this ability in this program.

Another challenge we have in our culture today is the toxic media going after your attention with 24/7 trauma stories. They know that we all have the Superpower to Care so they use that against us to suck us in to care about their trauma story.

We all need to develop the wisdom to choose when to use our care Superpower and when disengage it.

We will get to this later as well.

### Conclusion

The big point of this section is to notice that we have these incredible superpower abilities within us. We take them for granted because they are Human Nature. By calling attention to them we can start to use them with intentionality and wisdom specifically for our Dreams.

During our adventure together, look for ways to revive and practice these awesome Superpowers within your Human Nature!

You were born for this!

## 03-08) Encouragement to use the Transformation Coaching Play Sheet

Encouragement to use the Play Plan Playsheet for the week ahead...

You are going to do hundreds of actions or tasks in a given week. And if you are like most folks engaged in the Industrial World, it is easy to get lost in lists of tasks and problems.

Probably only a few of your actions during the week will be on the growth edge of social play. So it is important to have a special way to:

- A) Keep your Social Play intentions in front of you
- B) Keep your notes as things happen (and don't happen)

The image shows a 'Transformation Coaching Play Plan' sheet. At the top, it has a title 'Transformation Coaching Play Plan #' and a 'Date:' field. Below this, there are three main sections: 'Your BIG Dream:', 'Your Transformation: FROM: TO:', and 'Your Superpowers:'. The 'FROM:' and 'TO:' are connected by a lightning bolt icon. Below these sections, there are four rows of 'ACTIONS with the Spirit of Play'. Each row has a title, a risk, and a corresponding icon. The first row is 'Relate for INFLUENCE > Risk Rejection' with a red icon of two heads. The second row is 'Create for INSPIRATION > Risk Disappointment' with a green icon of a lightbulb. The third row is 'Explore for VISIBILITY > Risk Trouble' with a blue icon of a person climbing. The fourth row is 'Experiment for DISCOVERY > Risk Mistakes' with a purple icon of a person jumping. To the right of these rows, there are columns for 'Challenges / Superpowers / Results:' and 'Growth:'. At the bottom, there are two boxes: 'Celebrations:' with a blue icon of hands clapping, and 'Growth:' with a blue icon of a person lifting weights.

That is the purpose of the Social Play Sheet called: The “*Transformation Coaching Play Plan.*”

**A mini version of the Social Playsheet is on the right.**

Write a short version of your Dream on the top.

Write the transformation you are playing for this week.

Write an YOUUnique qualities of you that you want to emphasize in your Social Play.

Then use this sheet to write down a few Social Play actions you want to focus on during the week.

Then keep a few notes as you play them or don't play them (for some reason) in the right column of the page.

Make a special note on the bottom for anything you want to remember to celebrate with your coach. AND any growth moments that you noticed. (This will get easier as you paly more often)

This will help you remember the key moments that you want to explore with your coach. Otherwise, it is easy for them to fly by and you forget them by the time your coaching session happens. I know because it happens to me all the time!!!

## **Session #04 - Play Better**

(The Role Play Technique)

## 04-01) Prepare for Session #04 – Play Better

### 1) WARM UP and Dream Sharing

Just like we did in the last session. Every time you speak your dream out loud with your coach it gains energy.



### 2) CELEBRATE

Your coach will ask you to share a celebration from playing for your Dream. Sharing celebrations builds trust... vital to Transformation Coach. KNOWING that your coach is going to ask you this every session, helps get your awareness re-oriented toward celebration and gratitude.

You can celebrate ANYTHING that has meaning for you.

### 3) GROW (From Play)










Now that you have had the clarity to bring social play into your days for a week, it's time to explore what you experienced. This is a mindset shift that will take a little practice.

**Insights** – something new that you experienced. Something you noticed about your Self, your Dream or a situation.

### Actions and Results – Social Play

Challenges – What got in the way of the action or the result? What is the growth opportunity?

The key is to be playful in how you talk about these experiences and LOOK for the challenges and enjoy them as growth opportunities. Embrace the power of co-creative conversation to expand your possibilities!

Transformation Coaching Session #4 Notes			Date: _____
1. WARM-UP and Dream sharing: 			
2. CELEBRATE 		3. GROW (from Play) 	
3. PLAY BETTER			
 Relate		CHALLENGES	for INFLUENCE
 Create			for INSPIRATION
 Explore			for VISIBILITY
4. (Practice) PLAN: Choose a conversation to Role Play:			
5. PRACTICE (Role Play) 			AH-HA MOMENTS
Desires: 			
6. GROW (from Practice) What did you learn about playing for your dream?		What did you learn about yourself and your superpowers? 	
7. PLAY PLAN: What is your transformation for this week? What social actions?			
FROM: _____			
TO: _____			

#### 4) Practice PLAN

You and your coach will then choose a Relate for Influence activity or situation to practice using the Role Play Technique.

#### 5) PRACTICE

**Here is a quick summary of the core concepts...**

Embracing challenges is an essential quality of the growth mindset... essential for Transformation Coaching. Before the session reflect back on your experiences of social play. Notice when things went as you hoped... or didn't go as you hoped. BOTH are useful.

HINT: this is a good reason to use your Play Plan Playsheet for notes during your play in the world!

Come prepared with an idea for a conversation to role play; OR a few to choose from.

In this session you will immerse yourself in playful practice. You will be amazed at what you discover.

#### 6) GROW (from practice)

This is becoming the next version of you... and the next version and the next version. It is developing new abilities or stepping into new beliefs. Every BIG Dream we pursue in life sparks growth within us... this is why we all have BIG dreams throughout our lives.



- What did you learn about yourself?
- What did you learn about your Dream?

#### 7) PLAY PLAN

You and your coach will hone in on a two things at the end of each session.

A) Set your intention for Transformation for the week. A way you intend to expand or express something new or become the next version of YOU

FROM: A (a word or phrase)

TO: B (a word or phrase)

Look at what you explored in the session. Think about your situation. Add in what you plan to do. And sum it up in a phrase from A to B.

B) Share a few social actions that will include or engage others as you play for your Dream this week.

You have done this a few times now. It is OK to play for the same transformation for a few weeks.

**Co-Creator:** This is an approach where you can bring out the best of yourself and others; to express both your Drive to BE Free AND your Love to Befriend at the same time.

When your coach asks you about this the key is to release the Industrial Culture need to be perfect and be in control.

Pivotal Moments... keep looking; Challenges... start seeking!

One thing that I have noticed about people who aim to play BIG... they go beyond embracing them and they LOOK for them. The next thing is just a quick reminder to LOOK for your pivotal moments: moments when you avoid or delay an action or notice that you are avoiding a social risk. These are the type of challenges you want to share with your coach. It will open up growth opportunities that you can explore together to find more clues on the treasure map.



We will play with the Pivotal Moment Coaching Technique in Session #4.

Have an awesome session with your Coach!

## **04-02) Transformation From Task Oriented to Growth Oriented**

Transformation

**From:** Task Oriented

**TO:** Growth Oriented



Whew! This is such a big one for all of us because we were all sooooo indoctrinated into task orientation in school and most jobs. The big idea of task orientation is that you learn how to do something the right way. Then you just keep doing that task that way... for the rest of your life! You are part of the machine.

Task orientation is good for activities that do not include other people. As soon as other people are involved it becomes social play.

With social play, growth orientation is way better.

Growth orientation means that in each social play activity you aim to co-create an experience with another person. With each experience you have the potential to be influential or inspiring or become visible; or to discover something new. It may not turn out that way but it has the potential to.

Growth is when you get better at doing a social play activity.

You get better by trying something new and then practicing it a bunch of times. With each practice you have the opportunity to discover something about yourself or about that type of situation.

This transformation will radically change how you view yourself in social situations.

With task orientation, the other person is part of a transaction and if something goes wrong that means you did it wrong.

But with growth orientation, if things don't turn out the way you hoped, then you can get energized by seeing it as a challenge! You can see it as an opportunity to express yourself in a different way or try something that is more creative.

When you play with growth orientation then every new adventure can add to your capabilities and wisdom.

FUN!

### ***04-03) Embrace challenges... opportunities to Play Better!***

In this session your coach is going to explore with you the challenges that you are experiencing and noticing while you play.

This can seem uncomfortable... because in the Industrial Culture having a Challenge meant you were doing it WRONG; whatever IT was.

When you are a player in a Coaching Culture, playing with activities that you can't control but you CAN influence, every challenge points the way to a new growth opportunity... an opportunity to Play Better.



In this exploration, YOU can really enhance the experience by being eager to notice these opportunities rather than resisting them.

**THIS WILL BE A MAJOR TRANSFORMATION FOR MOST PEOPLE!**

As soon as you shift from “something is wrong with me; and I don't want to hear it” to “I am a player who loves to grow”... this is when Transformation Coaching really takes off!

This leads us to the fun challenge of relating for influence which we practice with the Role Play Technique.

## 04-04) The Role Play Technique

In this session your coach will use Steps 1,2,4,5,6 and 7. Notice the flow: Plan – Play – Grow.

We will skip Step #3 this time.

### Step #1) Define the situation

What is the conversation you want to practice?

What is your intended result or feeling?

### Step #2) Define the Role

Your coach will ask you to give a character sketch of the person. If it is a specific person you can share those details. If it is a recurring conversation then create a composite sketch of common characteristics of a typical person.

### Step #4) Play Together

Your coach will jump into the role and play the situation out with you while also observing:

- Your clarity of intent
- Your energy
- Your flow of words

### Step #5) Time Out

Your coach will call time out - Or YOU can call time out – to step out of the situation.

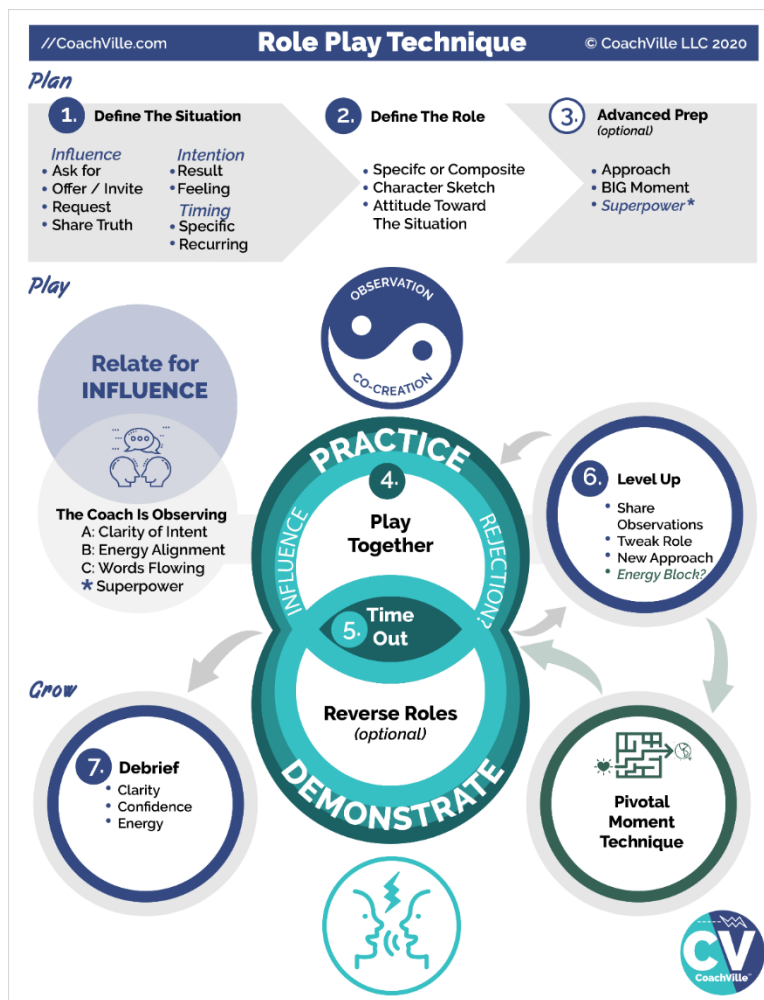
### Step #6) Level up

You and your coach can explore:

- How YOU feel in the situation.
- How they can improve the role to make it more valuable for you.
- How you might approach the situation in a different way.
- How you can practice expressing one of your Superpowers.

### Step #4) Play Again

You and your coach may practice the conversation a few different times.



## Step #7) Debrief

You and your coach will reflect on the practice to look for growth and growth opportunities.

### 04-05) The Power of ACTIVE conversation

This may be one of the most important distinctions in the Transformation Coach.



It is something that makes a CoachVille Coach very different than other types of Transformation Coaches. I am going to give you the basic idea here. Then you will discover it in more detail throughout your experience with your coach.

**Let's say there are five kinds of talking and 4 that apply to Transformation Coaching Sessions:**

- 1) **Passive conversation** – this is talking about “whatever” to experience belonging; also known as “chatting”; this is a lot of Human conversation. It is very important for relating but not strong enough for Transformation Coaching.
- 2) **Reporting conversation** – this talking about events that happened for the purpose of sharing information and co-creating belonging. This is probably the most common form of Human conversation. It is very important for Human connection and cooperation; but not quite strong enough for great Transformation Coaching.
- 3) **Reflective conversation** – this is talking about events from different perspectives with the specific purpose to gain awareness. This is the essence of the Co-create Awareness Technique. It co-creates cooperation, belonging AND growth. This is a staple of Transformation Coaching Conversations.
- 4) **ProActive co-creation** - this is talking about how to do something; how to do something better or how to approach it in a new way; a plan or a sequence or a strategy; brainstorming. It builds deeper belonging and starts a shared experience because now you are in it together. This is essential to a great Transformation Coaching Conversation.
- 5) **ACTIVE conversation (AKA Guided Practice)** – This is when you actively do something or practice something in the conversation. Examples include doing a Role Play or a shared visualization; this creates a powerful shared experience and promotes profound belonging, enhanced confidence, and rapid growth. When we play together, we grow together. This is how coaching works.

A lot of Personal Coaching is mostly type #2 and #3 with a little spritz of #4. This is pretty subdued Coaching. When you have a lot of reporting and reflective conversation and then

jump into a quick pro-active co-creation (planning) at the end, it will generally be quite tepid; planning to do more of the same.

With a CoachVille Coach you will experience ACTIVE conversation and guided practice! You will experience a hearty mix of types #3, #4 AND #5 in most coaching sessions. This will be growth oriented and often transformational. When you have a healthy dose of ACTIVE conversation, the ProActive co-creation part will be full of imagination, energy, and bold moves.

## **ACTIVE conversation changes everything; figuratively AND literally.**

You are going to love it. **But it might freak you out at first.** (Actually, it's more likely than a might. LOL)

Let's play!

### *04-06) A Few Thoughts About Practice*

- Play and practice go together. Practice is the pursuit of playing better.
- Play is something that you cannot control but you can influence. Practice is about gaining more influence in a recurring activity or situation; or the ability to co-create the desired result more often.
- Adults often absorbed an Industrial Culture belief that they SHOULD know how to do everything already and as a result resist practice.
- Adults often feel vulnerable when they don't know how to do something. So, they just try to avoid it or fake it rather than seeking a way to practice.
- Practice is the pathway to mastery; there are so many activities that are fun and useful to master.
- With practice essential actions become "natural"
- To practice, you have to allow yourself to "NOT KNOW" how to do it; or allow yourself to not be perfect.
- Practice is a way of getting feedback. Because of Industrial Culture environments where feedback meant that you screwed up, most adults have learned to avoid feedback. To become awesome at Social Play in the Connected Coaching Culture you must become fluid with feedback experiences. Keep growing.
- For people who have the desire to play better, feedback is the "Breakfast of Champions!"



## 04-07) Practice “Relating for Influence” with Role Play

The more you study the Dreams of life, like personal growth, business, leadership, career or romance, the more you realize that relating (communication with the intention to connect) is the primary activity. Playing for a dream is mostly about talking with other people and playing for influence!



Relating for influence is a form of social play and it involves social risk, specifically the risk of rejection. Social play is connected to our sense of belonging and our status with a person or within a group. If we get a “Yes” our status goes up. If we get a “No” our status goes down. It may sound childish in a way, but to your inner being, social status is a very BIG DEAL.

Relating for influence has MANY underlying factors like being present, really listening and sharing authentically.

Your coach will use the Role Play technique with you to help you become a skilled relator through practice. Practice leads to agility and confidence. As your coach plays roles that want to practice influencing, you will become a more playful and resourceful player in life.

In most dreams there are MANY distinct conversations that you can identify and practice.

The key to a good role play is to hone in on:

- A) a very specific conversational skill
- OR
- B) A very specific conversation situation

### **Examples of distinct conversation (Skills):**

- Ask someone for something
- Ask someone for something that you need
- Ask someone to do something with you
- Ask someone to do something for you
- Make a request for support
- Make someone an offer to do something for/with them
- Ask someone to change their behavior in a positive way
- Speak your truth to someone
- Introduce yourself to someone in a way that sparks deeper conversation
- Invite someone to hire you for something and discuss the money!

### **Examples of specific conversation situations:**

- I need to ask my boss for the opportunity to lead the new project.

- I want to call Bill from the Chamber of Commerce and suggest that I give a talk at our next meeting
- I want to reach out to Sally and let her know that I want to be a part of the community leadership team.

There are so many possibilities!!!

## **A few thoughts about Pivotal Conversations**

In life there are a lot of moments! As a player, you cannot practice EVERY moment with your coach. So, you and your coach need to cultivate an understanding about what the pivotal moments are in your Dream and then practice those.

A pivotal moment is one that has a big impact on whether or not you create the results and experiences that you desire.

There are many possible scenarios for a pivotal moment in life. Here are three basics:

- A) It could be “pivotal” because the possible rewards are great
- B) It could be “pivotal” because it could be emotionally challenging in some way
- C) It could be “pivotal” because it happens over and over again without desired results

The way your coach guides you is by practicing pivotal moments with you!

Let’s focus briefly about how we do this in Transformation Coaching.

Yes, Transformation Coaching involves a lot of talking. BUT it is super important that you know the difference between “talking” and Practicing in Conversation! A coaching relationship is so much more than talking. Think about a voice coach or a basketball coach. Yes, they talk with their players a lot BUT, they also practice with them by singing or jumping on the basketball court to demonstrate something.

## **What are your Superpowers for Influence?**

My main objective in asking you this question right now is for you to:

- A. Realize that you do have superpowers of influence.
- B. Start looking for them within yourself through your experiences
- C. Start to imagine becoming a capable influencer through practice with your Coach!



We all have Superpowers for influence, and we used them freely when we were small. But often this didn’t go so well. So over time the playful influencer within us went underground. Meanwhile, whatever form of influence was effective within your family of origin is the one you developed and the one you probably use now. The need to belong is a powerful force that causes us to adapt in a lot of different ways; many of which don’t serve

us well when we aim to play BIG for our dreams. I will get into this in great detail in Chapter 8 of this playbook.

To spark your imagination and vocabulary, here are a few examples of language for Relate for Influence Superpowers:

- Emotional Balance
- Support Shared Interests
- Attentive Focus
- Espouse Ideas
- Adaptable Magnetism
- Debate Opinions
- Approach with Sensitivity
- Take Charge Naturally
- Inventive Thinking
- Innocent Trust
- Play with Tenacity
- Natural Influence
- Resolve Crisis
- Dynamic Activist
- Breakthrough Perceptions
- Wise Rebel
- Initiate Experience
- Ambition to Advance
- Tell Meaningful Stories
- Joyous Vitality
- Penetrate Barriers

## 04-08) Human Nature Superpowers Become and Belong

Let's continue our exploration of our Superpowers of Human Nature.

Remember, the important idea is that these abilities are so natural to us that we don't think of them as Superpowers. At the same time, they are so thwarted and distorted by the toxic Industrial Culture that we hardly recognize them within ourselves.

With Transformation Coaching we can reclaim them, practice them and use them for good in the world as we live our dreams NOW!

Now we are looking at the second row of Superpowers on the model: the Urge to BEcome and the Need to Belong.

The Urge to BEcome relies upon our Drive to BE Free and The Need to Belong relies on our Love to Befriend.

These two superpowers move us further out into the community and the way we contribute our YOUnique value to the groups we are in.

### The Urge to BEcome

- Choose your playful practice; anything you want to “get good at doing”
- Self-expression = I can do it in my unique way
- Spirit of play = Curious, Creative, Resourceful, Resilient

As a life coach for 25 years, before I started calling it Transformation Coaching, self-expression comes right after freedom and love for what most people wanted coaching for. Our self-expression is so vital to how we experience life.

### Choosing your practice



We love doing activities that we can practice and get good at doing. When an activity gets your attention you can spend hours, months, years, even a lifetime playing with it to get better and better.

This superpower connects strongly with the Need to Belong because often our desire to practice something includes a vision of how we can do it to increase our value to the people around us.

This is such a big part of what we do every day! My point here is to see it as a superpower and use it for your Dream.

What does your Dream need you to get good at doing?

How can you practice this.

This Superpower is deeply connected to coaching because coaching is Guided Practice.

Think about all of the activities that you can do pretty well! Everyone required a time of practice.

This is why so many of us humans are drawn to athletics and performing arts as both players and observers. We love practicing activities that we can then perform for admiration by others in our group. And we love to observe people who are playing something at a high level. Here is another connection to the Need to Belong Superpower! We REALLY love observing athletics and performance arts with groups of our peers. It is a powerful bonding experience.

Practice... and then performing for others... is such a pure human thing that brings joy to our lives.

Now the BIG idea for Transformation Coaching is to take this same energy and bring it to more activities of life... especially anything that we can engage with as social play!

Let's practice and gain confidence and then co-create all kinds of social experiences together.

This leads nicely into self-expression.

### **Self-Expression**

Have you ever wondered why some people are drawn to certain activities and not to others? I have!! The amazing thing is that sometimes you can see a connection to the Love to Befriend; when you are drawn to activity because someone you care about is doing it.

Meanwhile, there are plenty of times where there is no explanation at all! It is a total mystery and the only explanation is that there was something about it that was waiting inside of you. A personal example for me:

A) I love singing. No surprise there! Both of my parents are accomplished musicians and were singing around the house all the time! All of my sisters are amazing singers as well.

B) I fell madly in love with soccer from the first moment I saw it even though I was not especially close to any of the other kids in the game I was watching. I just wanted to play. It is a total mystery to me why a passion for a game took me all around the world as a player and coach.

Self-Expression is vital to our experience of joy!

Self-expression is what we yearn for in our ability to contribute to others in a meaningful way. We yearn to be valued for the activities that feel like self-expression for us.

## **Spirit of Play**

I believe that the Spirit of Play in our Human Nature is one of the most deeply untapped resources on Earth today!

When we are playful, we are capable of so much awesome social connection!

When we are at play, we are more: curious, creative, caring, co-creative, resourceful, resilient, joyful, engaged and FUN!

One thing you notice about little humans is that as soon as they can move around, they start playing!

Play is how we become the next version of ourselves. And the next version and the version after that. As long as we keep playing, we keep becoming!

Often our play begins by trying to do what you saw someone else do, and then taking into a new direction of self-expression. This is another example of how becoming and belonging play together.

As I have described a few times in encouraging social play, play is when you do something and you don't know how it is going to turn out. You may have an intention, but you don't know how far your current skills and imagination will take you at this moment. But you play to have the experience and to find out what you can do.

The spirit of play is deeply connected to the Love to Befriend because playing together to co-create experiences is a big part of what makes a joyful day.

We can play in the activities of life that are MOST important to us.

This will not be news, but in the toxic Industrial Culture, play is highly controlled and even shamed in many situations; especially school and work, two places where we spend a lot of time.. Play is often seen as frivolous and not of any lasting value.

The Industrial culture asserts that if an activity is important then we work, if it is frivolous then we play.

I encourage you to do exactly the opposite!

If something is trivial, then sure, make it routine and treat it like work.

If something is meaningful, then bring all of your Urge to Become Superpower to it: practice, make it a self-expression and approach it with the spirit of play!

As a quick “commercial break”, this is what our Play Life Coaching program is all about! Please add this to your play plan for the future.

## The Need to BELong

- Choose your environments
- Social-Value = your contributions to others are appreciated
- Social Safety Instinct = avoid disrupting your status in the group



The Need to Belong is another part of our Human Nature that is so deep and automatic that at first it is hard to think of it as a Superpower that we can use intentionally.

So much of our body and brain is dedicated to belonging and our status and safety within the group of people that we are with at any moment.

We are ALWAYS adapting to the people around us to create or maintain belonging, even if we are not aware that we are doing it.

For example if you spend time around a new group of people who use certain words or phrases that you have never used before, within a very short time they will be part of your regular speech patterns.

Another common example is how we pick up on and adapt to the energy of a group when we are with them for a period of time like at a multi-day event or seminar.

Using your Superpowers of belonging intentionally to live your dream opens up some powerful possibilities.

### Choose your environments

Our environments include: people, places, things and ideas. All of these things together have a unique energy that either supports or resists our ability to live our Dream.

Here is the BIG, BIG, BIG idea: since you are going to adapt to people when you spend time with them, it is wise to spend time with people who have energy, attitudes and abilities that you want to develop.

This is the force at play in any group that is successful at anything for a sustainable period of time. It is the culture that sustains the success because it attracts people who want to be a part of it and repels folks who don't resonate with it.

We use this superpower to great effect with the folks who join our CoachVille Community. If you are participating in the CoachVille Membership and App you have probably noticed this already. There is a vibe to every culture that you adapt to when you spend time there.

That's the good news.

The possibly bad news is that when we are young we do not have much choice about the environments (aka communities and cultures) that we are in; and we absorb the energy anyway. As a result, we ALL have a lot of "stuff" in us that we didn't choose in the form of mindsets, beliefs, habits, language patterns and more. We will get to the beliefs part specifically when we explore the Ability to Believe Superpower.

A big part of transformation coaching is use whatever freedom you can muster to choose the environments that are best for your dream. Usually any time you choose a new dream, it will require that you change your environment in some way; sometimes small changes and sometimes BIG changes are required.

Another aspect of choosing our environments is that we do have some ability to influence the environments that we are in. Depending on the situation, we can use our energy to influence the people around us to upgrade the environment in some way.

It is this Superpower that gives us the belief that we can upgrade the Human Culture away from Authoritarian Control and toward Egalitarian Co-creation, one player at a time! You are the next ripple of good moving out into the world.

### **Social Value**

One of the most profound forces within our being is the deep desire to be of value to the people around us. And ultimately, we yearn to be valued for our unique self-expression and contribution. We yearn to be seen and known and appreciated.

This is ultimately what our Dreams are all about. So, this is ultimately what Transformation Coaching is all about: find or create an environment who values you for who you really are and what you are capable of contributing.

This is where it gets tricky because most groups value some abilities more than others.

Sometimes we need to move, either physically or virtually, to find a group that values who we are.

At the same time, we are all capable of so many different forms of self-expression. We can use our Urge to Become Superpower to become capable of something that will be valued within the group that we are in.

It is usually a two way interchange for every new Dream.

### **Social Safety Instinct**

Am I safe within this group?

Am I included within this group?

In other words, do I BELONG here?

Sometimes we are aware of it and sometimes it is running in the background of our inner being. But either way we are always asking and seeking answers to these questions.

Bringing these two superpowers together...

These two superpowers are connected to each other just like the Drive to Be Free and Love to Befriend are connected.

We choose what to practice to because the skills will increase our value within a group.

We choose environments because they appreciate the abilities we have.

We also choose environments when they have a culture that enhances what we want to practice. (Think athletic team, advanced education group or performance art academy)

Do you want to adapt to the energy of the group?

Or do you want to use your energy to try to change the energy of the group?

Do you want to use your Urge to Become energy to become capable of something that will be valued by the group?

Or do you want to find a new group that values who you are already?

This interplay requires wisdom; this is something your Transformation Coach can help you plan for yourself.

Another quick commercial here. Our World Power Program is a deep dive into using the Need to Belong Superpower to choose environments where we feel and benefit from profound belonging. Learn how to use World Power rather than willpower to live your Dreams.

## **Session #05 - Pivotal Moments**

(The Pivotal Moment Technique)

## 05-01) Prepare for Session #05 – Pivotal Moments

### 1) WARM UP and Dream Sharing

Just like we did in the last session. Every time you speak your dream out loud with your coach it RE-Activates and gains energy.



### 2) CELEBRATE

Your coach will ask you to share a celebration from playing for your Dream. Sharing celebrations builds trust... vital to Transformation Coaching.

### 3) GROW (From Play)

**Insights** – something new that you experienced. Something you noticed about your Self, your Dream or a situation.

#### Actions and Results – Social Play

Challenges – What got in the way of the action or the result? What is the growth opportunity?

The key is to be playful in how you talk about these experiences. Embrace the power of co-creative conversation to expand your possibilities!

In this co-creative exercise we are looking for moments when you noticed your Superpowers either coming to play or hiding beneath a social fear. This will lead us into our practice technique for this session which is the Pivotal Moment Technique.

### 4) Practice PLAN

You will practice a Social Play situation where you are experiencing resistance, also known as social fear, using the Pivotal Moment Technique.

### 5) PRACTICE

#### The Pivotal Moment

Transformation Coaching Session #5 Notes		Date:
1. WARM-UP and Dream sharing:		
2. CELEBRATE 	3. GROW (from Play) 	
3. EXPLORE CHALLENGES <b>CHALLENGES</b> 		4. CHOOSE A PIVOTAL MOMENT 
5. THOUGHTS 		5. PRACTICE 
BODY SENSATIONS 		IT'S NOT SAFE FOR ME TO 
SUPERPOWER POTENTIAL 		HEART'S DESIRE 
<p><b>Desires:</b></p> <p>6. GROW (from Practice)            What did you learn about playing for your dream?  </p> <p>What did you learn about yourself and your superpowers?  </p>		
7. PLAY PLAN: What is your transformation for this week? What social actions? <b>FROM:</b> <b>TO:</b>		

If you have clarity on the moment you want to explore, just tell your coach what it is. OR you and your coach can choose a moment based on the insights and challenges from the week before.

A Pivotal Moment is typically a moment where you intend to engage in a social play action, BUT experience some doubt, fear or inner resistance. This happens A LOT when we social play for our Dreams... where we don't have control of the outcome.

When you get into the Pivotal Moment technique your coach will ask you to close your eyes. It is much easier to access your imagination this way. When you open your eyes, fill in the key words on the sheet for thoughts, body sensations and "It's not safe for me to". This is also known as the "Body Belief".

### **Human Nature Superpower Potential**

Sometimes when exploring a moment of resistance, it will reveal a superpower or playfulness. You will get a picture of what you were expressing – or trying to express – when some trouble happened. Whatever you were doing will probably reveal one of your Human Nature Superpowers. If it doesn't pop up when you are exploring the moment with your coach, it might pop up later.

### **Heart's Desire**

This is where you put your heart's desire into a power phrase to guide your imagination.

### **6) GROW (from practice)**

This is becoming the next version of you... and the next version and the next version. It is developing new abilities or stepping into new beliefs. Every BIG Dream we pursue in life sparks growth within us... this is why we all have BIG dreams throughout our lives.

- What did you learn about yourself?
- What did you learn about your Dream?

### **7) PLAY PLAN**

You and your coach will hone in on a two things at the end of each session.

A) Set your intention for Transformation for the week. A way you intend to expand or express something new or become the next version of YOU

FROM: A (a word or phrase)

TO: B (a word or phrase)

Look at what you explored in the session. Think about your situation. Add in what you plan to do. And sum it up in a phrase from A to B.

B) Share a few social actions that will include or engage others as you play for your Dream this week.

Challenges... start seeking; Pivotal Moments... keep noticing;!

Remember... people who aim to play BIG... they go beyond embracing challenges... they LOOK for them.

Remember to LOOK for your pivotal moments: moments when you avoid or delay a social action or notice that you are avoiding a social risk. It will open up growth opportunities that you can explore with your coach to find more clues on the treasure map.

Have an awesome session with your Coach!

## ***05-02) Transformation From Mental Awareness TO Body Awareness***

Transformation:

From: Mental Awareness (logic)

TO: Body Awareness (inner knowing)

Body awareness is a big deal. In the Industrial culture we were taught to focus only on mental awareness and logical problem-solving. We were taught to ignore our emotions, intuition and body sensations. This was a big mistake for many reasons. In Transformation Coaching we are going to help you get your body awareness back.

When I heard Candace Pert say: “Our bodies are our non-conscious mind”, in the movie “What the Bleep Do We Know”, (and also in the book “molecules of emotion) I had an instant awareness that this was a huge missing piece to the personal coaching puzzle. This knowing has become a core theme of Transformation Coaching.

Our non-conscious minds – where our beliefs, desires, fears, and inner knowing live – determine most of what we do and what happens when we do it. We make thousands of choices every day and only a few of these are conscious choices. These are important of course, but the multitude of non-conscious choices are SUPER important.

### **Why we PRACTICE body awareness with you**

Body awareness is the path to inner knowing and deep wisdom.

Many of the Transformation Coaching Techniques involve body awareness, so this is something you need to get comfortable with.



Practice noticing your own body sensations in social situations.

Most of the time, the body sensations we notice in social situations will be from the waist up along the “chakra energy” line: root, core (gut), solar plexus, heart, throat, between the eyes, top of the head. In basic body awareness, we don’t attempt to derive meaning from the location of the energy; we just practice noticing, allowing, feeling and then noticing thoughts or “memories” that pop into our conscious mind.

Understand that feeling energy in the body is an essential human skill AND most of us have no one in our lives who modelled this for us. And many of us were shamed for noticing our body sensations or attempting to use them as an inner guide for our choices. SO, it might feel strange to do this at first.

Don’t worry! Your coach will be with you every step of the way.

This is important because your coach co-creating the judgment-free safe space with you paves the way to this exploration.

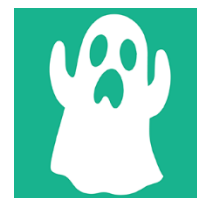
Another way to think of this is called embodiment which is similar to “muscle memory” which is something we often hear about in athletics and performance arts. This is when you body knows how to do something so deeply that it can make intricate moves without conscious thought.

Embodiment and body awareness is similar to muscle memory for social play activities. When you practice social play and embody your desired values and beliefs, they will come through when you are engaging with other people. They will feel your positive energy even if you are not “thinking” it. This is powerful. This is what practice can do for you.

### ***05-03) Social Play... and Social Fears***

Remember these moments of Social Play and the challenges most of us experience at some level:

- Asking for what I want, or need is pretty hard for me.
- Sharing what I create can be a real struggle.
- I know I need to “get out there” and be more visible, but it’s not easy.
- Trying new things often feels too risky so I stick with what I always do.”



**Let’s go deeper into the social fears of social play. THIS IS BIG!**

**ALWAYS REMEMBER!**

Fear is a resource of your Self-Preservation Superpower! (Part of the Ability to Believe) Most of the time this is powered up by our Social Safety Instinct (Which is part of our Need to Belong Superpower) So we need to honor our fears with great reverence.

And since all social fears are Beliefs... and we can choose our beliefs, we have the ability to upgrade them if we choose to. This understanding is essential to Transformation Coach.

These fearful beliefs are in you mostly because your playfulness is shamed in the Hierarchical Control of the Industrial Culture.

Playing for your Dream is about to get REAL! **These four social play activities will bring up seven really intense Social FEARS!**



While all of us with a Dream to contribute our unique value and voice to others... we are all also navigating through these seven intense fears; mostly on a non-conscious level and mostly with a variety of not-so-effective methods! (Hah! That is an understatement).

- Fear of Rejection
- Fear of Trouble
- Fear of Disappointment
- Fear of Mistakes
- Fear of Judgment
- Fear of Failure
- Fear that I am NOT ENOUGH (The “BIG Kahuna” Fear)

***Relate for Influence = Fear of Rejection***

To play for impact in the world – even with just a few people - you need to cultivate a high level of ease with approaching people and talking with them. And then you need to invite them to a next step. This is where the fear of rejection comes in. BIG TIME.

***Create for Inspiration = Fear of Disappointment***

Playing BIG for your dream will include creating and sharing experiences (or content) in a variety of forms that you hope will be an inspiration to others. Also every time you have an opportunity to speak in front of people you are creating and sharing an experience. The fear that we might disappoint someone or BE disappointed by someone’s reaction to what we create can be a BIG block to creating and sharing for inspiration.

Create for Inspiration is the essence of the idea that life can be played like performance art!

### ***Explore for Visibility = Fear of Trouble***

Exploring for visibility is often described as: “I need to get out there”. And for many people this is a BIG struggle; this is because the Fear of Trouble is VERY REAL.

In order to contribute your gifts to others you need to find people (customers, colleagues or partners) to participate in what you are creating. You need to “get out in the world” either physically or virtually.

The world of people is an amazing but potentially “dangerous” place, at least at an emotional level. The potential for trouble in the unknown is why most people stay where they are and spend their time with the same people. However, it is almost impossible to pursue your dream this way.

### ***Experiment for Discovery = Fear of Mistakes***

As you play for your BIG Dream you become a change-maker! But at the same time, we are often crippled by the fear of mistakes.

This is a big remnant of the Industrial Culture of Control mindset that everything you need to do: a) there is a right way to do it b) you should be able to do it the right way every time and never make mistakes.

Of course, this is nonsense! But the residue of this mindset from school and jobs keeps us locked into a perfection trap. This makes it sooo hard to experiment and find our unique way to do everything our Dream needs us to do.

### ***Fear of Judgment ~ Fear of Failure ~ Fear that I am not enough***

These fears are basically accumulations of the four fears of playfulness. They are deep artifacts of the Industrial Culture of Control and they impact our thoughts and feelings in a profound way.

Here is a BIG idea: these social FEARS – and the beliefs that form around them - are not inherent to us, we absorb them from the culture through our life experiences.

If you aim to play for your Dream at a high level you need to embrace and explore these fears with profound curiosity. This is what I mean by explore your fears like a treasure map. The treasure is your playfulness and unique superpowers - for Influence, Visibility, Expression and Change - that are deep within you waiting to be activated.

**BIG POINT regarding the power of coaching: it is almost impossible to explore social fear by playing alone. But together we can do it!**

Your Transformation Coach is a very capable guide of the Human Journey... out in the social world... through these intense fears... in pursuit of your BIG Dreams... along the way you activate your playfulness and superpowers. YES!

This is why you are here with us.

## **The BIG question you might be wondering...**

How / where did I get all of these fears?

How did I become so fearful of activities that seem so natural and essential?

### **This is the question of the century! (quite literally)**

The short answer is that many times in life in our Industrial Control Culture, we get “in trouble” for being playful or for simply expressing ourselves. Getting “in trouble”, or being shamed, activates our Social Safety Instincts and forms Self-Preservation Beliefs about the dangers of social play.

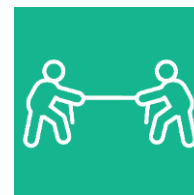
We will illuminate on this question as we explore your Superpowers of Human Nature. Meanwhile by playing for your BIG Dream with your Transformational Coach you are already on the path to Freedom!!

The FEARS of Social Play, lead us to the Pivotal Moments of Choice.

## ***05-04) Noticing Pivotal Moments (AKA The Pull)***

The Pivotal Moment is one of THE most important concepts in transformational playing and coaching life.

Understanding this will help you make the most of your relationship with your Transformation Coach. It will accelerate your personal growth and the realization of your BIG Dream.



A pivotal moment is a moment that has the potential to make big impact on the experiences of your dream.

Pivotal moments are coach-able moments.

Here are a few typical examples:

- 1) A BIG choice that you are making.
- 2) A BIG opportunity that you have in front of you.
- 3) A recurring action that – if you got better at it – would accelerate your progress.
- 4) A “Pull” between playing BIG and playing safe. Any moment when you have an urge to do something for your dream AND at the same time a resistance to doing it.

## 1) The BIG Choice

There are some big choices that can change the trajectory of your life. Should you go for the new job? Should you leave your job and start a business? Should you stay in the partnership or move on / let it go?

You may have heard the classic song by “the Clash: “Should I stay, or should I go?” The lyrics are: “Should I stay or should I go now. If I go, there will be trouble and if I stay it will be double.” Classic.

Your coach can help you play with the scenarios to expand your inner awareness about each choice. Then you can choose with confidence and clarity.

## 2) The BIG Opportunity

Sometimes you are aware of these moments, and you are in an inner debate about if /when to make the move. Example: calling an influential friend to ask them to support / promote you. Your coach can help you practice this moment to uplevel your approach, skill level and energy alignment.

Sometimes these moments just happen. And the question is will you seize the moment or not? Like the time I found myself sitting on a plane next to one of the BIGGEST icons in the history of Coaching: Timothy Galway. Note: I sat there in a daze and didn't say anything to him for 5 hours! I still remember that flight as clear as day 15 years later. DANG!!!!

After the experience you can replay the moment with your coach to reclaim your power and be more prepared for the next spontaneous opportunity.

## 3) The Recurring Action

This is an action that is vital for playing for your dream. For example, if you have a business, you talk to potential clients often and how well you play in these conversations has a big impact on your business dream. If you are playing in a career, you have opportunities to introduce yourself or speak up with influencers in your organization on a regular basis. What do you do in these moments?

Your coach can practice these moments with you with the Role Play Technique AND with the Pivotal Moment Technique we are going to practice this week.

Playing these moments with clear intention, positive energy and familiar words can really impact your results. And if you get positive results more often, they accumulate into your dream becoming reality!

#### 4) The Pull between Play BIG and Stay Safe

This is the main type of pivotal moment that I want to bring to your attention.

This is when you have your Urge to Become is moving you into action for your dream but at the same time your Ability to Believe Self-Preservation Superpower is bringing up some FEAR. It can be a planned action you have on your play sheet, OR it can be a spontaneous opportunity that pops into your life. (on the “Play Life Station” Ha!!)

**Your Dream wants you to do it.**

Remember in Chapter 1 I told you that your Dream will take on a life of its own and it will ask you to do things? Have you noticed this happening? But then, something else happens within your body and inner being that brings up an uncomfortable feeling. This usually leads to thoughts about why it is NOT a good idea to do this now; maybe tomorrow?

This is known as inner resistance. Often the time between the urge to act and the inner resistance is so FAST that you don’t even notice that your Dream was calling you.

When you start playing for your dream these kinds of moments will happen A LOT... every day.

The spontaneous urge to act is very similar to the spontaneous BIG opportunities that I mentioned before; will you go for it? Or will you hold back?

These are the moments that make playing for your dream so dynamic and fun. But when you are resisting an action, it doesn’t always feel fun. (Hah! Understatement)

In Session #4 your coach is going to do a really powerful and profound coaching technique with you called: The Pivotal Moment of Choice (Pivotal Moment for short). To set this up I am going to share with you a few provocative and empowering ideas.

#### **The Quick Guide to Noticing Pivotal Moments**

There are three SUPER common experiences that can reveal a Pivotal Moment

1) You have the urge or plan to do something but then you resist doing it.



2) After resisting for a period of time, you eventually power through the resistance and force yourself to do it. This is honorable... AND... it is worth exploring as a pivotal moment so that you can do it without expending so much energy the next time.

3) You are taking an action but you are not getting the results that you expect or desire. Remember we don't have control, but we do have influence. You can practice these moments to reveal ways to expand your influence and improve your results.

There are many possible scenarios for a pivotal moment of choice:

- Talking to someone at a network event ~ should I share my dream? Or just say that I work at the bank.
- Thinking of sharing something on FB Live ~ should I just Go Live and share my idea? Or wait until it is perfectly planned some day in the future.
- Thinking of making a follow up call to someone you met ~ should I pick up the phone and invite them for coffee? Or wait until I have everything together perfectly.
- I have this time on my calendar to write a blog post/article/chapter ~ should I sit down and write something right now? Or should I wait until I feel inspired; Or wait until my office is perfectly organized?

These are phrased to sound a little but funny. But in truth we need to honor that these moments are more provocative than they appear on the surface because fear and social risk are involved.

## **05-05) Pivotal Moments Technique**

(The long version of the name is the Pivotal Moment of Choice)

Let's do a quick walk through the model so that you can have a familiarity with this profound way to practice life – remember, coaching is all about practicing together.



**Lead in:**

- A) Describe the scene of the pivotal moment of choice
- B) Describe the actions or the intended actions
- C) Describe the intended results.

### **Step #1: P/Replay the Pivotal Moment (Control)**

Activate your imagination to Replay or preplay the scene of the Pivotal Moment. See it and feel it as deeply as you can. Notice if there is something you are attempting to control.

## Step #2: Review Reactions with Judgment-free Awareness

You are in the moment now. Use judgment-free awareness to notice the thoughts in your mind in the moment. Often these are your reactions to what is happening or not happening.

## Step #3: Feel the energy in the body.

Feeling the energy in your body brings you more fully into the present moment. Body awareness in the presence of another person (your coach) with whom you feel safe is the pathway to transformation. Whenever we are in a pivotal moment our body will react to the situation with physical sensations; sometimes they are intense, sometimes they are subtle. If you are new to the practice of body awareness, be patient and allow it to arise!

**Memory Pops:** Often while feeling energy in the body images or memories will pop into your mind. These “pops” will provide useful clues on the Treasure Map about where “The Pull” is coming from.

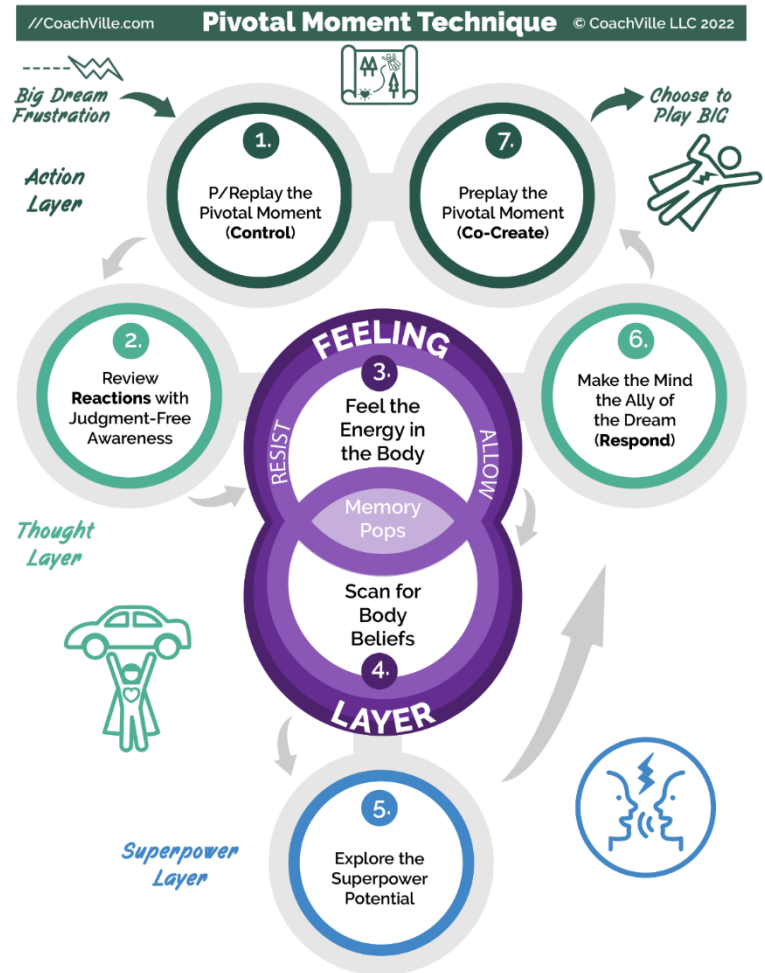
## Step #4: Scan for Body Beliefs.

Your body is attempting to alarm you about the potential for social risk. Its intention is to keep you safe. In this step you will give voice to the self-preservation belief. (Remember, it’s a Human Nature Superpower!) Our Non-conscious beliefs are quite mysterious and guide our actions like an invisible guiding hand. This technique makes the invisible hand VISIBLE! AMAZING

In some cases, the buzzing energy will reveal a Self-Confidence Belief. This is another capability of the Human Nature Superpower The Ability to Believe.

## Step #5: Explore the Superpower Potential.

Often what we fear the most is expressing our Human Nature Superpowers or our YOUUnique Superpowers because this put us in social risk in the past. When we explore our self-preservation beliefs, we can gain clues on the Treasure Map leading to our lost superpowers.



## **Step #6: Make the Mind the Ally of the Dream.**

You are active in your imagination. Your body is feeling the safe space of belonging with your coach. You have given voice to the self-preservation (or self-confidence) belief. Now your mind – still in the vibrant alive present - will open up to new possibilities. In this state you will be able to feel, KNOW and speak what your Dream is asking you to do.

## **Step #7: Preplay the Pivotal Moment (Co-Create).**

With your body feeling safe and your mind open you can then preplay the desired action and the desired result using your imagination. You can feel and see it happening in the present moment. You are fully aware that you have a choice.

## **Out in the world you are FREE!**

You can choose to play BIG for your dream. You have felt it, seen it and lived it in your imagination in the presence of your coach. Your coach has seen it with you. OR you can choose to stay safe for self-preservation. No judgment either way; just a choice. This is freedom.

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

Often after doing this practice with your coach, an activity that seemed really hard will feel more natural and in the flow. Over time, with practice, you will gain confidence in your ability to play big in social risk situations. You will love it!

## ***05-06) Tenacious Self Love***

Self-Preservation is a Human Nature Superpower within your Ability to Believe. It is NOT a flaw.

I want to share a Transformation Coach perspective with you here!

We believe that you were born AWESOME! And every part of your inner being is part of awesome YOU!



In the “Self-Help” field when we experience doubt or fear there is usually some kind of derogatory explanation for the experience. They will say things like:

- You have Self Sabotage
- You have limiting beliefs
- You have a beast or gremlin or bully inside of you!

I encourage you to question your belief in any of these concepts.

I encourage you to activate your Human Nature Superpower called: “Tenacious Self Love”; it is part of the Superpower “To Dream”. This is where you embrace ALL of the aspects of your Human Nature Superpowers... even when they seem to be pulling you away from your Dream.

When we experience doubt or fear about a social play activity, that is our Self-Preservation Superpower trying to keep us safe OR our Social Safety Instinct trying to maintain belonging because at some point in our past, a similar activity got us into some trouble (AKA threatened our place of belonging)

By exploring the feeling with judgment-free awareness – and some light-hearted curiosity – we can discover some amazing clues on the treasure map that leads to our Human Nature Superpowers and our YOUUnique Superpowers for Social Play. This is how we find the pathway to living our Dream NOW!!

This is what the Pivotal Moment Technique is all about.

### ***05-07) The AMAZING power of your imagination***

Your imagination is part of your Human Nature Superpower “The Urge to Become”: the Spirit of Play.



The Pivotal Moment Technique is the Transformation Coaching version of the way performers and athletes watch video of their performances with their coach and then use guided visualization techniques to envision new possibilities. You and your coach are going to use your imagination in a very powerful and practical way.

#### **Instant Replay**

Using your imagination, you can recall and focus on a recent moment that didn’t go the way you desired; and while doing this you will experience very similar thoughts and physical sensations as when it actually happened. This is very much like when athletes and performing artists watch video with their coach to look for ways to play better.

#### **Powerful Pre-play**

This is another tool used by elite performers and athletics and performance arts. Another option is to pre-play a moment that is coming up in the near future. Using your imagination, you can bring the future experience into your mind... AMAZING. And even more amazing, you will experience thoughts and feelings as if it was happening now. Then your coach will guide you through an exploration of the moment to find ways to play better.

## A Co-created Experience, NOT Self-Help

A key point I always like to share about the Pivotal Moment Technique is that it is NOT a self-help technique; you can't do it by yourself. It is a guided technique, a co-created experience. This often disappoints folks because we have been so indoctrinated into the belief that everything should be done alone; or its better when you can do it yourself. You probably know by now that I do not share in that belief!! LOL.

## The Path to Peak Experiences

The power of living our Dreams Now, and every day, is that there is always the possibility for a Peak Experience. There will be social play opportunities where your abilities rise to the situation and something awesome happens! WOW!

These are the moments we live and play for:

- when we experience ourselves as playing well,
- when we experience ourselves as having a positive impact on others,
- when we experience our Dream coming true

WOOOO HOOOO!

## 05-08) Human Nature Superpower Believe

We Humans are believers.

What we Humans have done with our Ability to Believe is really quite astonishing! While the scale of the impact of belief on our lives is remarkable.

At the grandest, all Civilization is based on beliefs. Impressive.

At the same time what we do and don't do on a moment-to-moment basis is also based on what we believe. You have beliefs about



everything you do or choose not to do. WOW.

And, with great power comes great responsibility.

What I aim to do in this segment is highlight how the Ability to Believe is explored in Transformation Coaching; and how we can practice using it to live our Dreams NOW.

Here are few examples just to set the tone:

All countries and cultures are a collection of shared beliefs.

Laws are beliefs.

Money is a belief.

The idea that objects can be owned by someone is a shared belief.

The monetary value of everything is a belief.

Time is a shared belief.

A quick distinction is important here: we have conscious beliefs and non-conscious beliefs.

A conscious belief is something you think. An example would be: this island is New York City.

A non-conscious belief is in your inner knowing, in your body. In transformation coaching we call these “body beliefs”. An example would be: I feel safe walking down 5<sup>th</sup> Avenue at 2 AM; or I don’t feel safe walking down 5<sup>th</sup> Avenue at 2 AM. This belief will determine your actions in a specific situation like getting back to your apartment from a late night party in midtown.

The power of non-conscious beliefs is that they save us so much time! We don’t have to consciously think about – figure out - everything we do every time.

The challenge is that our non-conscious beliefs get into us and then it can be quite mysterious in how they impact our social play activities.

### **The Ability to BELieve:**

- Choose your beliefs
- Self-Confidence = I believe that I can do it
- Self-Preservation = I believe that I should stay safe



### **A quick review of the model**

The Ability to Believe is at the base of the model to display that it the foundation of all of our Human Nature Superpowers.

It is in the same column as the Ability to Dream because our Dreams and Beliefs are closely connected.

Our beliefs are also a mediator or connector between the Superpowers on left and right sides of the Model.

We develop a LOT of beliefs to mediate our own path between Freedom and Friendship.

We develop a LOT of beliefs to mediate our own path between Becoming and Belonging; especially the perceived value of our self-expression within a group.

I use the word mediate to describe our inner negotiations between these Superpowers.

I believe that we Humans are not born with any beliefs. So, all of our beliefs come to use from other people directly or from our experiences with other people.

Often we choose to believe something to maintain a personal relationship; a Love to Befriend relationship.

Often we choose to believe something to maintain belonging within a group or culture; a Need to Belong relationship.

Because we are now part of several, or even many, different groups, choosing what to believe can get really complicated!

### **Choose your beliefs**

Exercising your ability to choose your beliefs is a big deal and a major aspect of Transformation Coaching.

Exercising your ability to influence the beliefs that you share with others is also a big deal and a major aspect of social play and Transformation Coaching.

An example from Transformation Coaching is the Pivotal Moment Technique that you will practice with your coach. The whole purpose of this technique is to bring a non-conscious belief that is directing or containing your action up into conscious awareness so that you can choose it or let it go. BIG.

This leads us to an application of beliefs that is most significant for our ability to live our dreams: self confidence beliefs and self-preservation beliefs.

### **Self-confidence**

Self-confidence is a belief: I believe that I can do it. (whatever IT is)

### **Self-preservation**

Self-preservation is a belief: I believe that it is not safe for me to do it. (whatever it is)

And remember that in Transformation Coaching we are mostly focused on social safety not physical safety; though they are the same when the threat is physical violence by another human or physical jeopardy caused by the actions of another human.

Whew! It's a lot to consider.

### **A few examples of the dynamic between the Ability to Believe and the other Human Nature Superpowers**

With your Dream, you believe that it is meaningful; you believe that it will be joyful to play for; you believe that it is possible.

Do you believe that you are free to trust yourself when you choose to do something for your Dream?

Do you believe that your friend cares about you and your Dream?

Do you believe that you can express yourself fully? Or are some aspects of your full self-expression not valued?

Do you believe that the "FULL ON YOU" will belong in the groups you are in? Or only the scaled back you?

### **"Choosing" Non-conscious Beliefs**

When we are young our Urge to Become spirit of play and self-expression move us into the social world. Then other people react to what we are doing. If they react negatively, we develop a fear that we don't belong when we express or play in that way. Typically, the aftermath of a situation like that is a non-conscious belief that it is not safe to express that way. On the other hand, if another person reacts favorably, then we develop a self-confidence belief that people like it when we express that way.

One aspect of Transformation coaching, especially with the Pivotal Moment Technique, is to "bubble up" non-conscious beliefs from the non-conscious mind to the conscious mind so that you can choose to continue the belief or let it go.

### **"Cultivating" Non-conscious Beliefs**

When you let a belief go in the moment and choose a new social play experience, it starts the process of cultivating a new non-conscious belief. The way we develop non-conscious beliefs is through our experiences, but it is not an exact process. In other words, you can't consciously choose your non-conscious beliefs.

So, if you want new non-conscious beliefs for your Dream, you need to choose new experiences. And typically, that means choosing new Friends to adventure with and choosing new groups to Belong with.

Through many repetitions of a new social play experience, we can cultivate new non-conscious beliefs. This is why guided practice of social play with a Transformation Coach is so powerful!

AWWWW yeah!

## **Session #06 – Co-Create Practice**

(With the Plan-Play-Grow Technique)

## 06-01) Prepare for Session #06 – Co-Create Practice

### 1) WARM UP and Dream Sharing

Every time you speak your dream out loud with your coach it gains energy.

### 2) CELEBRATE

Your coach will ask you to share a celebration from playing for your Dream.

By now you are probably creating some great moments to celebrate.

### 3) GROW (From Play)

In this session, step #3 takes on an extra purpose. You and your coach are going to use this time to hone in on a growth opportunity to practice together.

**Insights** – something new that you experienced. Something you noticed about your Self, your Dream or a situation.

**Actions and Results** – Social Play

**Challenges** – What got in the way of the action or the result? What is the growth opportunity?

The key is to be playful in how you talk about these experiences. Embrace the power of co-creative conversation to expand your possibilities!

### 4) Practice PLAN

Together you and your coach will choose a moment to practice AND a technique to practice it with.

- **Peak Experience** – preplay a social play moment with intention and impact
- **Role Play** – where you practice a conversation / relate for influence situation
- **Pivotal Moment (of choice)** – explore the “Pull” between Self-Expression and Self-Preservation; look for clues on the treasure map.



Transformation Coaching Session #6 Notes		Date: _____
1. WARM-UP and Dream sharing:		
2. CELEBRATE 	3. GROW (from Play) 	
4. CHOOSE THE FOCUS 	<b>Practice Technique</b> <input type="checkbox"/> Peak Experience <input type="checkbox"/> Role Play <input type="checkbox"/> Pivotal Moment <input type="checkbox"/> Co-create Awareness	5. PRACTICE 
5. 		
<b>Desires:</b> 6. GROW (from Practice) What did you learn about playing for your dream? What did you learn about yourself and your superpowers? 		
7. PLAY PLAN: What is your transformation for this week? What social actions? FROM: TO:		

## 5) PRACTICE

Jump into the moment and technique like practice partners!

## 6) GROW

- What did you learn about yourself?
- What did you learn about your Dream?



## 7) PLAY PLAN

A) Set your intention for Transformation for the week. A way you intend to expand or express something new or become the next version of YOU

B) Share a few social actions that will include or engage others as you play for your Dream this week. (Become a co-creator)

Challenges... keep seeking; Pivotal Moments... keep noticing;!

Look for more clues on the treasure map.

Have an awesome session with your Coach!

## *E 06-02) Transformation from Problems to Practice*

Transformation

**From:** Control and Problems  
(address & resolve)

**TO:** Co-create and Practice  
(grow & play)



This is a SUPER important transformation for you to understand as you adventure with your Transformation Coach. Here we need to transcend the original concept of Personal Coaching which was fully immersed in the Industrial Control Culture and Mindset.

Bonus Transformation

**From:** the world is a school / job

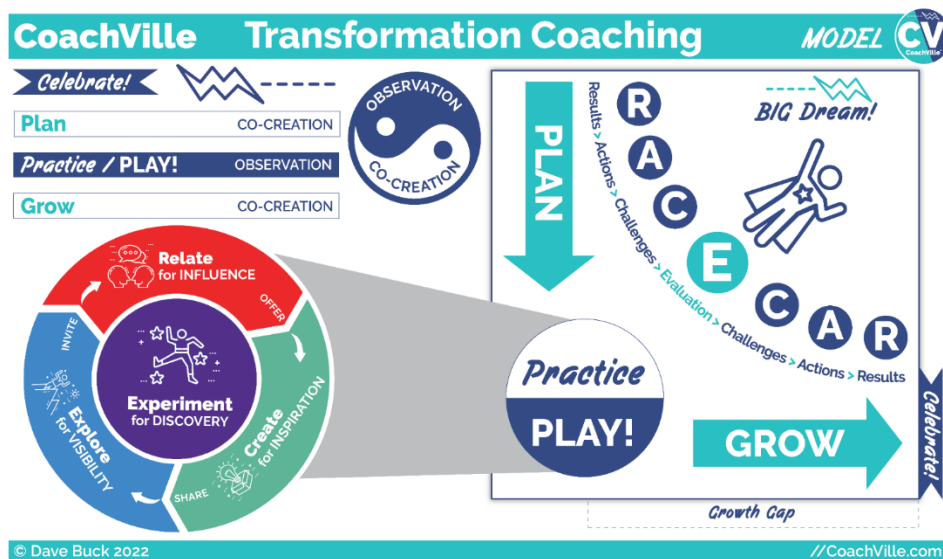
**TO:** the world is a playground

**{EXPLAIN}**

## 06-03) The Transformation Coaching Model

Now that you have experienced this flow a few times we can go deeper into the rhythm of playing with a Transformational Coach. There is a coaching a coaching rhythm called: Plan-Play-Grow. If you have ever had an athletic coach or a performance art coach, then you will recognize this rhythm... It's truly awesome.

I first learned about this by observing my mom who was a piano and voice coach. Her music studio was right beneath my bedroom in the house, so I heard coaching happening every day after school. Even though I wasn't tuned into the details I did notice one very dramatic thing: over time all of her students played a lot better! This is exactly how it happens... and it yields amazing experiences and great results almost every time.



Let's explore this model together.

We start in the upper left where you see Plan – Play / Practice – Grow – Celebrate. You also see the yin/yang symbol with the core of the coaching experience which is observation and co-creation.

Next, look at the right side of the diagram. You see the Plan – Play / Practice – Grow – Celebrate again but this time you also see what we call the RACECAR acronym: Results – Actions – Challenges – Evaluate – Challenge – Actions - Results. We will get into that in a few moments.

Also, in the lower left you see a call out from the Practice / Play circle into the 4 primary activities of Social Play.

### Transformation Coach Rhythm

Let's first get clear on the coaching rhythm because it will really help you get the most out of your relationship with your coach. You have done this a few times now. So you will recognize it.

### **In the coaching session:**

- We CELEBRATE the notable experiences since your last session; especially moments of play where something good happened.
- GROW: Capture growth from the previous week of playing in the social world. Talk about results, actions, challenges, insights and growth opportunities. All of these things come together into a picture so you can Evaluate how you played.
- We co-create a coaching PLAN for the session.
- We PRACTICE together using one of several techniques to develop new abilities and co-create new awareness, new possibilities, new approaches, and new confidence.
- We capture your GROWth from the session. (The Growth Zone in the Coaching Notes Play Sheet) The intention of a good coaching session is that you grow during the session... and then continue to grow as you play in the world.
- We co-create your play PLAN for the upcoming time frame. Focusing on the Social Play actions. You will write out the most important items on your Play Plan Playsheet.

### **Then...YOU go out in the social world to play:**

- You PLAY for your Dream by engaging in social play actions to co-create results and experiences.
- You notice your GROWth opportunities as you play.
- Make a few notes on your playsheet about what happens as you play (or avoid playing).

### **In the next coaching session:**

- We CELEBRATE your Results (and your experiences and challenges)
- We co-create a coaching PLAN for the session by first EVALUATING what happened when you played. What was the GROWth and what are the GROWth opportunities.
- Choose something to PRACTICE together.
- We capture your GROWth from the session.
- We co-create your play PLAN for the upcoming time frame.

### **YOU go out in the social world to play some more:**

The rhythm of Transformation Coach repeats from here.

When you get into this rhythm with your coach, you will be amazed at how quickly you feel your progress and good things start to happen. It really is fun.

## 06-04) Understand RACECAR

One of the most important shifts that your coach and I want to help you make is from Industrial Culture of Authoritarian Control to Coaching Culture of Social Play.



Understanding the acronym RACECAR from the Plan-Play-Grow rhythm can help you make this shift.

In sessions #2 and #3 with your coach you looked at RESULTS, ACTIONS and CHALLENGES in Social Play. But it's good to go a little deeper into this now because it is SO different than the Industrial Culture.

### R is for Results in the social world

Probably the most challenging part of the shift is the focus from completing tasks to co-creating results with people in the social world.



In the Industrial Control Culture we were told to only focus on what we can control. So, we should only focus on completing our tasks and doing them right; mostly in isolation so that we don't bother anyone. Since we can't control what happens with other people, we should not put our attention there.

In Social Play it's ALL about co-creating with others; we use our powers and energy to be a positive influence in the world; to make a positive impact.

We put our attention on the results that happen because that is the purpose of playing for our Dream. In Social Play you must look beyond yourself... out into the world or people around you that you aim to influence or inspire or be seen by or make changes with.

In play... there is NOTHING you can control. When we play for results, sometimes they happen and sometimes they don't. That is what makes it play. Practicing with a Coach to play better means getting the results we desire more often than we do right now.

Remember the results from our moments of social play: influence, inspiration, visibility and discovery.

### **STOP getting people under control**

Another quirky angle on Results from the Industrial Culture of Control is that we SHOULD be able to control everyone and everything by following the manipulation instructions properly.

There are a lot of manipulation techniques in the Industrial Culture because the whole focus is on getting everyone and every situation under control. This is very difficult of course because we humans HATE being controlled!

So, what happens most of the time is that our attempts to control are futile and frustrating. This is one of the reasons why there is so much chronic anxiety and depression in the Industrial Culture: people are in positions or roles where they are

expected to control other people and they are judged based on their ability to control others. This is SUPER stressful.

Letting go of the delusion of control is one of the most freeing benefits of shifting into the Social Play Model as a co-creator.

## A is for Social Actions with your Human Nature Superpowers



We all do a lot in each day. The key here is to find moments when you can take the social play actions: relate, create, explore, and experiment.

Since we are all used to going through our days completing tasks, it requires some intentional effort to get into play mode.

A) There are some actions that you are doing already that you can now approach playfully.

B) You can intentionally add playful actions into your day.

Playful actions are when you aim to be a positive influence on someone or co-create with them AND you pay attention to the result that happens (or doesn't happen).

### Recurring

Your coach is going to ask you about recurring actions. The distinction here is between one-time actions and recurring actions. A recurring action is something that you do on a regular basis; for example, sharing with someone about your Dream. It will be a little different every time based on who you are talking with, but it is similar each time AND it is something you can get better at doing through practice.

The key here is that it is the recurring actions and situations that you will want to practice with your coach most of the time.

### Human Nature Superpowers

The next step is to proactively use your superpowers when you play.

A Superpower is an ability that you can refine and practice to have a big impact on people and/or situations. Since you are playing for impact, you aim to use your superpowers to increase your impact.

### The Growth Gap

The idea of the Growth Gap is integral to coaching. You have a current level of facility with playful actions and your superpowers. And you and your coach share a vision that you can expand that facility.

You can co-create the results you desire more often.

You can PLAY better.

The key to getting into play mode is to drop the Industrial Culture Control mindset that you have to do things perfectly every time. This “perfection trap” is antithetical to play. It literally makes it impossible to play and that was the intention; to get you to stop playing and become a compliant/ obedient worker doing what you are told to do by the boss. Sad but true... we have been doing this to each other for a long time now.

But not anymore!!!

You can break free of the perfection trap and enjoy playing again.

The next step is to embrace challenges.

## C is for Challenges with the Spirit of Play.

When I was describing results, I wrote that sometimes they happen and sometimes they don't. This is the nature of play.



Well, everything that contributes to the desired result NOT happening is a challenge.

There are several different types of challenges.

- 1) A challenge where you need to develop more skill and experience in what you are doing.
- 2) A challenge where you experience some doubt or fear related to what you are doing.
- 3) A challenge where there is something in the world – probably some force of the status quo – that doesn't want you to achieve your desired result.

The key to being playful is to embrace challenges with the spirit of play.

There are some challenges that you are already aware of. And there will be plenty of challenges that you don't even know about yet but will arrive as you play more and more. When you put your Dream into the “Play Life Station”, there are levels to it.

Every challenge presents you with a growth opportunity. Growing and playing better is fun! Players embrace challenges. Great players LOOK for challenges by aiming for the next level.

When you are really passionate about the result you are playing for, the experience of a challenge can elicit your Superpowers. Somehow the challenge causes you to reach deeper into yourself and your real power comes through. This is why playing for dreams can lead to surprising discoveries within yourself.

A benefit of playing with a coach is that you can talk through what is happening when you play and identify the challenges you are facing. And then co-create a practice plan to play with your superpowers.

## **There is nothing wrong.**

Embracing challenges is another element of play that requires a shift from the Industrial Control mindset. When the focus is on following the instructions and keeping everything under control, a challenge usually meant that you were doing something wrong. IT meant that you were not perfect... oh the horrors!

Embracing challenges as fun growth opportunities – rather than something is wrong – will significantly reduce your stress and expand your joy.

## **E is for Evaluation with judgment-free awareness**



I know that the experience of being evaluated can bring up a lot of bad memories. Starting with the dehumanizing and traumatizing testing and ranking that we all suffered as children in Compulsory Education. Followed by the dreaded performance review many of us suffered in jobs. The purpose of the whole thing was to show you what you were doing it wrong and get you under control. UGH!

I am inviting you here to look at evaluation with a fresh perspective. YOU are not being evaluated. YOU – with your coach - are evaluating the results WITH judgment-free awareness. You are doing this to assess the impact you are having and look for ways to play better.

In this setting, evaluation is a co-created experienced aimed at helping you become MORE of YOU.

This is another situation where it will take a little practice to shift out of feeling that there is something wrong and shift into seeing ways to grow.

You and your coach will do it together.

## **C-A-R is looking at it from the other direction**

- You experience and embrace a challenge
- You take your playful actions
- In pursuit of your desired Results.

The idea of the RACECAR acronym is to look for results, actions, challenges and evaluation for growth opportunities in a fun and playful way.

## ***06-05) Transformation Coach Technique***

Here is a more detailed Technique Sheet to show you the flow of the coaching relationship plays out in each coaching session. (you can see the full page version in your playsheet pack)

## Get Started

### Step #1) Warm Up!

I recommend Coherence Breathing, Imagination and Dream Sharing.

And over time, you and your coach can experiment with other warm up activities.

### Step #2) Celebrate

Celebration is essential to joy and sustainable success. Celebrating Peak experiences, results, new actions and even challenges helps you embody that you ARE playing your Dream now.

### Step #3) Grow (from Play)

Using Reflection Conversation, you can evaluate what happened and what didn't happen to capture your growth and growth opportunities from the previous week of play. This will often bring clarity to part 4.

## Practice Together

### Step #4) (Practice) Plan

What is the MOST important moment or situation for us to practice in this session? Then together choose a technique to start practicing.

As you have experienced so far, in this series we often have the coaching technique determined in advance. But in Sessions #5 and #9 you and your coach will choose what technique to use. And if you continue to coach together, this will become the norm.

### Step #5) PRACTICE

Get into the situation or moment with the technique and co-create practice together! Try out new ways of expressing yourself. Be in the moment. Speak from the heart. Enjoy it!



During practice your coach will OBSERVE you and offer to share some of these observations. Your coach will notice things that you don't see in your Self or your situation.

At the same time, you will observe your coach and pick up new ways of doing and being. You embody new ways of doing things by observing and doing.

### **Step #6) Grow (from practice)**

On the coaching notes sheets this is called the Growth Zone. Once you step out of the practice mode, then you and your coach and debrief on what just happened to expand your awareness.

### **Step #7) Play Plan (for the week ahead)**

What are the peak experiences, results and actions to focus on and how can you bring the spirit of play to everything you plan to do?

### **Go out in the world for Social Play!**

Embrace everything situation that comes toward you. Remember, it's all part of the Dream once you put it into the Play Life Station.

NOTICE what you are doing and not doing.

NOTICE what is happening and not happening.

NOTICE how you FEEL while you are playing, or avoiding playing.

These are peak experiences, pivotal moments and growth opportunities.

YEAH!!! We LOVE Social Play.

Get ready to do it all again in your next session.

### **Choose your practice technique**

Session #6 is going to be a little different than the sessions you have had so far. The basic flow and structure will be the same, but there is a twist. You will choose the moment or situation that you want to explore. And then you and your coach will choose which coaching technique you want to use together to practice.

You have experienced:

- **Peak Experience** – where you use your imagination to preplay a social play moment where you intend to be awesome and co-create the desired impact.
- **Role Play** – where you practice a conversation / relate for influence situation
- **Pivotal Moment (of choice)** – when you are experiencing the “Pull” between Self-Expression and Self-Preservation; explore the moment to discover your freedom of choice.

The idea is to start to be pro-active in knowing what you want to practice and HOW you want to practice it.

A quick note for going forward, in Sessions #8 and #9 we will do more advanced versions of these coaching techniques so that you will have even more options to choose from in the near future.

## 06-06) Co-Create Awareness of Growth Opportunities

This brings us to another review of the powerful coaching technique called: Co-Create Awareness.

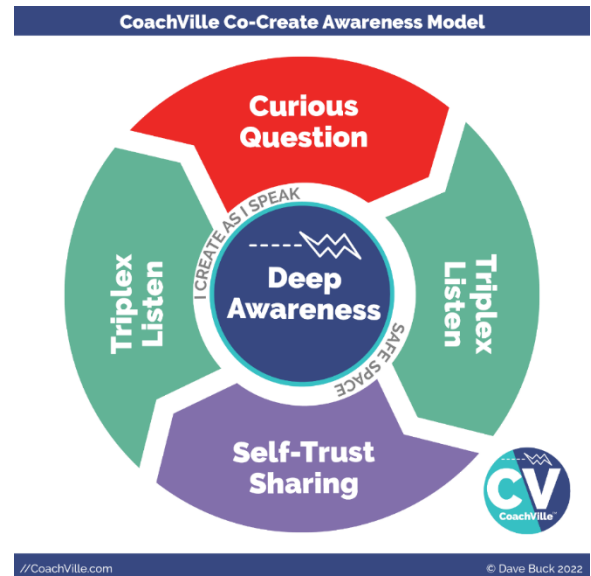
The purpose of the Reflection conversation is to co-create awareness of growth opportunities.

In Transformation Coaching, growth opportunities look like:

- **Actions** that you want to do with more skill. This taps into your Urge to Become Superpower of Self-Expression
- **Approaches** that you want to do something in a new way. This taps into your Urge to Become Superpower of the Spirit of Play
- **Beliefs** that you want to upgrade. This taps into the Ability to Believe Superpower looking for both Self-Confidence and Self-Preservation. A vast number of our Beliefs are non-conscious. This is why we call it a Treasure Map. And as we talk about moments of play, our beliefs come into view. Then we have the opportunity to choose a new belief that is better aligned with your Dream. We will practice this in the next coaching session. AWWW Yeah!

Your coach is going to ask you a lot of curious questions; Listen to your words and energy and use their Self-Trust Superpower to share with you what they observe; often Beliefs that are popping up.

This leads to Deep Awareness over time as patterns emerge.



## 06-07) The “Treasure Map” of Problems

My friend and coach – the late Thomas Leonard; also the founding father of Professional Life Coaching – always said that coaching is NOT about problems. But if you client wants coaching on a problem, make sure you are focused on the source of the problem and not the symptom of it.



This is a very important idea that I took to heart. But it is not easy because finding solutions to problems is everyday life in the Industrial Culture.

Earlier in the program I shared with you my theory that if one person in a large group has a problem, then the problem is with the individual. But if several people in a group have a problem, then the problem is in the culture.

Over the past 10 years I have made a fairly deep study of pre-industrial and pre-agrarian cultures searching for clues to the source of the many problems we face in the modern (toxic) Industrial Culture.

From this study I have come to a profound conclusion.

I assert that most of the “Problems” in the Human experience – anxiety, self-doubt, depression, bullying, addiction etc. - **are caused by the Toxic Industrial Culture and the way it hierarchically controls and arrogantly neglects our Human Nature.**



Notice that

Control and Neglect

are the opposite of

## Be Free and Befriend.

This leads to my theory about the deeper value of Transformation Coaching in our world today. Rather than trying to fix the myriad of problems afflicting our Human Family, if we can restore our Human Nature Superpowers the “problems” will gradually disappear.

To me this means that if we together can co-create cultures that are re-humanizing it will cause a massive “healing” – or disappearing – of problems.

With this in mind, I created a few charts called the Treasure Map of problems.

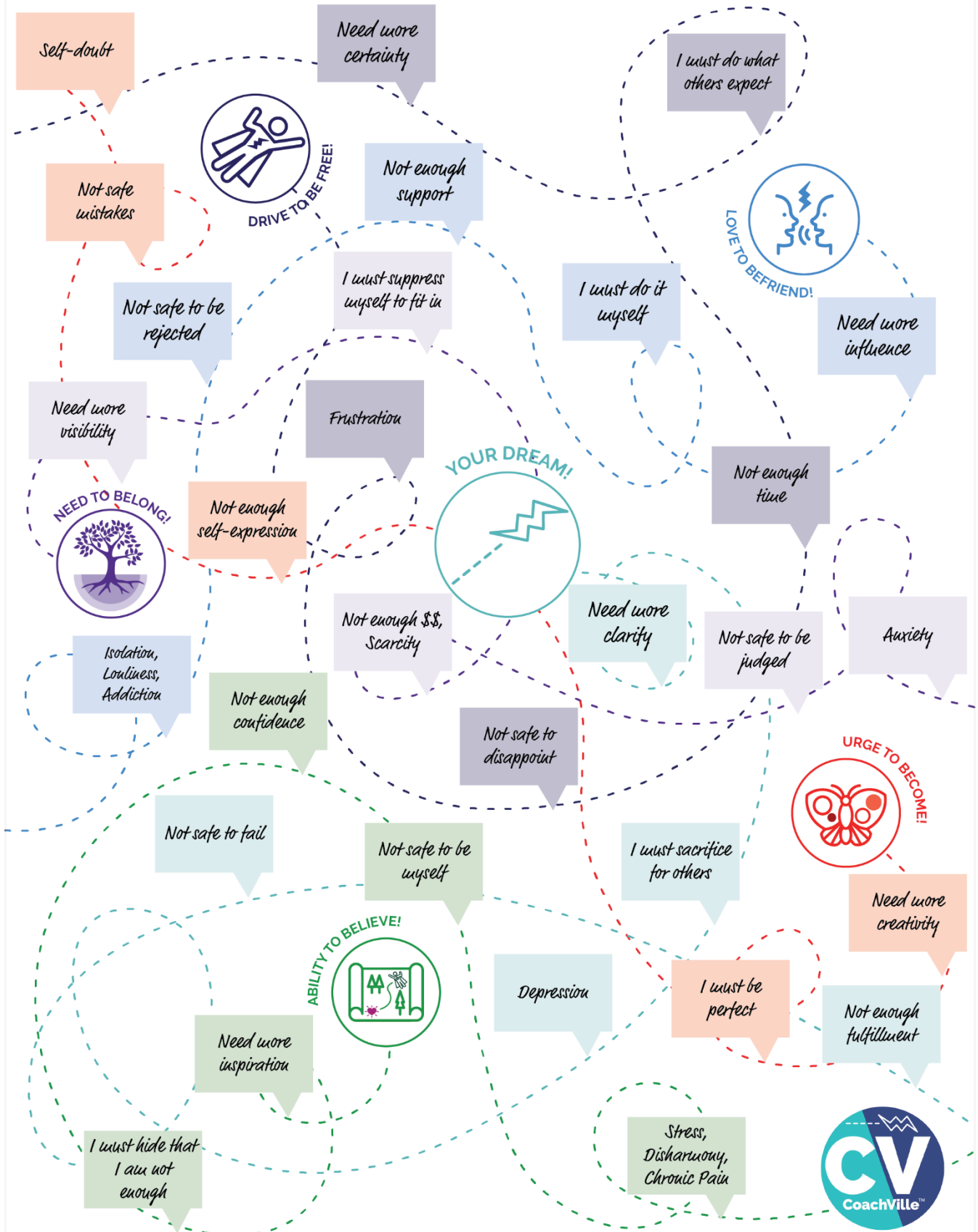
One of the charts is in a treasure map style, the other is in more of a chart.

The purpose is not to provide a diagnostic! BLAGH!! This is not what we do as coaches.






But rather, if you – or someone you know is experiencing one of these problems, it will give you clues about which Human Nature Superpower you can focus on restoring to disappear the problem.


{Full Page Model on the Next Page}

# Treasure Map of "Problems"



OK! Now that you had some fun trying to follow the swirly lines to find which problems lead to which superpowers... I made a chart for you that is easier to study:

<b>Treasure Map of Problems Table</b>					
<b>Superpower</b>	<b>Dream Challenges</b>	<b>Industrial Mindsets</b>	<b>Scarcity Complaint</b>	<b>FEAR</b>	<b>Deep Trauma</b>
<b>To Dream</b>  <small>Stress</small>	Need more clarity	I must sacrifice for others	Not enough fulfillment	Not safe to fail	Depression
<b>Be Free</b>  <small>Procrastinator</small>	Need more certainty	I must do what others expect	Not enough time	Not safe to disappoint	Frustration
<b>Befriend</b>  <small>Loneliness</small>	Need more influence	I must do it myself	Not enough support	Not safe to be rejected	Isolation Addiction
<b>Become</b>  <small>The Ego</small>	Need more creativity	I must be perfect	Not enough self-expression	Not safe to make mistakes	Self-doubt
<b>Believe</b>  <small>Self-sabotage</small>	Need more inspiration	I must hide that I am not enough	Not enough confidence	Not safe to be myself	Disharmony Chronic pain
<b>Belong</b>  <small>The Beast</small>	Need more visibility	I must suppress myself to fit in	Not enough \$\$ / Security	Not safe to be judged	Anxiety Bullying

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First of all, it's a Treasure Map. It is not meant to be definitive guide.

The BIG idea is that MOST Human Problems – and there are soooo many – can be traced back to the neglect and control of Human Nature.

Let me say that another way:

Almost all Human Problems have the same root cause:

**The Neglect and Control of Human Nature.**

When the needs of our Human Nature are neglected, it causes these problems.

When the expression of our Human Nature is controlled, it causes these problems.

So, while the pain and suffering that we all experience and observe in our toxic Industrial Culture is absolutely overwhelming, having a new idea about the cause can give us great hope and determination. It has for me anyway.

With Transformation Coaching we don't attempt to SOLVE any of these problems; I truly believe that they cannot be "solved" in the traditional sense.

What we are doing together is DISSAPPEARING these problems within our own lives – AND then within our culture – by restoring our Human Nature.

We can reverse the effects of neglect by co-creating coaching relationships.

We can reverse the effects of control by co-creating and practicing with social play.

We don't focus on the problems!

We focus on our Dreams; we restore our ability To Dream!

As we play for our dreams, we discover and reclaim our Human Nature Superpowers; the 5 BE's.

When you experience ANY of these Human Problems, personally OR observe it in the people around you, you can get a clue about where to focus your attention by following the treasure map.

For example, the common problem of "not enough time" can probably be "disappeared" by amping up your Drive to Be FREE.

So, instead of thinking: "oh I have a time management problem", try this: "I have a desire for more freedom to do what I feel is important or joyful for my Dream." Approach the desire thoughtfully, playfully and most importantly, co-creatively.

Again... this is a treasure map... NOT a road map.

Follow the clues and enjoy the adventure... together we can uplift our Human Culture.

And always remember... you are NOT alone.

WE are together.

## ***06-08) The Power of LOVE, judgment-free awareness and Post Traumatic Growth!***

As you dive deeper into your Human Nature and the various social fears, doubts, beliefs connected to self-preservation and social safety instincts... a common element will be: the other people involved in these experiences!

It is valuable to – as much as possible – maintain a judgment free perspective toward them. Most likely they are a person who was hurt in some way and that lead them to treating you in a hurtful way by controlling or neglecting you.

Just like we empower the saying: Free People, Free people!

It is also true that often: Hurt people, hurt people. And Controlled people, control people.

We want to avoid making other people or groups the enemies or the “evil ones”. Similarly, while the Authoritarian Culture is responsible for a LOT of pain, we don’t want to get into a blame/shame mindset toward it. Our best play is to understand it, embrace what good has come from it... and PLAY HARD for the culture that we know will serve the Human Family WAY better: The Coaching Culture of Egalitarian Freedom!

So, the High School teacher that told you that “you will never amount to anything”, most likely had their dreams squashed by someone earlier in their life.

What we are aiming to do with Transformation Coaching is to “break the chain”. To uplift each other so that we stop passing the pain of Authoritarian Control and Neglect on to the people around us. We can do it!

To approach pain-causing people and painful experiences from our past (and present) with this level of benevolence does require a fair portion of self-worth and self-love; which are associated with our Superpower “To Dream”. With support, we are all capable of doing this with and for each other.

Also, most of us have been pain-causers in difficult moments of our own lives in the past; the Industrial Culture puts us all into a whole mess of unfortunate situations. Again, self-love and judgment-free awareness are called upon.

Another SUPER powerful way to think of this is in the phrase **Post Traumatic Growth**.

The fundamental idea here is that any time you – or your Human Nature – are controlled or neglected will be a traumatic experience. And... in the Industrial Culture these experiences of trauma are basically normal everyday life. This is why the Human Culture is the way it is right now... not pretty.

Once we have experienced repeated trauma our responses to similar situations will bring up doubt and fear – Post Traumatic Stress - and a whole host of other things that move us away from the Peak Experiences of our Dreams.

However, Post Traumatic Growth is possible!

The possibility of Post Traumatic Growth is that we are capable of growing through these traumatic experiences into a place of wisdom that is beyond what was possible without the original trauma.

After experiences of control and neglect, we are capable – with coaching! – of developing incredible strength with our Human Nature Superpowers.

With the Human Nature Superpower the Love to Befriend activated... which energizes Judgment Free Awareness of each other we can transcend the traumas cause by neglect and control.

AWWW YEAH!

## **Session #07 - Dream Refresh**

(Co-Create Awareness Technique)

## 07-01) Prepare for Session #07 – Dream Refresh

First... the important items we explore every week...Take a look at your Play Plan play sheet from the week and select a few experiences to share with your coach.

**1) WARM UP AND Dream Sharing:** Every time you speak your dream out loud with your coach it gains energy.



### 2) CELEBRATE

Share a few awesome experiences from the past week of social play.

### 3) GROW from Play.

Share about your Insights ~ Actions and Results.

As you share about your experiences you will gain clarity and awareness!

**4) Practice PLAN = Dream Refresh then Co-Create Awareness**

### 5) PRACTICE

#### 5A) Dream Refresh

Prepare for this part by reviewing your coaching notes and play plans.

**Results** – What results have you co-created so far with Social Play?

What do you want to co-create over the next few weeks?

**Mastery** – What social play actions have you become more masterful with?

What social play actions do you want to master next through practice and playing in the world?

**Becomings** – Who have you become from the challenges that you have faced so far?

What do you envision for the next version of YOU as far as expressing your Human Nature Superpowers or unique qualities?

**Experiences** – What Peak Experiences have you enjoyed so far?

Transformation Coaching Session #7 Notes				Date:
1. WARM-UP and Dream sharing:				
2. CELEBRATE 		3. GROW (from Play) 		
4. (Practice) PLAN: <i>Dream Refresh and Co-Create Awareness</i>				
5. PRACTICE (Dream Refresh)				
<b>Results</b> So far:  Next:	<b>Mastery</b> So far:  Next:	<b>Becomings</b> So far:  Next:	<b>Experiences</b> So far:  Next:	
5. <b>Desire or Situation</b> 	<b>Why Important Now?</b>	<b>What New Action?</b>	<b>Co-Create Magic</b> 	
<i>New Insights?</i>	<i>Growth Opportunity?</i>	<i>Next Action?</i>		
<b>Desires:</b>				
6. GROW (from Practice) What did you learn about playing for your dream?		What did you learn about yourself and your superpowers? 		
7. PLAY PLAN: What is your transformation for this week? What social actions? <b>FROM:</b> <b>TO:</b>				

What are the next peak experiences you imagine for yourself?

What is your evaluation of how you have played so far?

What are some ways that you can play better?

### 5B) Co-Create Awareness

Come prepared with a Desire or a Situation that you want to explore for growth opportunities?

### 6) GROW

Explore the growth zone to new clues on the treasure map. What did you learn about playing for your dream and expressing your superpowers?

### 7) PLAY PLAN

A) Set your intention for Transformation for the week. A way you intend to expand or express something new or become the next version of YOU

B) Share a few social actions that will include or engage others as you play for your Dream this week. (Become a co-creator)

Then write out your Social Play Sheet for the week ahead... this is such a good habit for your Dream.

Have an awesome session with your Coach!

## *E 07-02 Transformation from Problem oriented to Dream focused*

Transformation:

From: Problem Oriented

TO: Dream Focused



**{EXPLAIN}**

## ***07-03) Refresh your Dream: Peak Experiences, Playfulness and Superpowers***

When we first activated your Dream in Session #1, we looked at it through the lens of your Human Nature Superpowers. This was purposeful. We wanted to avoid it becoming an Industrial Age objective, goal, task list or the dreaded KPI (Key Performance Indicators) BLAGH.

When you first Activate Your Dream – putting it into the Play Life Station – there is no way to know what is going to come at you!

And you are just starting to reveal some clues on the Treasure Map to reclaim your Human Nature Superpowers and other awesomeness inside you waiting to be expressed.

Now that you know more about YOU and more about social play and peak experiences, we can do a refresh of your Dream with a little more edge.

With your coach you will look back over the last five weeks or so to capture clarity and growth. And use these as a steppingstone for the next few steps on your adventure.

Now is a good time to pull out your weekly coaching notes sheets and play plan sheets! You knew there had to be a reason for those. Here it is.



In the Dream Refresh we will use the ideas from the RACECAR part of the Transformation Coach Model.

### **Social Results**



What are some of the results you have co-created with the world around you?

Anything in the areas of social play: Influence, Inspiration, Visibility and Change?

Are you letting go of the delusion that you need to be “IN Control” and embracing social play?

What are the next Results that you want to play for?

### **Mastery of Social Actions**

What are some of the playful actions you have taken out in the world?

Anything in the areas of social play: Relate, Create, Explore and Experiment?



Have you been able to escape task-mode; at least a little bit?

What are the next set of Actions you aim to become more masterful with ... by practicing with your coach and playing out in the world?

### **Becoming through Social Challenges**

What are some of the challenges that you have faced out in the world?

What are some of the challenges of “the Pull” between your Dream and Human Nature Superpowers of “Self-Preservation” and “Social Safety Instinct”?



Who have you become by playing with these challenges; How have you grown into the next version of YOU so far?

How have your superpowers of Human Nature been awakened?

Have you started to SEEK OUT growth-oriented challenges?

What do you see in your vision of the next version of YOU?

### **Peak Experiences & Evaluation**



What are the Peak Experiences you have had so far?

Have you developed a better feel for how to evaluate your own play by observing your results?

What is most important for you to observe or keep track of?

What are the next Peak Experiences that you have in your vision of YOU at play in the world?

## 07-04) Co-Create Awareness Technique

How to turn any situation into an awareness of Growth Opportunities

### Plan

#### Step #1) Describe

*Describe the desire or situation that you want to explore.*

#### Examples

A Desire: I want my podcast to lead to new clients for my business.

A Situation: I hesitate to invite influential people to be a guest on my podcast.

#### Step #2) Connect to the Dream

*Why is this situation important to you NOW?*

If the connection to your Dream is vague, talking this out will give the exercise a greater sense of purpose.

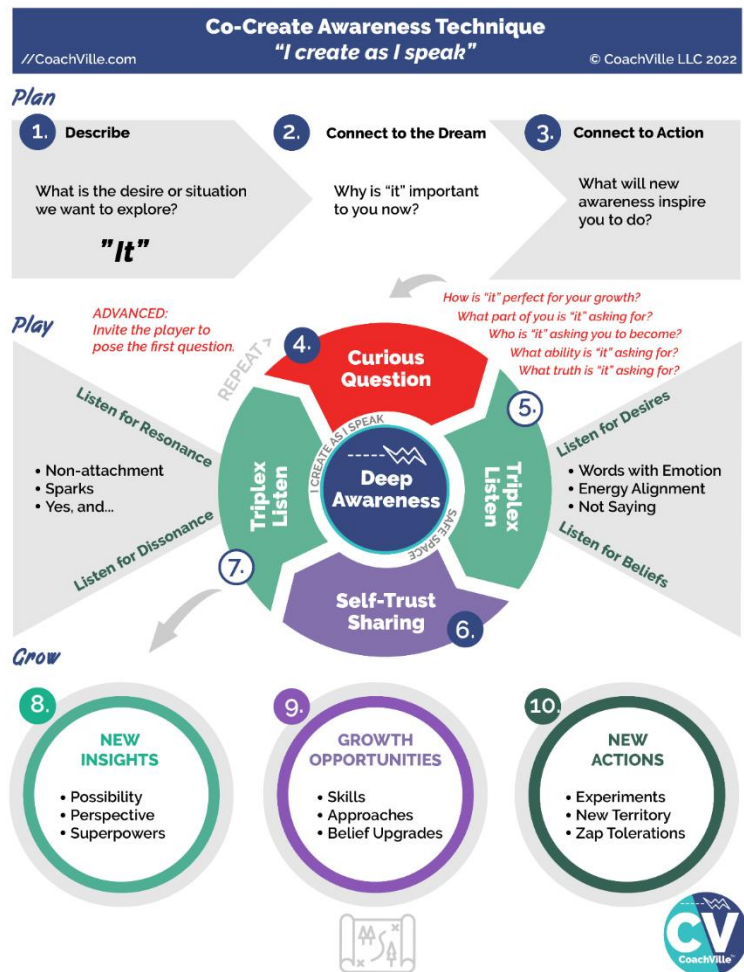
If the connection to your Dream is obvious or strong, speaking this out loud will energize the exercise.

#### Step #3) Connect to Action

*What will new awareness inspire you to do?*

Usually when something feels like a situation or an emerging desire, there is a new possibility coming into your awareness. Trying to put this into words at the beginning will add some clarity to what you are aiming for with the Technique. IF you can't see any action possibilities at the beginning, then be extra aware for them to pop up as you go along.

### Play



## Step #4) Curious Questions

Here are some classic curious Transformation Coach questions that are awesome for creating awareness. Don't worry that knowing the questions will reduce their impact! Even when you know they are coming, these questions go deep!

The BIG idea is this: When you Activate your Dream – AKA put it into the Play Life Station - EVERYTHING that happens is part of the Dream becoming REAL. We also refer to this as living your Dream NOW.

BUT, this perspective takes practice and attention. What we learn from the Industrial Culture is that everything should be under control or else you must be doing something wrong.

These questions help bring your attention back to the value of looking at what IS happening as a valuable part of your growth experience.

*How is this situation perfect for your growth?*

*What part of YOU is this situation asking for?*

*WHO is this situation asking YOU to become?*

*What ability – or superpower – is this situation asking for?*

*What Truth is this situation asking you to see or express?*

These are just a few examples. When you get into the flow of this exploration, often penetrating questions will pop into your mind or your coach's mind. Both of you can trust yourselves to pose these questions out loud!

## Step #5) Triplex Listen (Part 1)

*Listen for Desires ~ Listen for Beliefs*

*Words of Emotion ~ Energy Alignment ~ Not Saying*

Triplex listening is a hallmark of Transformation Coach. Triplex listening is listening deeper than the words, you also listen for emotion and energy. You listen for what the other person is NOT saying; or what is missing. As you listen you hear beneath the words for emerging beliefs and desires.

You may have experienced your coaching saying to you: “I think I hear a belief in there”. Or, “I think a desire is coming to the surface”. Awareness of beliefs and desires – that are in the non-conscious part of our inner being - is illuminating and awakening!

This is how your coach is listening to you. AND you can begin to listen to yourself and others this way as well. WOW! So much becomes possible.

### **Step #6) Self-Trust Sharing**

When two (or a few) people get into a deep purpose conversation with a safe space, amazing “things” can come through the people involved.

Self-trust sharing has a few elements.

- Sharing from the heart... something that you are feeling
- Sharing an “inkling” that is coming through
- Sharing from intuition... from a deeper knowing within
- Sharing from experience... when something important from your past experiences seems relevant to the situation.
- Sharing a reflection... when your coach is reflecting back on what you said from their perspective so you can hear in in a slightly different way.

Your coach is going to share these types of things with you. AND as you experience your coach self-trust sharing, you will begin to trust yourself to do the same.

This is how deeper awareness comes to the surface. Deeper awareness leads to more confident choices and actions. AWWW Yeah!

### **Step #7) Tri-Plex Listen (Part 2)**

Listen for Resonance ~ Listen for Dissonance

Non-Attachment ~ Sparks ~ Yes, And

While your coach shares something with you that they are feeling, inkling knowing or connecting, you are triplex listening and then sharing back with your coach. Your coach triplex listens to you respond.

They are listening to notice if you were resonating with what they shared. If so, then you are both moving in a valuable direction with the conversation.

Or if you were feeling dissonance with what they shared. That usually provides clues for a better direction to move in.

Either is OK!

Your coach is listening with non-attachment. This means they are not going to be attached to what they shared or feel the need to defend what they shared. It's not about being right. It's about creating awareness; and revealing clues on the treasure map that leads to your Superpowers and your Dream!

Your coach is listening for sparks! This is when they say something, or YOU say something that has strong positive energy or sparks a new direction to the conversation that feels really valuable.

“Yes, and” is a conversational technique used in improv. It is a way to keep the momentum going in a conversation by adding on to what the last person shared. This can be powerful for you and your coach.

## **REPEAT**

The sharing back and forth often leads to a new curious question that keeps the awareness moving.

## **Safe Space ~ I Create As I Speak**

But the KEY to relating together in this way is the co-creation of a safe space for speaking with power.

This is not something that you can do by yourself, NOR is it something that just happens when you talk with someone you trust. Safe Space is another level because it is both judgment-free and generative! This is how we tap into the ancient power phrase: “I Create As I Speak”. Safe space, Triplex Listening, Curious Questions, Self-Trust Sharing come together to make it possible. This is why Transformation Coach is such a treasure.

## **Deep Awareness**

When we do this together, Deep Awareness becomes possible. And from deep understanding comes feeling, connection and confidence. MOST of the time, this paves the path for new social actions and peak experiences.

A few concluding explorations help to embody the new awareness

## ***Grow***

### **Step #8) New Insights**

*Possibility – Perspective - Superpowers*

What new possibility do you see for yourself?

What new perspective do you have about your situation / desire?

What did you reveal about your Human Nature Superpowers and how to use them?

### **Step #9) Growth Opportunities**

#### *Skills – Approaches – Belief Upgrades*

What new skills do you want to develop / practice?

What is a new way you can approach fulfilling the desire or embracing the situation?

What new beliefs can you choose to better align with your Dream?

### **Step #10) New Actions**

#### *Experiments – New Territory – Zap Tolerations*

What is a new experiment you can do? In other words, how can you do a social action that you know how to do, but do it in a new way?

What is a new territory you can enter? In other words, a new domain of social action; something you have never tried before.

Zapping a toleration is when you “clean up” something that is draining your energy. It can be a messy physical space, an unfinished project or a “messy relationship”.

AWWW Yeah! It’s an amazing process. Do it with your coach! Eventually, practice with your friends or team members.

## *E 07-05) How it's supposed to work - the big article*

This is the big article about our Human Nature and how it adapted and developed to thrive in a connected group of hunter gatherers.

When you understand the origins of your Human Nature, you will have an easier time finding a clear path to living joyfully now and guiding our Human Culture back to Egalitarian co-creation and collective freedom.

**{EXPLAIN}**

## ***07-06) Get Your Human Nature Back!***

When you signed on with your Transformation Coach there was a purpose behind it.

You desired to:

- Accomplish something
- Experience something
- Get better at something
- Change something

You probably didn't think: "Oh, I need help unleashing my Human Superpowers!"

LOL.

True. However, to get that "something" you desire, that is exactly what we need to do.

And not only will it energize the path to the "something", it will also open doors to amazing new possibilities!

To create change we need to unleash our Dream AND all five "BE" superpowers!

- We need self-trust and self-determination to BE FREE to move in a new direction
- We need caring companions to BEFRIEND and share the adventure with us
- We need to play - A LOT - to BECOME the next version of ourselves.
- We need to BELIEVE in our own dream. This is what this program is focused on. Then we need to explore our beliefs and choose the ones that we need to uplevel to live our new dream. BIG point here: you can choose to uplevel your beliefs; they are not fixed a certain way. This is an essential element of Transformation Coaching!
- We need to find or create a new environment of profound BELONGing where we are supported and challenged to become the next version of ourselves, where we feel safe to be our Superpower selves!

**HOLD THIS HERE**

### **Reality check**

Most people that I have coached have had some awareness of a few things that they were good at. And some had an idea about their "strengths" or something similar from doing a self-assessment test. These inklings and readouts are really valuable.

But most had no idea about their Human Nature **Superpowers** or how vital they are to living a fruitful and fulfilling life. Nor how most stress, anxiety, frustration, apathy etc. are caused by NOT having access to them.

And one more quick clue here. We will talk a lot about our BIG Dream at CoachVille to guide the Human Family out of the Industrial Culture into Coaching Cultures. The Industrial Culture WORKS HARD to suppress – even squash – your Human Nature, or manipulate it in unhealthy ways. Coaching cultures PLAY HARD to unleash and expand our Human Nature Superpowers in pursuit of a vibrant, sustainable and egalitarian world.

I assert that most of the “Problems” in the Human experience – anxiety, self-doubt, etc. - I referred to a few sections back are caused by the Industrial Culture and the way it controls and neglects our Human Nature.

Notice that  
Control and Neglect  
Is the opposite of  
Be Free and Befriend.

More about that later in the program.

Your coach is going to ask you about your Superpowers in EVERY session. It is up to YOU to keep playing with these ideas. Experiment! Explore. There is a version of SUPER YOU that you were born to be. Your Dream is calling for that version of you right now.

The more you discover and activate your Human Nature Superpowers the more alive you will feel... and the greater ease you will experience in co-creating your dream experiences.

AND it might feel pretty scary sometimes... because of the fears we absorbed from the Industrial Culture. We will get to that later.

**MOST IMPORTANT:** Have fun, use your imagination, and KNOW that these powers are in you; envision yourself possessing them and using them.

## **Transformation Coaching Starts Here**

While your coach is guiding your path to living your Dream, at the same time they are exploring clues with you to discover your Superpowers on the treasure map.

You have probably experienced some of these already.

As we move along, I will share a few thoughts about reclaiming your Superpowers as well.

## **To Dream**

Your coach will encourage you to live your Dream – to play for your Dream – EVERY DAY!!

## **Drive to BE FREE**

Your coach has encouraged you, but you needed the Self-Determination to say “YES” and get started. Yeah YOU!! As you practice social play with the Transformation Coaching techniques your Self-Trust expands as well.

## **Love to BEfriend - Co-Creation & Caring**

Your coach has been super-focused on establishing a safe-space of mutual caring so that you can practice social play. Your coach will be your co-creative partner every step of the way as well. Mostly you will co-create practice experiences and awareness that will accelerate your growth. Over time your mutual caring will develop even more.

## **Urge to BEcome - Promote Playfulness & Self-Expression**

This is essential because coaching and playing go hand in glove since the purpose of coaching is playing better. With your playfulness you can go out into the world for peak experiences. A peak experience is when you feel that you are being AWESOME!

Over time your self-expression will emerge.

## **Ability to BELieve – Reveal and upgrade your beliefs & desires**

Transformation Coaching is about living our dreams! You can start with even the smallest amount of self-confidence and the smallest inkling and grow it into a BIG Dream.

As you practice life with your coach and deep dive on conversations, your beliefs and desires will come into awareness. This will give you the opportunity to choose the ones that align with your dream and slowly release the ones that don't.

This program is designed to energize your Dream AND your expand your ability to believe in your own dreams.

As you play in the world the pull between self-confidence and self-preservation will reveal itself. Hah! You probably know this by now.

## **Need to BELong - Profound Belonging for Super YOU**

To thrive you need a place of profound belonging for your Dream, Super YOU and... EVERYTHING!

Your coach will start by creating a “safe space” – a judgment free space – where your self-value is experienced; a place for you to express your dreams and practice being the next version of YOU!

Over time, as your sense of self-value grows from your time with your coach you will begin to bring your expression of Human Nature and your Dreams out into the world so they can find where they are valued by others, where they BELONG!

The BIG awareness, that emerges over time, is how profound and influential our Social Safety Instinct is in our lives. One BIG value of transformation coaching is to bubble these “instincts” up to awareness so that you can choose if they are serving your Dream or NOT.

## ***07-07) The Coaching Culture Transformation Chart***

**From:** We are individuals who have to make our own way in the world

**TO:** We can co-create a culture that honors and promotes Egalitarian Freedom

When you play for your Dream with a Transformational Coach, YOU become a light for Egalitarian Freedom. YOU start a ripple effect that goes out to the people in the world around you.

*Egalitarian Freedom = Each individual knows that they are FREE; AND each of us honors the freedom of ALL other people; AND each of us participates in caring for the collective. Everyone is included; Everyone is valued; No one is left out.*

It's a BIG DEAL.

Also, as you play for your Dream, even a little bit, you start to notice how control has gotten into us because it is the status quo in the world around. We aim to change that and YOU are a part of the change.

The purpose of this chart is to create awareness of the elements of the Industrial Culture that we aim to leave behind with our global movement to co-create coaching cultures in every family, school, community, company and ... (eventually) country.

The important thing is that you don't need to do anything special. Just keep playing for your Dream and sharing with people you know about what you are doing.

If you want to be even more proactive, I will share with you about that at the end of the program.

Yeah Team!!!!

This chart reveals the 5 CO's of the Industrial Culture compared to the 5 BE's of the Coaching culture.

<b>LESS</b>	<b>MORE</b>
<b>Industrial Culture</b>	<b>Coaching Culture</b>
Dehumanizing Authoritarian Control & Hierarchies	RE-Humanizing Egalitarian Freedom & Co-creation
<b>OBEY Authority</b> Follow the rules / authority	<b><i>PLAY for your Dream</i></b> Choose your Desire ~ Self-Love ~ Self-Worth
<b>CONQUER</b> I/we own you now	<b><i>Drive to BE free</i></b> Choose adventure ~ Self-trust ~ Self-determination
<b>COLONIZE</b> You do things My/Our way now	<b><i>Love to Befriend</i></b> Choose your companions ~ Co-create ~ Care (give and receive)
<b>COMMAND</b> Do what I tell you to do	<b><i>Urge to Become</i></b> Choose your playful practice ~ Self-expression ~ Spirit of play
<b>CONTROL</b> Do it the way I tell you to do it Don't do anything against my rules	<b><i>Ability to Believe</i></b> Choose your beliefs and desires ~ Self-Confidence ~ Self-Preservation
<b>COMPLIANCE</b> Do it right or you are IN TROUBLE	<b><i>Need to BELong</i></b> Choose your environments ~ Self-Value ~ Social Safety Instinct
<b>The world is a school / job</b>	<b>The world is a playground</b>
<b>Industrial Culture Coaching</b>  Expert Authority: Sequence of video with checklists and Q&A about how to fix what is wrong with you; The expert is ABOVE the client.  Humanism: Coaches only ask questions so clients can solve their own problems. The coach suppresses their human nature to serve the client; (is BELOW the client)	<b>Transformation Coach</b>  1. A profound personal relationship 2. Where the coach guides the self-determined player 3. In pursuit of playing better for their Dreams 4. To become the next version of themselves 5. Through proactive co-creation 6. And guided practice

<p><b>International Coaching Federation</b></p> <p>Partners with the <b>client</b> to define what the <b>client</b> believes they need to <b>address</b> or <b>resolve</b> to achieve what they want to accomplish in the session</p>	<p><b>CoachVille Transformation Coach</b></p> <p>Partners with the <b>PLAYER</b> to define what the <b>PLAYER</b> believes they need to <b>CO-CREATE</b> or <b>PRACTICE</b> to achieve what they want to accomplish in the session</p>
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## The new Transformation Way of coaching.

The way of life and personal coaching that came out of the 90's had a strong flavor of Industrial Control.

It can be summed up by this phrase from the International Coaching Federation description of coaching:

Partners with the **client** to define what the **client** believes they need to **address** or **resolve** to achieve what they want to accomplish in the session.

This “way” of coaching served its vital purpose in the world: It was a stepping stone to the type of coaching needed for us to Guide each other out of the Industrial Age into the Connected Age.

The WAY of Transformation Coaching can be explained by changing just 3 words from the (ICF) version:

Partners with the **PLAYER** to define what the **PLAYER** believes they need to **CO-CREATE** or **PRACTICE** to achieve what they want to accomplish in the session.

The way of Industrial Culture “coaching” was about addressing and resolving problems with a client.

The way of Transformation coaching is about co-creating and practicing social play with a player.

It’s just 3 words, but it changes the vibration:

Clients address and resolve. (Get the situation under control and solve the problem)

Players co-create and practice. (Unleash our Human Nature and play for peak experiences)

Transformation Coaching provides a “Way of Being” that restores all that is vibrant and good in our Human Nature and provides the foundation to co-create a Culture of Egalitarian Freedom.

## 07-08) Social Play Plan Playsheet ~ USE IT!











I showed you this Social Play Plan Playsheet in the Introduction. And you were probably thinking: “I have no idea what this means!” That was pretty much true then. But not now!

So I am going to make another push for you to use the weekly play plan playsheet for notes; to set intentions and remember the situations you want to explore with your coach.

I find it super helpful to keep this piece of paper near me during the week. (I am oldschool and write lots of things in notebooks) But even as I evolve into “Evernote” I still keep this paper in front of me specifically for my Social Play Actions.

It helps to remind me to engage in Social Play... and stay out of “task mode”. For example even as a write this I have choices. Is this a task I am trying to finish today? Or... am I creating this chapter to inspire you... AKA Social Play. The more often I stay in the Social Play zone, the more uplifted I feel.

This is the BIG IDEA. You don’t use this like a task list where you write down everything you plan to do. You ONLY use it for Social Play. And if you are doing lots of social play each day, then you would uplevel to only writing out the items that have a growth edge for you.

Transformation Coaching Play Plan # _____		Date: _____
Your <b>BIG Dream:</b>	Your Transformation: FROM: TO:	Your Superpowers:
<b>ACTIONS with the Spirit of Play</b> Relate for <b>INFLUENCE</b> > Risk Rejection 		Challenges / Superpowers / Results: 
Create for <b>INSPIRATION</b> > Risk Disappointment 		
Explore for <b>VISIBILITY</b> > Risk Trouble 		
Experiment for <b>DISCOVERY</b> > Risk Mistakes 		
Celebrations: 		Growth: 

**Session #08 - Play for “YES”**  
(Role Play + Pivotal Moment Technique Combo)

## 08-01) Prepare for Session #08 Playing for Yes

1) **WARM UP AND Dream Sharing:** Every time you speak your dream out loud with your coach it gains energy.

### 2) CELEBRATE

Share a few awesome experiences from the past week of social play.

### 3) GROW from Play.

Share about your Insights ~ Actions and Results.

As you share about your experiences you will gain clarity and awareness!

### 4) Practice PLAN

#### To Prepare...

Come to the session with a clear idea of the playing for “Yes” conversation (ASK) that you want to explore. Choose one that you KNOW is outside of your self-preservation zone. Have clarity on a specific person or a typical person that you can define for your Coach.

### 5) PRACTICE

When you get into the Role Play be aware of what you are feeling in your body. When you get into the Pivotal Moment technique your coach will ask you to close your eyes. It is much easier to access your imagination and inner awareness this way. When you open your eyes, fill in the key words on the sheet for thoughts, body sensations and “It’s not safe for me to”. This is also known as the “Body Belief”.

All of this should make more sense to you now after reading this Chapter.

### Superpower Potential



Transformation Coaching Session #7 Notes		Date:
1. WARM-UP and Dream sharing:		
2. CELEBRATE 	3. GROW (from Play) 	
4. PRACTICE PLAN (Play for “Yes”) <i>Define the Role</i>	5. PRACTICE (Role Play the “Ask”) 	
<b>THOUGHTS</b> 	<b>BODY SENSATIONS</b> 	<b>IT'S NOT SAFE FOR ME TO</b> 
	<b>SUPERPOWER POTENTIAL</b> 	<b>HEART'S DESIRE</b> 
<b>6. Desires:</b> 6. GROW (from Practice) What did you learn about playing for your dream?		
What did you learn about yourself and your superpowers? 		
7. PLAY PLAN: What is your transformation for this week? What social actions? FROM: TO:		

When exploring inner resistance it might reveal a superpower or playfulness. You will get a picture of what you were expressing – or trying to express – when some trouble happened. Whatever you were doing will probably reveal one of your natural superpowers for influence. Remember, as children we were all natural influencers. It's in YOU somewhere. We just need to find it and activate it. If it doesn't pop up when you are exploring the moment with your coach, it might pop up later.

### **Heart's Desire**

This is where you put your heart's desire into a power phrase to guide your imagination.

### **THEN...**

You will go back into the Role Play and practice again but now with more freedom and deeper access to your Superpowers for Influence.

### **6) GROW**

Explore the growth zone to new clues on the treasure map. What did you learn about playing for your dream and expressing your superpowers?

### **7) PLAY PLAN**

A) Set your intention for Transformation for the week. A way you intend to expand or express something new or become the next version of YOU

B) Share a few social actions that will include or engage others as you play for your Dream this week. (Become a co-creator)

Then write out your Social Play Sheet for the week ahead... this is such a good habit for your Dream.

Have an awesome session with your Coach!

## **Transformation is happening...**

### **1) Your Dream is Activated**

Once you activate your Dream, EVERYTHING that happens in your world is part of your Dream... somehow.

### **2) Treasure Map Mindset**

Any experience can provide clues that lead you to your Human Nature Superpowers and Pathways to live your Dream NOW!

### **3) You are awesome!**

You were born awesome. You are a natural at social play; though you may need to dig in a little bit to restore it. And you are capable of becoming the next version of YOU.

4) You are FREE

Playing for your dream is an act of Egalitarian Freedom! And a subversive act to the Authoritarian Control Culture. Aww Yeah.

5) Free people. FREE PEOPLE!

## *E 08-02) Transformation: From Avoid the ASK TO Co-create the ASK*

{EXPLAIN Better}

**The Pull between co-create and social safety / status quo**

**Transformation:**

From: Avoid the Ask / Avoid Social Risk

TO: Co-Create the Ask / Embrace Social Risk



**THREE ways we experience "The PULL" within our Human Nature**

**1) Between Be Free and Befriend**

The Drive to Be Free leads us to do our own thing while the Love to Befriend leads us to find companions.

**2) Between Become and Belong**

The Urge to Become encourages us to expand our self-expression to expand our Social Value while the Need to Belong often encourages us to curtail our self-expression to maintain the status quo and avoid social risk.

**3) Within our Ability to Believe**

Self Confidence = I believe I can do it

Self Preservation = I believe it is not safe to do it

Example: young children easily ask for what they want and need; easily approach other people to do things with them; almost assuming they will say yes.

We can restore that superpower.

But first we need to understand how we lost it or suppressed it.

This is why we use the Role Play Technique and the Pivotal Moment Technique together.

### *08-03) Play for YES... Relate for influence*

#### **Also known as “The Game of ASK”**

Play for “yes”, relate for influence, the game of “ask”, there are so many ways to talk about this one pivotal action: asking others for what your DREAM wants or needs. This is a really big deal. And for most people with a dream this is an area with tremendous personal growth potential. This is an area where you can PLAY so much better.

We are going to explore this from a few perspectives because my aim is for you to get excited about growing this capability by practicing with your Transformational Coach.

You already experienced the Role Play Technique with your coach so you can imagine the value of practicing conversations where you intend to ask for something.

You already experienced the Pivotal Moment Technique with your coach so you can imagine exploring the doubts and fears that come up when you intend to ask for something.

In your next coaching session, you are going to experience something we refer to as **Transformational Practice**. This is when we blend these two powerful techniques together: like a mashup!

#### **What should you practice asking for?**

Let’s talk about this next because I want you to get into the vibration of this growth opportunity.

Consider this: to play for a BIG Dream in life will require contributions and participation from a bunch of other people. Ultimately everyone who contributes or participates in your dream will do so BECAUSE you asked them to, and they said: “Yes”; and then took action for you or with you.

Like I said, ASKING is a really big deal.

Asking includes these related activities as well:

- Request
- Invite
- Offer

Most people fall into one of three categories:

A) You DON'T ask for anything; except for maybe asking someone to pass the salt at dinner.

B) You are relatively comfortable asking people for things, up to a certain point! Then not so much.

C) You are comfortable asking people for things and you would like to receive more “Yes’s”

Either way, there is a growth opportunity.

If you are in the A Group, then starting to ask for what you, and your dream, want or need will be huge.

If you are in the B Group, then your opportunity is to PLAY Bigger with what you ask for; to imagine asks that are outside of your current self-preservation zone.

If you are in the C Group, then it is time for you to explore expanding your Human Nature Superpowers so that more people to say “YES” to what you are proposing.

For example, I have had players say: I can ask someone to buy from my company because I know we will deliver, but I struggle asking for referrals because that feels like asking for help... which I NEVER do.

You get the picture. What are the “Asks” and “YES’s” that would REALLY take you and your dream to the next level?

On a related note, something I tell our coaches all the time: “it only takes one major influencer recommending you, to change your life forever.” I know because it happened to me.

There might be an “Influencer ask” like that available to you in your business, career, or community aspirations.

**ASK someone... ASK them...!**



- Ask them to do something with you
- Ask them to do something FOR you
- Ask them to recommend you
- Ask them to refer you
- Ask them to introduce you
- Ask them to join your group / email list
- Ask them to co-create an experience with you
- Ask them to participate in what you are creating
- Ask them to share about it
- Ask them to buy from you
- Ask them to attend your event / experience
- Ask them to bring a friend
- Ask them to give you feedback
- Ask them to share a resource they have with you
- Ask them to support you
- Ask them to give you something



ASK THEM! Your Dream is worth it.

### ***08-04) Reward and Risk; Play BIG and Stay Safe***

**Play with social risk... again... your dream is worth it.**

Asking (along with offering, requesting, inviting) is an essential playful human activity.

Little children ask each other, and big people too, to do “things” quite easily and naturally; it is an essential activity in playful co-creating.

It is playful because it is something that can’t be controlled BUT can be influenced with skill, creativity, energy etc.

Remember this Social Play / Social Fear chart?

Hopefully by now you have a ritual to add some social play activities to your play plan each week.

When you take social play actions, you are in pursuit of a social reward, and you are taking a social risk.

Understanding reward and risk is an essential part of play. And it is super essential to playing well for your Dream.

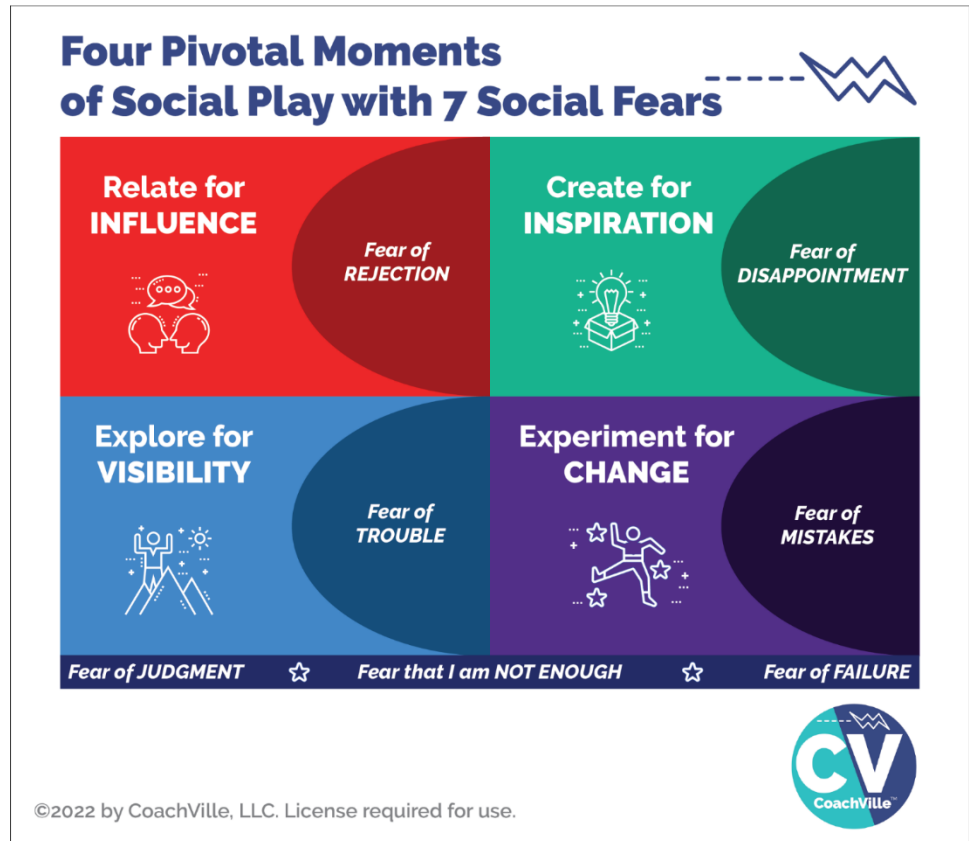
If you are playing basketball and you have the ball, if you choose to shoot for the basket, you are in pursuit of rewards: points, admiration of your teammates, the joy of a high five! If you miss you risk the disappointment of your teammates and the observers rooting for you.

If you are singing a song on a small stage at a local venue you are creating an experience in pursuit of rewards: the joy of performing and the admiration and applause of the observers; AND the feeling that **you inspired** them in some way. You are also taking the risk of making a mistake in public by hitting a wrong note or forgetting the lyrics and the possibility of disappointment if some people don't enjoy it. (YIKES! This has happened to me for sure).

There are similar dynamics involved when you play for your dream.

- Influence is a reward
- Inspiration is a reward
- Visibility is a reward
- Change is a reward

All of the social fears associated with play are risks that you must embrace in order to pursue the reward! Rejection, disappointment, mistakes, trouble, judgment, and failure are all possible outcomes when you engage in social play.



You must embrace the risk in order to pursue the reward.

**Transformational Practice means:**

- Practice the actions so that you get the desired rewards more often.
- Embrace the feeling of risk so that you can play fully and learn from every experience; then use the learning to improve your practice.
- Develop the body awareness to proactively choose when to risk and when NOT to risk (AKA Stay Safe); rather than REACTIVELY resisting the action. This is what the Pivotal Moment Technique is all about.

In this session with your Transformation Coach, you will get a little taste of Transformational Practice. We will get to this in a moment.

***E 08-05) Asking... The Love to Befriend and the Need to Belong***

**{EXPLAIN Better}**

Asking... the Love to BeFriend and the Need to Belong

Two asking situations.

Befriend = Asking a Friend / someone you have experiences with is about co-creating and caring.

Belong = Asking someone within the Group is about social status

**When you ask a Friend**

Do they care?

Do they enjoy co-creating with you?

**When you ask a fellow group member**

Do they think you have value?

Understanding the Need to Belong and the power of social status and the Social Safety Instinct within your body and mind is an essential element of personal awareness.

I have made a serious study of Human Nature by reading about human evolution and coaching lots of people. You don't need a PhD to understand that the Need to Belong is a BIG part of our Human Nature. It's happening / operating ALL THE TIME. What we can do is understand how its signals and impulses impact the way we play for our dreams.

Here is a different model of the 5 Superpowers of Human Nature to put this in perspective.

The Need to Belong is the Biggest Circle because it has the biggest influence on our ability to play for our dreams. The social / tribal part of the brain and body takes up a lot of space and a lot of energy when you are around other people; it is constantly assessing your environment for social safety and status. And if you are alone but have your phone/internet device with you, the realm of social safety and status is in your hand.

It greatly influences how you perceive your value relative to another person or within a group; and this greatly influences your comfort or discomfort in asking for something in any situation.

By exploring and practicing an ASK with your Coach you can become aware of the influences, your choices, and your opportunities for growth. The Urge to Become fuels your dream. Then with your coach, you can uplevel your beliefs and your belonging to play for the Dream.

A quirky little example:

*Your Urge to Become* thinks: "I should ask Influencer Jane to support my dream."

*Then your Need to Belong* might wonder: I would LOVE to be in Influencer Jane's inner circle. But do I have enough status to ask her? Does she value me and what I am doing?

*Then your Beliefs step in:*

I don't believe Influencer Jane cares about my dream.

If I ask Influencer Jane and she says "no", I will never be able to ask her for anything again.

OR

Influencer Jane might say "yes" if I can position my dream as a win-win for her and our community.

Influencer Jane is really busy. I better wait a few months before I talk to her.

\*\*!!\*\*

Anyway, you get the idea: it can get pretty swirly in there! And this stuff flashes through us really fast. **Unless your BIG Dream, your playfulness and your superpowers are fully activated, it is likely that your Self-Preservation Beliefs will have more pull.**

This is where practicing with your coach – slowing down the moment, using judgment-free awareness – can help you explore all of these elements so that you can practice and choose with clarity and power. AWWW YEAH!

### ***08-06) Success is NOT a “numbers game”***

There is a mantra from the Industrial Age of Control that success is a numbers game. It goes like this: if you just ask enough people eventually you will get a “yes”. While it can be powerful to have determination and to keep going in the face of rejection, success is NOT a numbers game at all.

This mantra presumes that we are all robots completing tasks and making logical decisions all day. HAH, nothing could be further from reality.

Success in asking is about skill, energy and LOVE!

Your skills – connecting, sharing, listening – have a big impact on how other people feel and respond to you.

Your energy – attitude, clarity, playfulness – have a big impact on how other people feel and respond to you.

Your LOVE – passion, sensitivity, caring – have a big impact on how other people feel and respond to you.

Again... all of these can be improved by practicing with your coach to expand your Love to BEFriend Superpower.

### **The Delusion of Control**

On a related note: it is easy to fall into the Industrial Control trap that you should be able to make a list of TASKS and complete them on time.

An ASK is not a TASK!

You can't control other people; this is an unfortunate delusion. Because we were SUPPOSED to be able to control everything, including people, in the Industrial Age a lot of clever manipulation techniques were devised to convince people to do what you want them to do. While you may be able to manipulate people sometimes, this is an extremely stressful way to go through life. I don't recommend it!

The growth opportunity of the Connected Age of Play is to see your life as social play and hire a coach to help you expand your playful influence! (Like you already did!)

## 08-07) Transformational Practice

Here is the Role Play Technique Chart that we played with in Session #4. In that Session we did not explore the pathway in the lower right corner of the chart... The Pivotal Moment Technique.

So the practice is to:

- 1) Role Play a conversation where you are going to ask for something that is BIG for you.
- 2) Most likely as you practice making this ask, you will experience some form of resistance in the form of a body sensation... or a loss of words... or a loss of clarity. This happens ALL THE TIME
- 3) Then you or your coach will call time out and jump into the Pivotal Moment Technique right in the moment of you making the “Ask” and / or feeling the body sensations.

By exploring the body sensations you reveal the “Body Belief” that is an expression of Self Preservation or Social Safety Instinct.

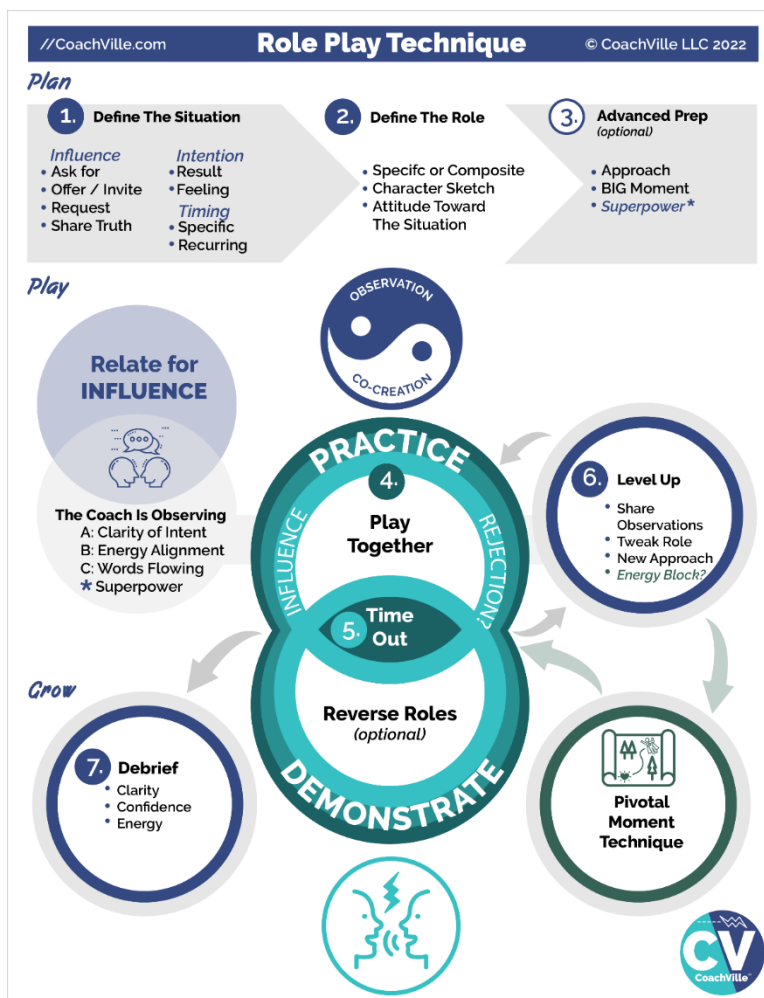
### Superpower Potential

When exploring a body belief it might reveal a superpower or playfulness. You will get a picture of what you were expressing – or trying to express – when some trouble happened earlier in your life. Whatever you were doing will probably reveal one of your natural superpowers for influence. Remember, as children we were all natural influencers. It’s in YOU somewhere. We just need to find it and activate it. If it doesn’t pop up when you are exploring the moment with your coach, it might pop up later.

### Heart’s Desire

This is where you put your heart’s desire into a power phrase to guide your imagination to preplay / practice the scene the way you want it to be.

- 4) After you explore the Pivotal Moment you will FEEL a lot more confident and clear.
- 5) Go back into the Role Play and make the Ask again.



6) Notice the difference!!! It is AWESOME.

## ***E 08-08) Controlled Superpower - Drive to BE Free***

**{EXPLAIN}**

**Bring in the names from the Treasure Map of Problems**

As Human Beings we are born to BE Free. It is in our DNA.

I have read that pre-agrarian humans (before farming and owning land) were “Fiercely Egalitarian”. This means that we fully expect to live life based on our own choices AND we fully respect the right of all others to make their own choices as well. This also means that our natural Human Way is to avoid doing something that would overrule the freedom of another Human. That feels right to me.

### **Egalitarian Freedom vs. “Screw You” Freedom (Free-Dumb)**

Egalitarian Freedom means:

- Responsibility for your freedom
- Respect for the freedom of ALL others
- Respect for “the commons” (shared resources)

However, once our freedom has been controlled, “all bets are off” as to how we will react. A controlled Human will often become a controlling Human.

As small Humans in the Industrial Culture often our freedom is controlled in the name of safety. Somehow, we have managed to fill our homes and neighborhood environments with an abundance of life-threatening dangers. While it might seem “logical” to adults to restrict the freedom of the small Humans, it is VERY confusing to us when we are small; this begins the Industrial Culture experience of Self-Doubt.

As we get a little bigger the restrictions continue, often in the name of “It’s for your own good”. Again, it seems “logical” to the already under control adults, but it is confusing to the Human Nature Drive to BE Free of the young Human.

“Screw You” freedom is a rebellion against being controlled This is understandable in many situations. But it often creates harm either to other people or “the commons”. An

exaggerated example would be: “Screw You! I am a free person. And if I want to dump the chemical waste from my paper factory into the river, you can’t stop me”.

The ability to expand our own freedom while at the same time being aware of our impact on other people and our shared environment requires wisdom.

In a culture of free people – a coaching culture – we all come upon this wisdom quite naturally by observing other people. However, in an Industrial Control Culture where the people around us are in various stages of suppression and rebellion, developing this wisdom requires great personal effort.

Developing this wisdom is a major component of what Transformation Coach is all about.

## Choose Your Adventure

While the Superpower “To Dream” is about your choice of focus for a period of your life, the ability to “Choose Your Adventure” is about what you are going to do today.

As a free human, every day is a new adventure that YOU can choose.

Or, as we love to say: “**Life is a choose your own adventure game**”.

In the Industrial Control Culture, most of us have most of our days obligated in a way that is not fully our choice; in other words, under the control of another person; the ‘boss’ for example.

So, any time you can choose to play for your Dream as an adventure for at least some part of your day, you are exercising your Drive to BE Free Superpower.

## Self-Determination

Self-Determination is when you choose what you are doing.

There are certainly degrees of freedom. If you are in a job or business where some of the time you are choosing what to do as a co-creation between you and your employer, and some of the time you are doing what the boss tells you to do, this is considered a high degree of self-determination in the Industrial Culture.

## Self-Trust

Self-Trust is when you choose how to respond to what is happening around you.

There are two scenarios:

In the moment – in social situations – you trust yourself to respond powerfully or authentically.

In a life path choice where you have time to consider – you trust yourself to choose the best path for you and your Dream.

Choosing in a life path situation – we have 3 sources

Gut – heart - brain

- Gut knowing
- Emotional knowing
- Logical thinking

Each of us have the ability to find our own balance of three sources of choosing. All three have value.

**What is self-doubt (AKA NO self-trust)**

In moments of social interaction – you feel overwhelmed. At a loss; lack of power. Avoid.

In life path choices – you are not sure. Anxiety. I don't know.

*Self-doubt is a fundamental purpose of the Authoritarian Control Culture. It wants you to doubt your self so that you will obey authority.*

**Authoritarian Control = Conquer**

I/we own you now; I/we are in control of you now

**Examples of conquer**

- If a young child is crawling or toddling around a room on their own adventure of curiosity and a bigger person yells: “NO”, and picks them up and puts them in a cage / pen. The child has been physically conquered. The slippery slope to self-doubt has begun.
- If a child is sent to Compulsory Education where they are not allowed to choose their own adventure with the other children and is instead shamed to “sit down, shut up and obey the teacher”, this child has been emotionally conquered. The slip into self-doubt continues.
- If an adult is compelled to go to work doing a job that is physically dangerous, emotionally abusive or where they are paid far less than they are worth for the desperate need of money for survival, this person has been financially conquered. The slip into self-doubt is complete.

- If the leaders of a country arm their citizens with weapons of war to invade another country to subdue the people who live there by physical violence and threatening to end their lives, this is conquering.
- If the leaders of a company use financial superiority to “takeover” another company, this is conquering.

## *E 08-09) Controlled Superpower – The Love to Befriend*

{EXPLAIN}

{copy in the superpower language

When our Drive to BE FREE is controlled or neglected it often leads to these common problems:

Procrastination

Dream Challenge = I need more clarity

Industrial Mindset = I must do what others expect

Scarcity Complaint = Not enough time

FEAR = Not safe for me to disappoint someone

Deep Trauma = Frustration and Free-Dumb

**Session #09 – Co-Creation Series**  
(Intentional Co-Creation Series Technique)  
“The Dress Rehearsal for your Dream”

## 09-01) Prepare for Session #09 – Co-Creation Series

1) **WARM UP AND Dream Sharing:** Every time you speak your dream out loud with your coach it gains energy.



### 2) CELEBRATE

Share a few awesome experiences from the past week of social play.

### 3) GROW from Play.

Share about your Insights ~ Actions and Results.

As you share about your experiences you will gain clarity and awareness!

### 4) Practice PLAN

**To Prepare...** Come to the session with a good idea for the sequence of Social Play actions and peak experiences that you want to practice.

### 5) PRACTICE

There are 3 parts to the practice

1) You and your coach will clarify the series of Social Play Actions and Peak Experiences.

As you sort out the details of the sequence, write in your sequence on the TRIANGLE lines.

2) Your coach will guide you through the visualization.

Your coach will then guide you through the visualization of the sequence. The key to success is to stay in a judgment-free – Treasure Map Clue Hunting – mindset. Your coach will ask you to share the thoughts that you are noticing; And the physical sensations that you are noticing.

3) Debrief

After you complete the visualization, you and your coach will do a review of thoughts and body sensations. Write these keywords onto your notes sheet.

Transformation Coaching Session #8 Notes		Date:
1. WARM-UP and Dream sharing:		
2. CELEBRATE 	3. GROW (from Play) 	
4. INTENTIONAL CO-CREATION SERIES:		
5. PRACTICE (Intentional Co-Creation)    ▲ <i>Speak the vision</i> ● <i>Embody the vision</i>		
Relate - Create - Explore		for INFLUENCE - INSPIRATION - VISIBILITY
<b>Action 1</b>		<b>for RESULT 1</b>
▲ Do: _____ Feel: _____		Feel: _____ Do: _____
● Thoughts: _____ Body: _____		Thoughts: _____ Body: _____
<b>Action 2</b>		<b>for RESULT 2</b>
▲ Do: _____ Feel: _____		Feel: _____ Do: _____
● Thoughts: _____ Body: _____		Thoughts: _____ Body: _____
<b>Action 3</b>		<b>for RESULT 3</b>
▲ Do: _____ Feel: _____		Feel: _____ Do: _____
● Thoughts: _____ Body: _____		Thoughts: _____ Body: _____
<b>Desires:</b>		
6. GROW (from Practice)		
What did you learn about playing for your dream?	What did you learn about yourself and your superpowers?	
_____	_____	
7. PLAY PLAN: What is your transformation for this week? What social actions?		
FROM: _____		
TO: _____		

## **DESIRES**

You see the place on the notes sheet for writing out any desires that you noticed during this exercise. It is very common that your hearts desires will make themselves known while you do this. It can be really illuminating!

## **6) GROW**

Explore the growth zone to new clues on the treasure map. What did you learn about playing for your dream and expressing your superpowers?

## **7) PLAY PLAN**

A) Set your intention for Transformation for the week. A way you intend to expand or express something new or become the next version of YOU

B) Share a few social actions that will include or engage others as you play for your Dream this week. (Become a co-creator)

Then write out your Social Play Sheet for the week ahead... this is such a good habit for your Dream.

Have an awesome session with your Coach!

## **Transformation is happening...**

### **1) Your Dream is Activated**

Once you activate your Dream, EVERYTHING that happens in your world is part of your Dream... somehow.

### **2) Treasure Map Mindset**

Any experience can provide clues that lead you to your Human Nature Superpowers and Pathways to live your Dream NOW!

### **3) You are awesome!**

You were born awesome. You are a natural at social play; though you may need to dig in a little bit to restore it. And you are capable of becoming the next version of YOU.

### **4) You are FREE**

Playing for your dream is an act of Egalitarian Freedom! And a subversive act to the Authoritarian Control Culture. Aww Yeah.

5) Free people. **FREE PEOPLE!**

## E 09-02) Transformation: from Going Through the Motions TO Peak Experiences

**From:** Going through the Motions

**TO:** Playing for a peak experience

Every day is an opportunity for a peak experience.

There is usually a BIG Kahuna Peak Experience for the Dream you are playing NOW

{Explain}

## 09-03 Social Play ... See the patterns

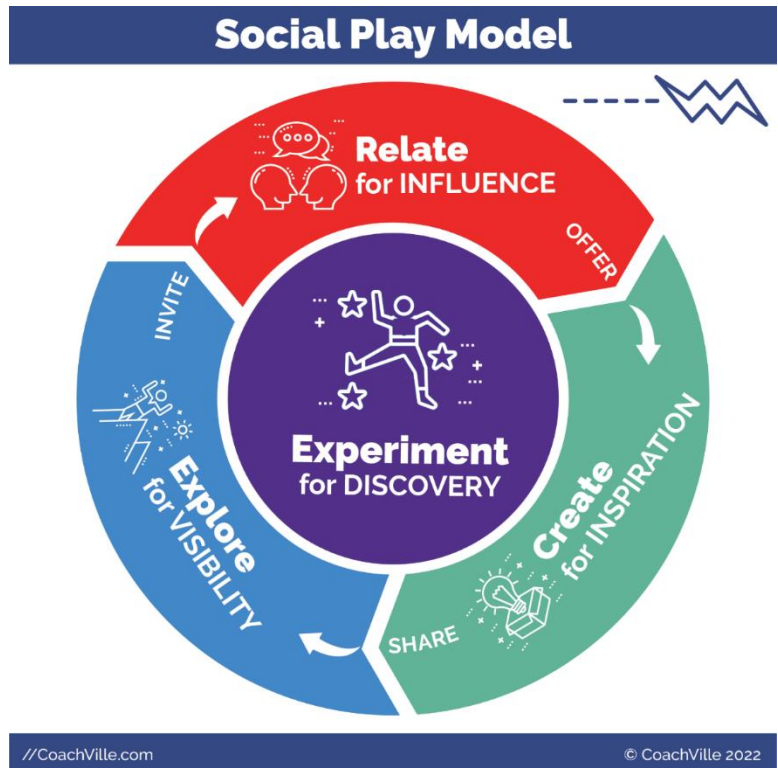
When you look at the Social Play model a little closer, you will see that there is a typical flow to the way these actions sequence together.

Let's create an example for a Podcaster since this is something most of us can appreciate.

### A relatable example

The podcaster Dream to add value to people and grow their base of subscribers

**Relate for Influence leads to an offer.**



Imagine you are talking with an influential person. If you have a good vibe with them, make them an OFFER to be on your show. Imagine they say: “yes”. Imagine that they are really intrigued by the theme of your podcast and want to be a part of it.

### **Create for Inspiration leads to sharing**

Imagine you are co-creating the episode together. You are both feeling the inspiration of the conversation.

Both of you are inspired to SHARE the final audio with your audiences.

### **Explore for Visibility leads to an invitation**

With the efforts of both the podcaster and the influencer, many people “see” and listen to the podcast for the first time. This creates new visibility for both the podcaster and the influencer. You imagine the listener really loving the experience and wanting more.

The Podcast makes an INVITE for the listener to connect with the two co-creators.

The intention is for the new listener to subscribe to the podcast. And this leads to new opportunities to Relate for Influence and the sequence continues!

## **An “old school” example... Networking for Business**

Here is another example from back in my early days of being in business. Hopefully this is another example that you can relate to even if you have never done it.

My Dream was to build my coaching business with awesome paying players.

### **Explore for Visibility**

Go to a networking event. Talk to people. If I resonate with someone, I INVITE them to meet for coffee. Before going I would imagine the other person feeling uplifted by talking with me and wanting to know more about coaching.

### **Relate for Influence**

Over coffee I ask them about their dreams and challenges. I share some insights and stories about how to play life better with a coach. Before meeting them, I would imagine the other person being really energized by the conversation and curious about how coaching could accelerate their progress toward their Dreams.

If the connection feels good, I OFFER them my Exploratory Coaching Experience.

## **Create for Inspiration**

The Exploratory Coaching experience is a guided and co-created experience. Before the call I would imagine the other person getting excited about their Dream for bigger things for their life and feeling that it is truly possible.

If the person is inspired, they will ask me for details about my coaching program. Then I can make them an OFFER to become a paying player. Whether they hire me or not, my intention is that they SHARE about the inspiring experience with people they know in the community.

This creates visibility that leads to another cycle with a potential player.

Whew! This brings back memories! I did this cycle SO MANY TIMES back in the day.

## **One more – Non-Business – Example**

You have a Dream for a new job.

### **Explore for Visibility** (the resume in social spaces)

You put your resume on a relevant job site. Your resume is now visible in the social world of possible opportunities. You imagine someone reading your resume and feeling that you are a good candidate for a job.

The intention is for your resume attract an INVITE for an interview.

### **Relate for Influence** (the job interview)

Now you are in the interview relating for influence with the interviewer. You see yourself feeling confident and building a strong connection with the interviewer. You imagine that the interviewer is very impressed with you and feeling that you are a great fit for the team you will join.

The intention is for the interview to lead to a job OFFER.

### **Create for Inspiration** (in the new job)

Now you see yourself enjoying the job and creating value with your colleagues. You see yourself being an inspiration within the group. You imagine the manager feeling that you are a valuable member of the group with great potential for bigger things.

The intention is for the manager to SHARE about you with other leaders in the company which creates visibility for the next opportunity in the future.

## **Can you see it?**

Hopefully from these relatable examples, you can craft an example like this for your Dream.

One key thing in understanding these sequences is that they can start at any of the three social play activities.

Also, you don't need to orchestrate ALL of the details, just the key moments and scenes. Your imagination can fill in the details to create the flow that leads to you co-creating the peak experiences of your Dream in the social world.

## ***09-04) Intentional Co-Creation Series***

There are two models for playing life that we have used throughout this program.

- 1) Life is a Human Journey – the idea that your Dream pulls you away from the status quo of control to an adventure in the Social World where you have new experiences and face challenges to discover lost powers within you. FUN!
- 2) Life is Performance Art – the idea that there are social actions that we can imagine and practice to develop new skills and express our unique value in the world.

It is this 2<sup>nd</sup> model that is behind the Intentional Co-Creation Series.

A good way to think of it is:

### **A Dress Rehearsal for Your Dream**

We craft a sequence of social scenes of the peak experiences of your Dream so that you can envision it and – more importantly – EMBODY it.

Using your imagination, you can envision your Dream playing out in a beautiful way.

You can imagine yourself expressing your abilities and Human Nature Superpowers to create value for others.

Using your body awareness, you can practice FEELING these scenes from your Dream. By feeling them in a safe space – with your coach – you pave the path for these experiences in your real world.

### **There are 3 parts to the practice**

**Part 1) You and your coach will clarify the sequence of social scenes.**

You talk through the scenes at a high level, trusting that your imagination will fill in the details. You will clarify your actions and how you want to feel. Then you will clarify the feeling impact on the other person... and then what you want them to do.

As you sort out the details of the sequence, write the key words on your playsheet. The play sheet is set up for you to first write out what you want to happen, and then write in a few notes as you debrief the experience **AFTER** the visualization. You write the plan on the lines with the **TRIANGLE** next to them.

### **Part 2) Your coach will guide you through the visualization.**

Your coach will then guide you through the visualization of the sequence. The key to success is to stay in a judgment-free – Treasure Map Clue Hunting – mindset. Your coach will ask you about your thoughts and body sensations for each step in the sequence.

These thoughts and body sensations will often reveal doubts and desires that are bubbling up from your non-conscious mind. **THESE ARE POWERFUL!**

Your non-conscious mind aims to keep you socially safe **AND** to fulfill your Dreams... at the same time.

### **Part 3) Debrief and GROW**

After you complete the visualization, you and your coach will do a review of your thoughts and body sensations with you.

What desires did you notice?

What doubts did you notice?

What beliefs did you notice?

What body sensations did you notice?

Write these keywords onto your notes sheet on the lines with the circles.

## ***E 09-05 Controlled Superpower – The Urge to Become***

**{EXPLAIN}**

The Urge to Become keywords

When the Urge to BECOME is controlled or neglected it can lead to these common problems

### *E 09-06 Controlled Superpower – The Need to Belong*

{EXPLAIN



## **Session #10 – More Practice**

(Human Journey with a Coach)

[Sessions 10, 11 and 12 for 13-Session Series]

## 10-01) Prepare for Session #10 – More Practice

### 1) WARM UP AND Dream Sharing

Every time you speak your dream out loud with your coach it gains energy.



### 2) CELEBRATE

Share a few awesome experiences from the past week of social play.

### 3) GROW from Play.

Share about your Insights ~ Actions and Results.

As you share about your experiences you will gain clarity and awareness!

### 4) Practice PLAN

To Prepare...Come to the session with an idea for the moment you want to practice; and if you have an idea for the technique that you would like to start with that will also be great.

The techniques you have practiced together:

- Peak Experience
- Role Play
- Pivotal Moment
- Co-Create Awareness
- Co-Creation Series

### 5) PRACTICE

This is a great opportunity to use your emerging playfulness and desire to grow.

Bring your growing enthusiasm for practicing life and social play!

Transformation Coaching Session #10 Notes		Date: _____
1. WARM-UP and Dream sharing:		
2. CELEBRATE 	3. GROW (from Play) 	
4. CHOOSE THE FOCUS 	<b>Practice Technique</b> <input type="checkbox"/> Peak Experience <input type="checkbox"/> Role Play <input type="checkbox"/> Pivotal Moment <input type="checkbox"/> Co-create Awareness <input type="checkbox"/> Co-creation Series	5. PRACTICE 
5.		
Desires:		
6. GROW (from Practice) What did you learn about playing for your dream? 	What did you learn about yourself and your superpowers? 	
7. PLAY PLAN: What is your transformation for this week? What social actions? FROM: _____ TO: _____		

## 6) GROW

Explore the growth zone to new clues on the treasure map. What did you learn about playing for your dream and expressing your superpowers?

## 7) PLAY PLAN

A) Set your intention for Transformation for the week. A way you intend to expand or express something new or become the next version of YOU

B) Share a few social actions that will include or engage others as you play for your Dream this week. (Become a co-creator)

Then write out your Social Play Sheet for the week ahead... this is such a good habit for your Dream.

Have an awesome session with your Coach!

### *E 10-02) Transformation: Practice / Play Plan*

**From:** Session “Topic”

**TO:** Practice Plan

also...

**From:** Task List

**TO:** Play Plan

Explore the joy of practicing together.

This is how players should arrive at every coaching session:

NOT: with dread because they didn't do something

WITH: joyful anticipation of practice, being SEEN and growth

{Explain}

## E 10-03) The Human Journey with a Coach

{EXPLAIN}

Let's revisit the Human Journey with a Coach Model

1) **It's NOT a straight path:** In the model you can see that the path from the Preservation Zone to the BIG Dream is not a straight path. You can expect a lot of moving ahead and then pulling back. Your adventure will have many side trails and speed bumps.

Remember I shared with you that there is no road map to your Dream but there is a Treasure Map with clues, puzzles, and mysteries etc.? This is what we are talking about here.

2) You will also notice the arrow that shows that once you become comfortable and capable in your BIG Dream, a new Dream will come to your heart and a new adventure will begin! With a Transformation Coach, you don't stay in one place very long!

OK! Let's take a walk through this model. It's super fun and explains A LOT about the coaching experience!

There is a "stay safe" version of your life that is available to you now. In this life you preserve who you are and where you are. You avoid any social risks. This is how most people live. But this is NOT how you live when you have a Transformation Coach!

### BIG DREAM

The outer ring is your BIG Dream! The adventure is to get your heart's desire out into the world. It is your heart calling to you! (*Yoo Hooo... I'm out here*) This is where the experiences and results that you imagine happen with regularity. You are in the flow of life contributing your unique value to the world in a way that is fulfilling for you. The BIG Dream is the equivalent of the "call to adventure" in the Hero's Journey stories. To pursue



your BIG Dream you will need to leave the safety of the Preservation Zone and pass through the FEAR/GROWTH zone and discover and develop your Human Nature Superpowers that will be needed to fulfill the dream.

### **The Social Safety Instinct and the Preservation Zone**

Next notice the Social Safety Instinct at the center. This force is like a magnet that pulls us toward **the Preservation Zone**. Here we aim to maintain the sense of belonging and status that we have in our current environment. We also seek to maintain the beliefs that are required by this environment. And finally, we limit our becoming through play to what can fit within the existing structure, which is usually not much!

The Social Safety Instinct – and the requisite need to maintain belonging – is by far the most powerful force in Human Nature.

The Need to Belong Human Nature Superpower is amazing. When you learn how to use it for good it can align with your Dream for growth. However, it can also be used by someone else to manipulate you and keep you small. Like most power, it can be used in a variety of ways. Part of playing with a coach is developing the wisdom to use it for your Dream.

Many personal growth programs refer to something called the “comfort zone”. It is a similar idea, but I feel that the Preservation Zone is a better name for what is actually happening. First, many people are stuck preserving something that is not at all comfortable; yet they fight to preserve it just the same. Preservation Zone also takes away the stigma of comfort zone that implies a person is weak or lazy. Self-preservation is a super strong survival instinct and is both essential and a respectable force to be reckoned with.

### **The Pull!**

Notice The Pull! This is what we experience anytime we endeavor to pursue a big dream. The BIG Dream pulls us out and the Social Safety Instinct pulls us in. In the Hero’s Journey stories this is called “refusal of the call”. While in these stories this is a one-time event at the beginning of the story. In my experience of coaching people in pursuit of a Dream this is an EVERYDAY EXPERIENCE! Hah! It is often a “many times every day” experience.

### **The Performance-Possibility Gap:**

Notice the Performance Possibility Gap (in the upper right). This is the gap between the sum total of who you are and what you can do now AND who you must become to fulfill your dream. You have a vision of yourself playing life at a higher level of impact and inspiration. This is a good thing!

This is the essential coaching element. When a person has a BIG Dream, it includes a vision of themselves having new experiences and doing new activities or doing them in a bigger and better way than they can do them now. Anyone who goes after a BIG Dream knows that there is a gap that they will need to cross. Crossing this g

ap from the current ability and situation to the vision is what coaching is all about.

### **The FEAR/GROWTH Zone:**

The Growth/Fear Zone is the unknown. This is where you will face challenges that you cannot overcome as the current version of you. You will need to become the next version of you, uplevel your beliefs and establish a new environment of belonging. This is where you face social risks in pursuit of social rewards. In the Fear/Growth Zone you see the 3 of the BE's of Human Nature: Become, Believe, Belong; We will explore them in the next section.

Fear is a fundamental Human experience. Its purpose is to keep us safe. Fear is a feeling in the body that reminds us that in the past while doing something similar something "bad" happened. The fear comes up as a bad feeling to steer us away from the situation or action. Whenever you pursue a course of action that is beyond what you are doing now, you will experience fear on a regular basis.

The BIG insight is to realize that all your fears were absorbed from your environments. And many of your fears are social fears about expressing your playfulness and unique power. So, if you explore the fears, they can lead you back to your playful powers.

This is why we call this the FEAR/GROWTH zone. An essential experience of playing for a dream is growing into the next version of you and the next level of your ability and power.

A BIG key to coaching is this: since most of our fears were absorbed in social situations it is essential that we explore our fears in the company of a trusted guide. It is almost impossible overcome social fears by facing them alone. This is why almost all Hero's journey stories include a guide... and why all modern-day hero's need a Transformation Coach!

### **The Superpower Zone**

The Superpower Zone is where you discover the Human Nature Superpowers within you that have been hidden in the shadows that you will NEED to live your dream. You have Superpowers for influence, expression, visibility and change that you have not yet tapped into. OR you may be using them, but now you are being called to raise your level of mastery.

By walking with a coach through the zone of fear/growth you will obtain many clues about your unique powers that have become hidden over time. Any time you contemplate a new action your body will buzz if the action resembles a troubling experience from earlier in life. Exploring these pivotal moments with a coach using the Pivotal Moment Technique will often reveal the expression of power that is connected to the troublesome event. BAM! You now have awareness of a lost unique power!! AWESOME!

A quick word about Superpowers.

We actually have two sets of Superpowers within us.

- 1) The Human Nature Superpowers that we all have access to; that is what this program is focused on.
- 2) The UNIQUE powers that are part of our personality that we call SUPER YOU; we focus on these in our other coaching programs at CoachVille

We have found that we all need to boost our Human Nature before we can uplift our UNIQUE power. So that is what we are doing here.

If some of your SUPER YOU comes into the picture, then that will be awesome too.

With this awareness you can reclaim your power and use it to fulfill your BIG Dream.

### ***E 10-04) Co-Create Awareness – The Catalyst to Rapid Growth***

Go Back through the co-create awareness model and technique

Deeper into the Curious Questions

Deeper into Beliefs, Values etc.

Deeper into Resonance, Dissonance etc.

#### **Growth Zone**

Explore the growth zone to highlight new insights from the conversation.

#### **Play Plan**

Make a few notes about actions you want to play with this week! Then write out your play plan for the week ahead... this is such a good habit for your Dream.

**{EXPLAIN}**

### ***E 10-05) ?THE BIG PICTURE... how to play better with a Transformational Coach***

Now you know the fundamental techniques that you and your coach can use to co-create together and practice pivotal moments.

AND you have been practicing playing for your dream and noticing your growth opportunities.

NOW... your mission is to play as big as you can each week and then choose the most important or most intriguing growth opportunity to bring to each session.

Remember, your coach can practice just about ANYTHING with you, but it is up to YOU to know what you want to practice. If you have a few good possibilities, of course your coach will weigh in with their perspective.

### ***E 10-06) Dream Team ???***

**{EXPLAIN}**

### ***E 10-07) Controlled Superpower = To Dream***

**{EXPLAIN}**

### ***E 10-08) Controlled Superpower = The Ability to Believe***

**{EXPLAIN}**

# **Session #11 - Celebration**

[ or Session #13 in a 13-Session Series]

# 11-01) Prepare for Session #11 – Celebration

## 1) WARM UP AND Dream Sharing

Every time you speak your dream out loud with your coach it gains energy.



## 2) CELEBRATE

Share a few awesome experiences from the past week of social play.

## 3) GROW from Play.

Share about your Insights ~ Actions and Results.

As you share about your experiences you will gain clarity and awareness!

## 4) Practice PLAN

The plan for this session is to celebration and capture growth from the amazing adventure together. Then explore ideas for your NEXT Dream.

To prepare for the session:

READ over all of your Play Sheet Notes

Find your highlights.

Recall your transformations

Notice your expanded Superpowers!

Transformation Coaching Session #11 Notes		Date:	
1. WARM-UP and Dream sharing:			
2. CELEBRATE 	3. GROW (from Play) 		
4. (Practice) PLAN: <i>Celebration and Growth</i>			
5. PRACTICE:			
<b>Results</b> 	<b>Mastery</b> 	<b>Becomings</b> 	<b>Experiences</b> 
Your Dream:  .....	Urge to BEcome:  .....		
Drive to BE free:  .....	Ability to BELieve:  .....		
Love to BEfriend:  .....	Need to BELong:  .....		
6. GROW (from Practice)			
7. PLAY PLAN: What is your next Dream?			
FROM: .....			
TO:  .....			

## 5) PRACTICE

Together you will review what unfolded in your Dream AND who you have become.

- (Social) Results
- Mastery – new skills
- Becomings – new qualities and perspectives
- (Peak) Experiences

**Then you will walk through the Superpowers of Human Nature.**

**How have you grown in ability? In understanding?**

- Ability to Dream - choose your desires
- Drive to BE Free - Self Trust and Self-Determination
- Love to BEfriend - Co-Create and Care
- Urge to Become - Spirit of Play and Playful Practice
- Ability to Believe - Self-confidence and Self-preservation
- Need to Belong - Self-Value and Social Safety Instincts

## 6) GROW

Explore the growth zone to new clues on the treasure map. What did you learn about playing for your dream and expressing your superpowers?

## 7) PLAY PLAN

Share a few ideas about your NEXT Dream.

What is the focus?

What is your next Transformation?

## ***E 11-02) Transformation: From Invisible and undervalued TO Seen and Celebrated***

**From:** invisible & undervalued

**TO:** Seen & Celebrated

This is a big one for all of us. Because of our many experiences where our Human Nature was neglected and controlled in the Industrial Culture we are yearning to be seen and celebrated for who we are and what we have contributed in the social world.

Coaching is special here because as a coach, you have knowledgeable observations! You can provide so much more than: "oh, that was great". You know the details.

You know the struggle and the challenges.

You know the growth and the special transformations.

{Explain}

## ***E 11-03) Growth Mindset***

Challenges

Feedback

{Explain}

## E 11-04) Everyday Coaching

{Explain}

After you complete the Transformation Coaching series

First... the important items we explore every week...Take a look at your Play Plan play sheet from the week and select a few things to share.

### Growth Zone

Explore the growth zone to highlight new insights from the conversation.

### Play Plan

A) Set your intention for Transformation for the week. A way you intend to expand or express something new or become the next version of YOU

B) Share a few social actions that will include or engage others as you play for your Dream this week. (Become a co-creator)

Then write out your play plan for the week ahead.

Transformation Coaching Session #9 Notes		Date:
1. WARM-UP and Dream sharing: 		
2. CELEBRATE 	3. GROW (from Play) 	
4. CHOOSE THE FOCUS 	<b>Practice Technique</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Intentional Co-creation</li><li><input type="checkbox"/> Role Play</li><li><input type="checkbox"/> Pivotal Moment</li><li><input type="checkbox"/> Co-create Awareness</li><li><input type="checkbox"/> Co-creation Series</li></ul>	5. PRACTICE 
5. 		
<b>Desires:</b> 		
6. GROW (from Practice)  What did you learn about playing for your dream?	 What did you learn about yourself and your superpowers?	
7. PLAY PLAN: What is your transformation for this week? What social actions? FROM: TO:		

## E 11-05) Thank You!

{Explain}