

Transformation Coaching

Playsheet Pack

By Coach Dave Buck, MCC

This is the Transformation Coaching “Playsheet Pack”

In this playsheet pack you will find the “coaching notes” sheets for your 10 (or 12) Session Engagement with your coach. And a few awesome full page diagrams of the essential coaching techniques that your coach will use with you.

For each coaching session there is a sheet for notes that follows the flow of the conversation in words and icons, they are like a mind map of the session.

Writing a few keyword notes will help you capture the growth, awareness and plans that emerge in the session. You can write notes either during the session or immediately after; whichever helps you stay fully present.

The key is to find a sweet spot with your notes. Not none; Not too much.

1) Page 3: Exploratory Session Notes

Print 1 copy

2) Page 4: Play Plan Playsheet

Print 9 copies of page 4

There is a weekly Play Plan playsheet for you to write a few key items of your play plan... and then keep your notes from your experiences as you play in the world in the time between sessions.

3) Pages 5 – 18: Adventure Logs, Coaching Session Notes.

Print 1 copy of pages 5 - 18

The Adventure Log is a great way to capture your progress through the program.

Coaching Notes sheets match the flow of the coaching session. There is a unique sheet for each of the 10 coaching sessions.

4) Recommended: Print 1 copy of pages 19-24

These are valuable reference pages for the techniques we will use together.

5) Bonus: Pages 25-28 are full size images of models that you will see in your playbook.



Enjoy your adventure. Enjoy your coach!

Coach Dave Buck and the CoachVille Team!

A handwritten signature in black ink that reads "Dave R. Buck".

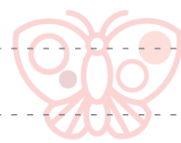
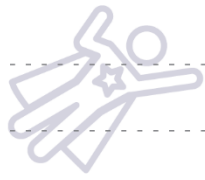
SESSION FOCUS: EXPLORATORY SESSION

Peak experiences:

Self-expression:

3.

4.



3-month focus:

Contribution:

2.

5.



1.



Your Dream

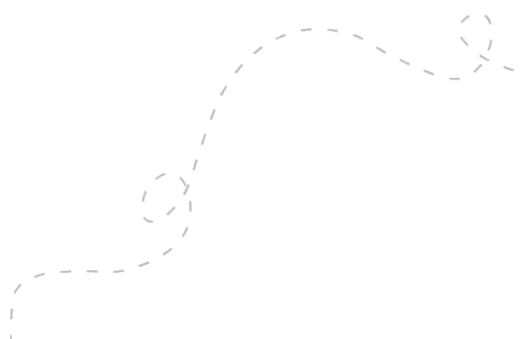
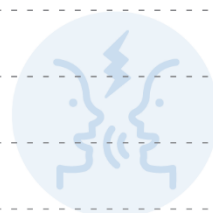
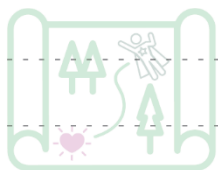


Growth-oriented challenges:

Play better:

7.

6.



Your **BIG Dream**:



Your **Transformation**:

FROM:

TO:



Your **Superpowers**:

ACTIONS with the Spirit of Play

Challenges / Superpowers / Results:

Relate for **INFLUENCE** > *Risk Rejection*



Create for **INSPIRATION** > *Risk Disappointment*



Explore for **VISIBILITY** > *Risk Trouble*



Experiment for **CHANGE** > *Risk Mistakes*



Celebrations:

Growth:



Transformation Coaching Adventure Log (Part I)

Your BIG Dream



1.

**Dream
Activation**

Date: / /

2.

**Social
Play**

Date: / /

3.

**Play
Better**

Date: / /

4.

**Pivotal
Moments**

Date: / /

5.

**Co-Create
Practice**

Date: / /

6.

**Dream
Refresh**

Date: / /

Transformation Coaching Adventure Log (Part II)

Your BIG Dream



7.

**Play for
"YES"**

Date: / /

8.

**Co-Creation
Series**

Date: / /

9.

**More
Practice**

Date: / /

10.

**More
Practice**

Date: / /

11.

**More
Practice**

Date: / /

12.

Celebration!

Date: / /

1. WARM-UP and Dream sharing: 

2. CELEBRATE

3. GROW

4. (Practice) PLAN: *Share the Dream*

5. PRACTICE

Drive to be free:
Self-determination & self-trust

B

Love to befriend:
Co-create & care

C

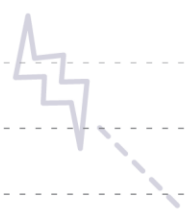


Start here
Brief description:

A

Urge to become:
Self-expression & spirit of play

D





Your Dream

Self-love

Impact: _____

Focus: _____

G

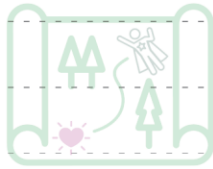


Need to belong:
Self-worth & self-value

F

Ability to believe:
Self- confidence & self-preservation

E



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:

Transformation Coaching Session #2 Notes

Date: _____

1. WARM-UP and Dream sharing: 

2. CELEBRATE


3. GROW (from Play)


4. (Practice) PLAN: *Co-create Awareness of Social Play and Intentional Co-creation*

<p>5. PRACTICE</p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">Co-create Awareness of Social Play</p>    	Relate	for INFLUENCE
	Create	for INSPIRATION
	Explore	for VISIBILITY


Intentional Co-creation Technique


Do:	Feel:	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:

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
---	--	---------------

6. GROW (from Practice)

Desires: 

	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: _____

1. WARM-UP and Dream sharing: 

2. CELEBRATE

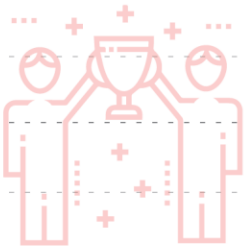


3. GROW (from Play)



3. EXPLORE CHALLENGES

CHALLENGES



SUPERPOWER DISCOVERIES



4. CHOOSE A PIVOTAL MOMENT

5. PRACTICE



5. THOUGHTS



BODY SENSATIONS



IT'S NOT SAFE FOR ME TO




SUPERPOWER POTENTIAL


HEART'S DESIRE



 **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:

1. WARM-UP and Dream sharing: 

2. CELEBRATE



3. GROW (from Play)



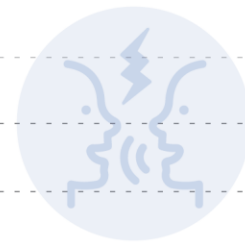
4. CHOOSE THE FOCUS



Practice Technique

- Transformation Coaching
- Role Play
- Pivotal Moment
- Co-create Awareness

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:

1. WARM-UP and Dream sharing: 

2. CELEBRATE



3. GROW (from Play)



4. (Practice) PLAN: *Dream Refresh and Co-Create Awareness*


5. PRACTICE (Dream Refresh)

Results
 So far:

 Next:

Mastery
 So far:

 Next:

Becomings
 So far:

 Next:

Experiences
 So far:

 Next:

5. **Desire or Situation**

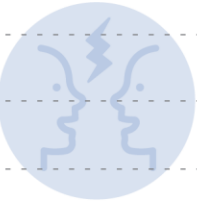

New Insights?

Why Important Now?


Growth Opportunity?


What New Action?


Next Action?

Co-Create Magic


 **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:

Transformation Coaching Session #7 Notes

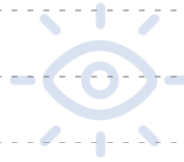
Date: _____

1. WARM-UP and Dream sharing: 

2. CELEBRATE



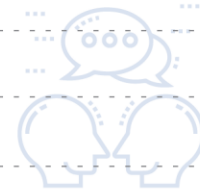
3. GROW (from Play)



4. PRACTICE PLAN
(Play for "Yes")

Define the Role

5. PRACTICE
(Role Play the "Ask")



THOUGHTS

BODY SENSATIONS


IT'S NOT SAFE
FOR ME TO


HEART'S DESIRE



 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:

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) ▲ *Speak the vision* ● *Embody the vision*

Relate - Create - Explore 

for **INFLUENCE - INSPIRATION - VISIBILITY** 

Action 1

for **RESULT 1**

▲ Do: _____	Feel: _____	Feel: _____	Do: _____
● Thoughts: _____	Body: _____	Thoughts: _____	Body: _____

Action 2

for **RESULT 2**

▲ Do: _____	Feel: _____	Feel: _____	Do: _____
● Thoughts: _____	Body: _____	Thoughts: _____	Body: _____


Action 3

for **RESULT 3**

▲ Do: _____	Feel: _____	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?

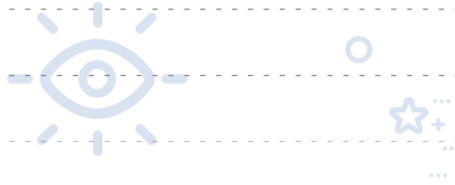
FROM:
TO:

1. WARM-UP and Dream sharing: 

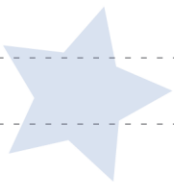
2. CELEBRATE



3. GROW (from Play)



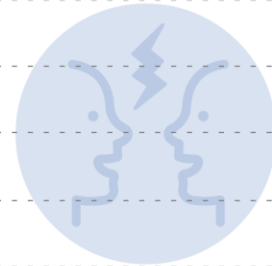
4. CHOOSE THE FOCUS



5. PRACTICE

Practice Technique

- Intentional Co-creation
- Role Play
- Pivotal Moment
- Co-create Awareness
- Co-creation Series





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:

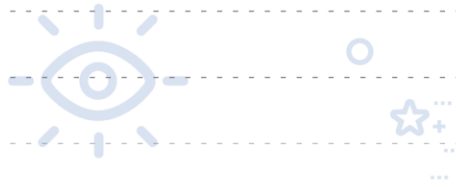
TO:

1. WARM-UP and Dream sharing: 

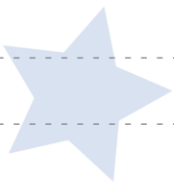
2. CELEBRATE



3. GROW (from Play)



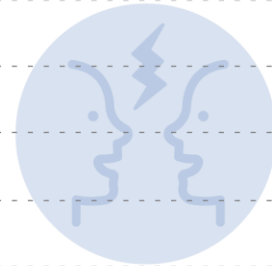
4. CHOOSE THE FOCUS



5. PRACTICE

Practice Technique

- Intentional Co-creation
- Role Play
- Pivotal Moment
- Co-create Awareness
- Co-creation Series





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:

Transformation Coaching Session #11 Notes

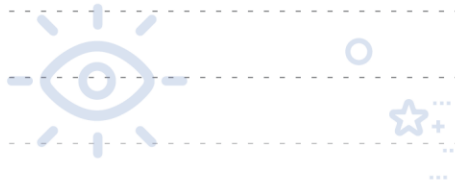
Date: _____

1. WARM-UP and Dream sharing: 

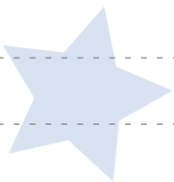
2. CELEBRATE



3. GROW (from Play)



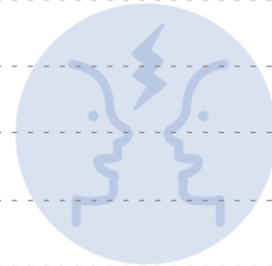
4. CHOOSE THE FOCUS



5. PRACTICE

Practice Technique

- Intentional Co-creation
- Role Play
- Pivotal Moment
- Co-create Awareness
- Co-creation Series



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:

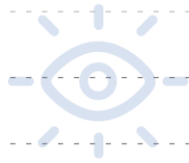
TO:

1. WARM-UP and Dream sharing: 

2. CELEBRATE



3. GROW (from Play)



4. (Practice) PLAN: *Celebration and Growth*

5. PRACTICE (Dream Refresh)

Results



Mastery



Becomings





Experiences



 **Desires:**

6. GROW (from Practice)

 What did you learn about playing for your dream?

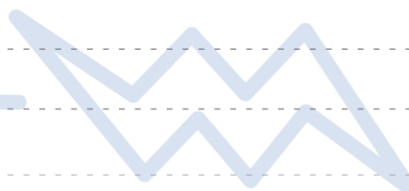
 What did you learn about yourself and your superpowers?



7. PLAY PLAN: What is your next Dream?

FROM:

TO:



Superpowers of Human Nature

Drive to BE free

Self-determination
Self-trust



CHOOSE YOUR ADVENTURE!

Love to BEfriend

Care (give & receive)
Co-create



CHOOSE YOUR COMPANIONS!

Your Dream

CHOOSE YOUR DESIRE!

Self-worth
Self-love

CHOOSE YOUR PRACTICE!



Urge to BEcome

Self-expression
Spirit of play

CHOOSE YOUR BELIEFS!



Ability to BELieve

Self-preservation
Self-confidence

CHOOSE YOUR ENVIRONMENTS!



Need to BELong

Self-value
Social safety instinct



Plan-Play-Grow Coaching Session "Coaching Magic"

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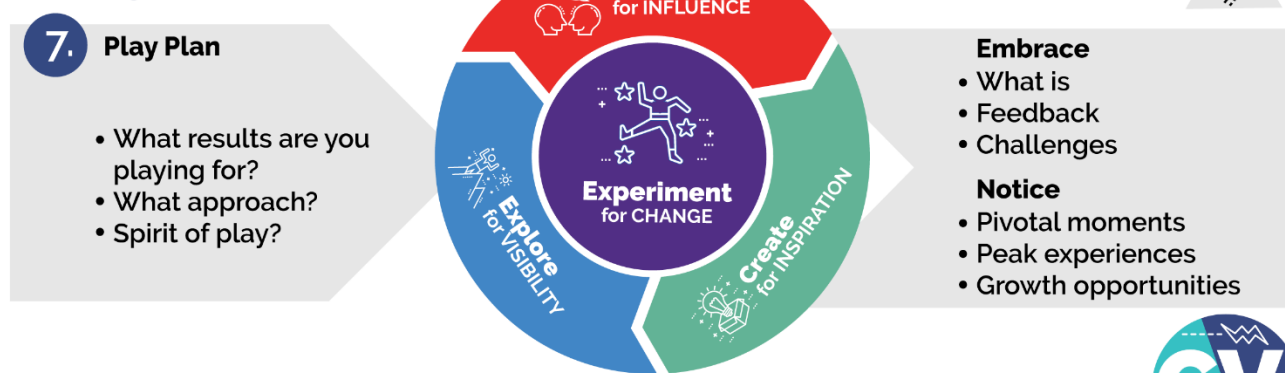
Get started



Practice together



Plan together

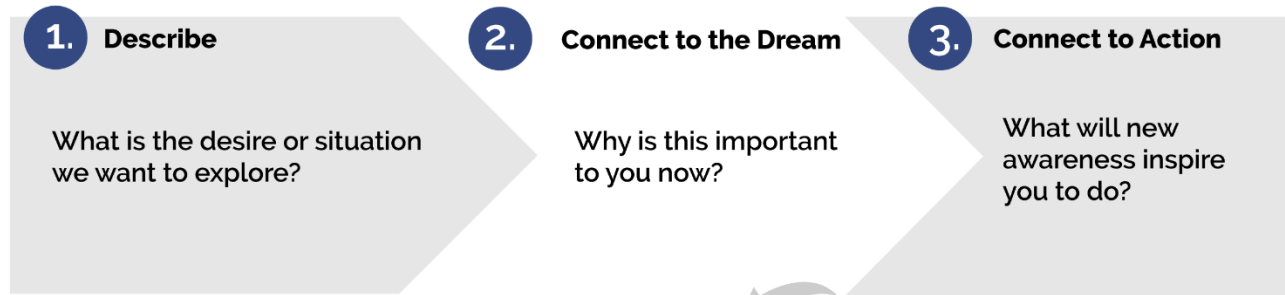


Co-Create Awareness Technique "Abera ca dabera"

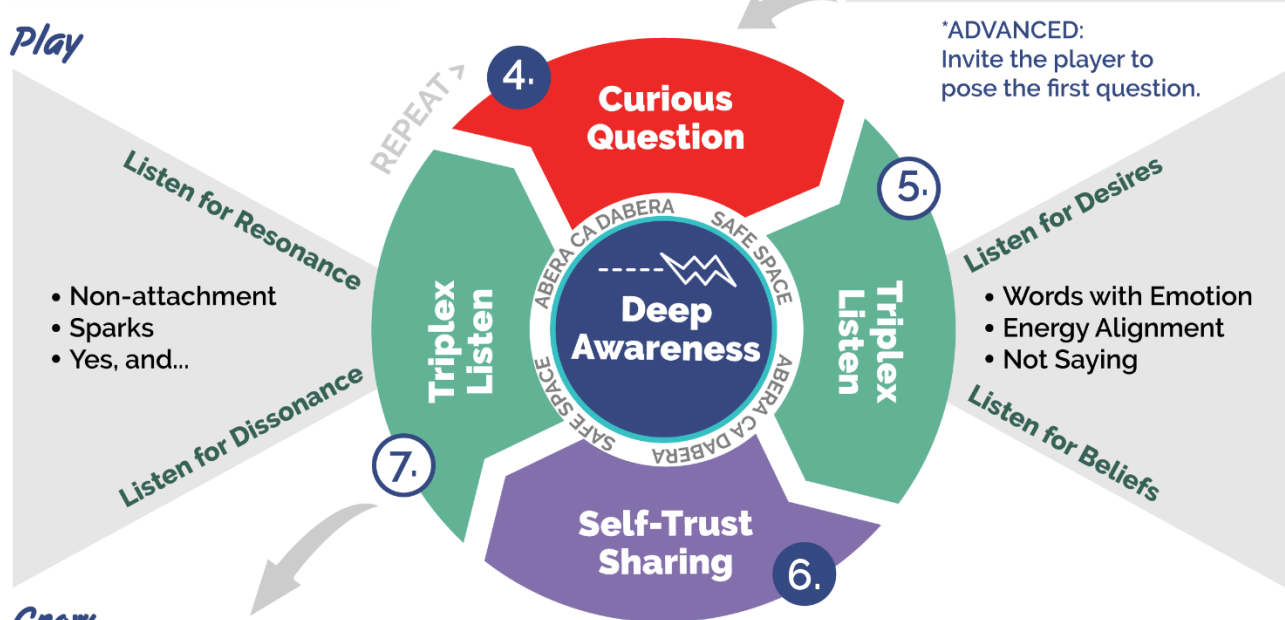
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Plan



Play



Grow



Intentional Co-Creation Technique for a Peak Experience

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Plan

1. Do Something Awesome

Social Play

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

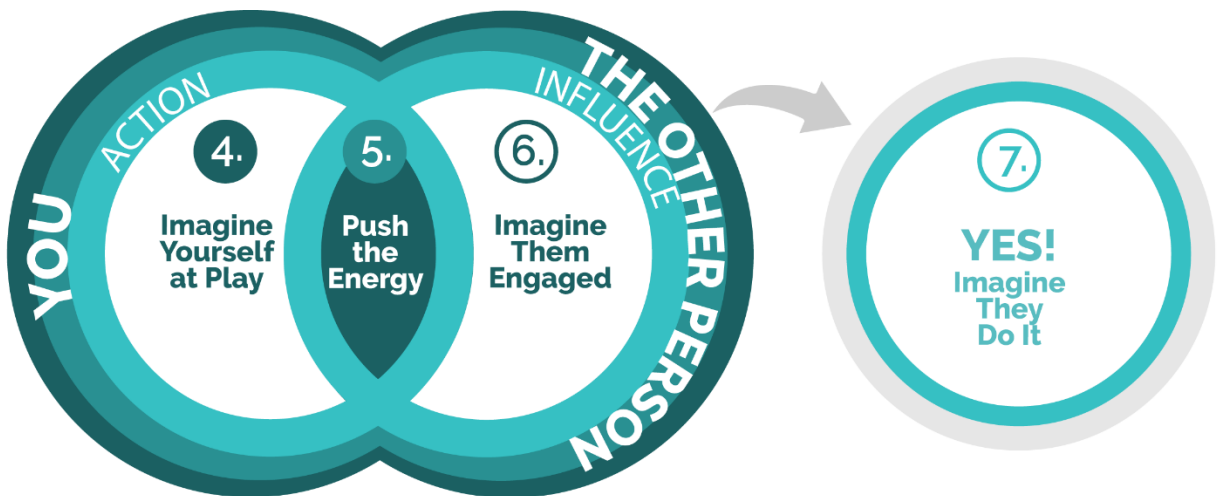
2. Describe Their Feeling

What do you want them to feel?

3. Desired Action

What do you want them to do?

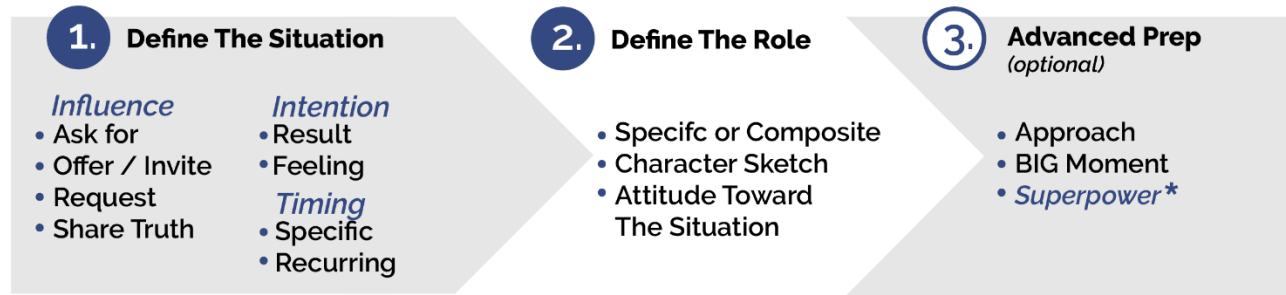
Play



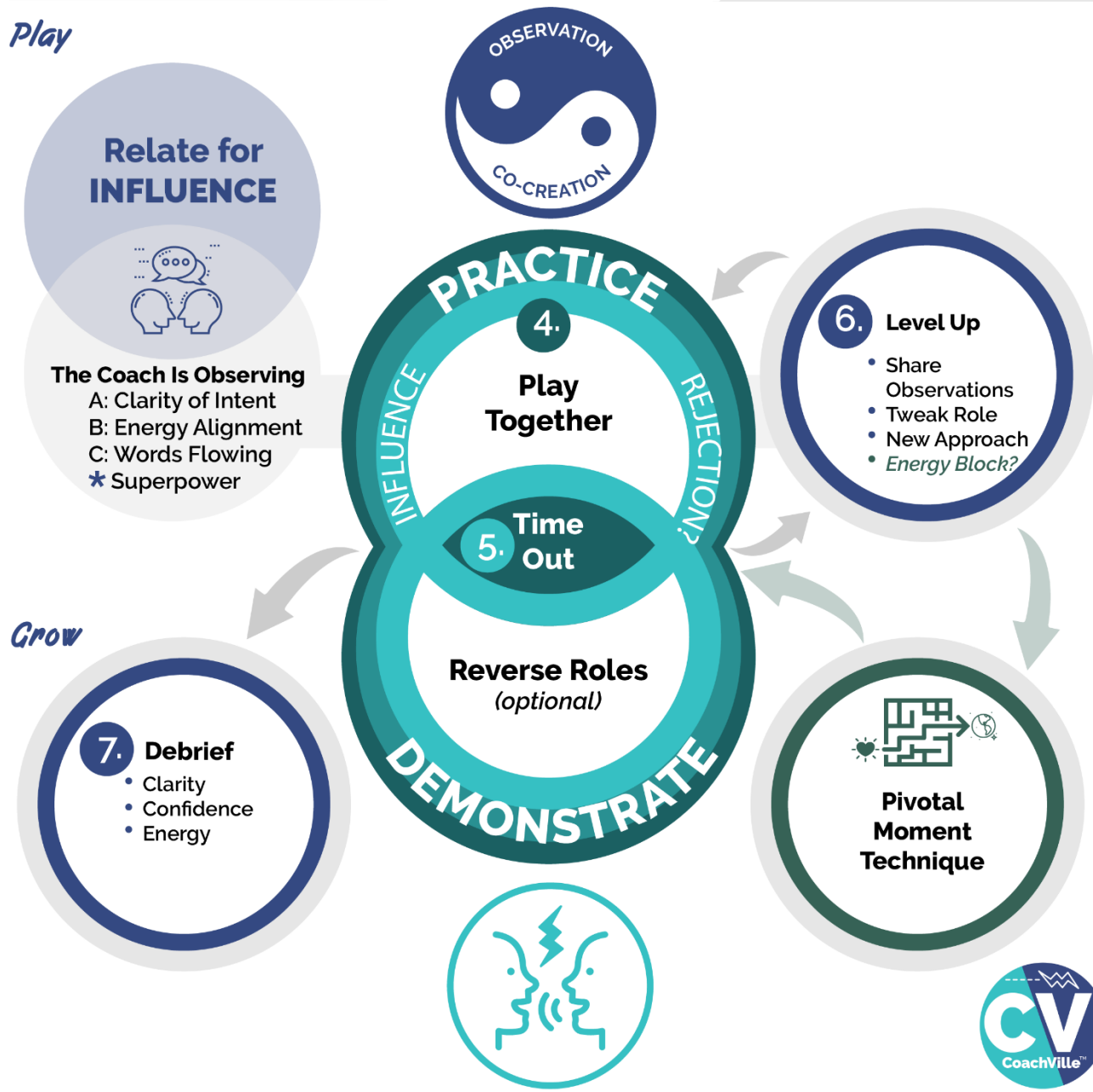
Grow

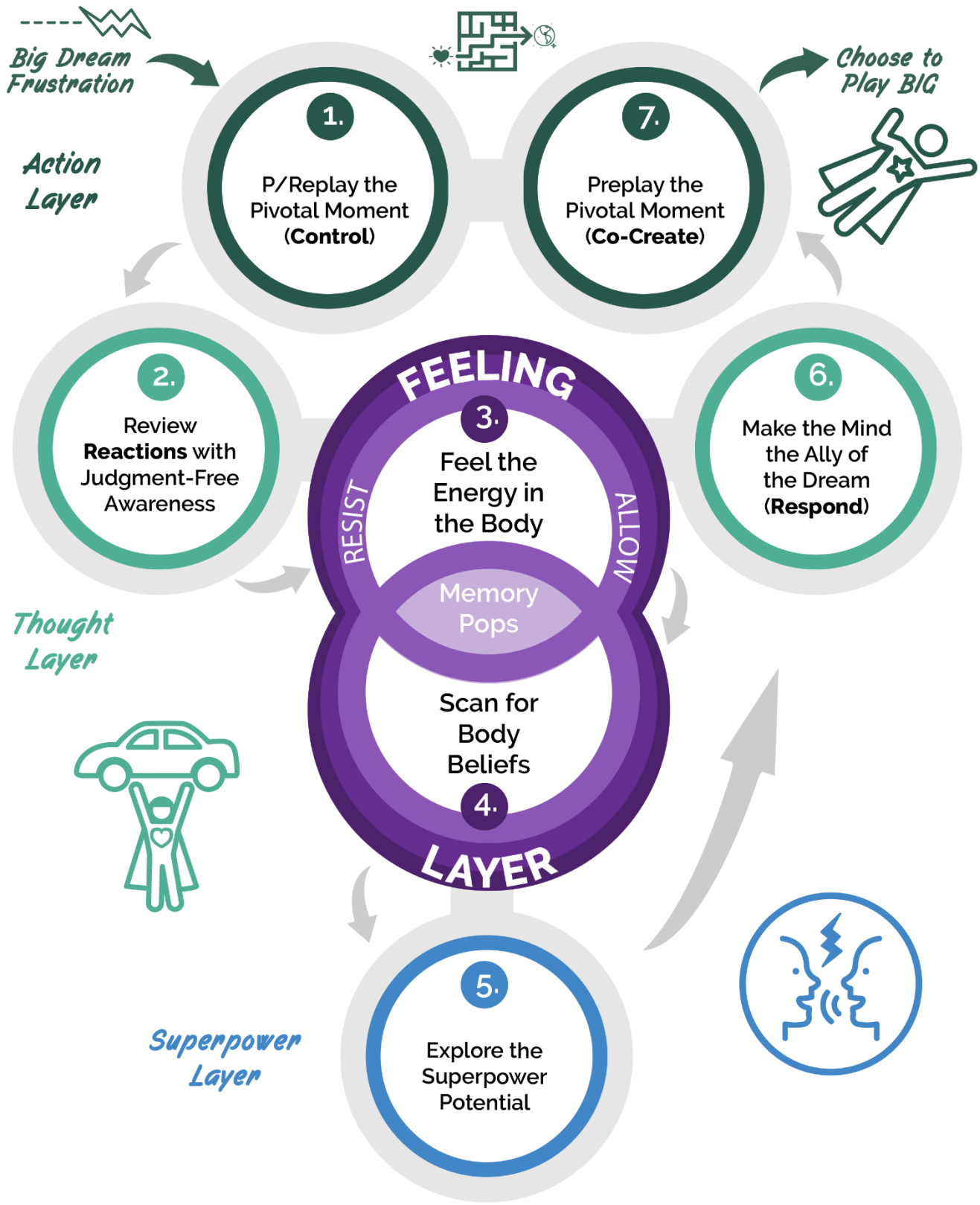


Plan



Play



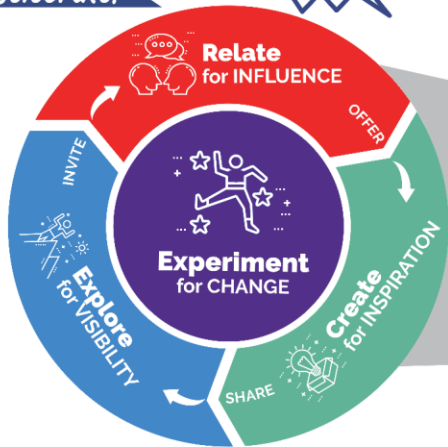


Plan CO-CREATION

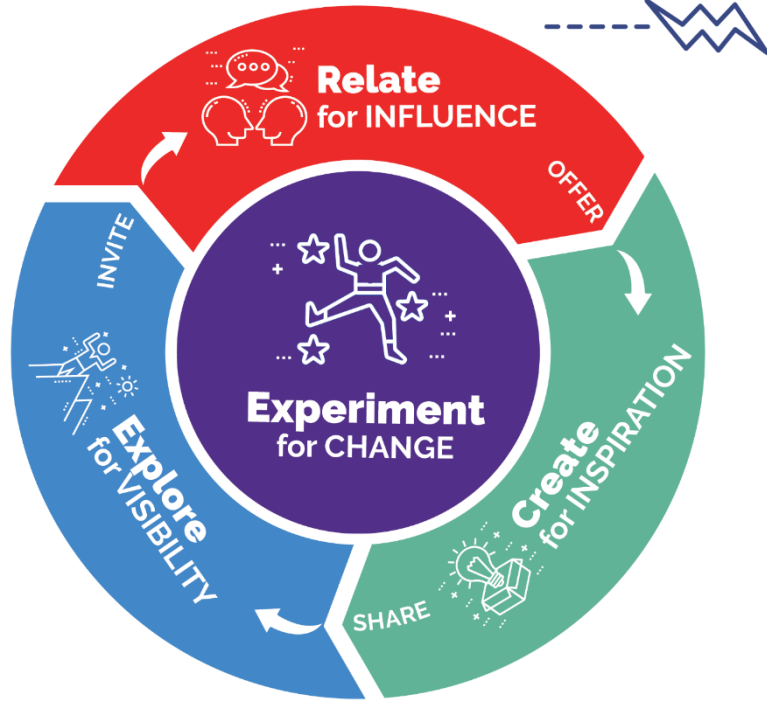
Practice / PLAY! OBSERVATION

Grow CO-CREATION

Celebrate!



Four Moments of Social Play



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Four Pivotal Moments of Social Play with 7 Social Fears

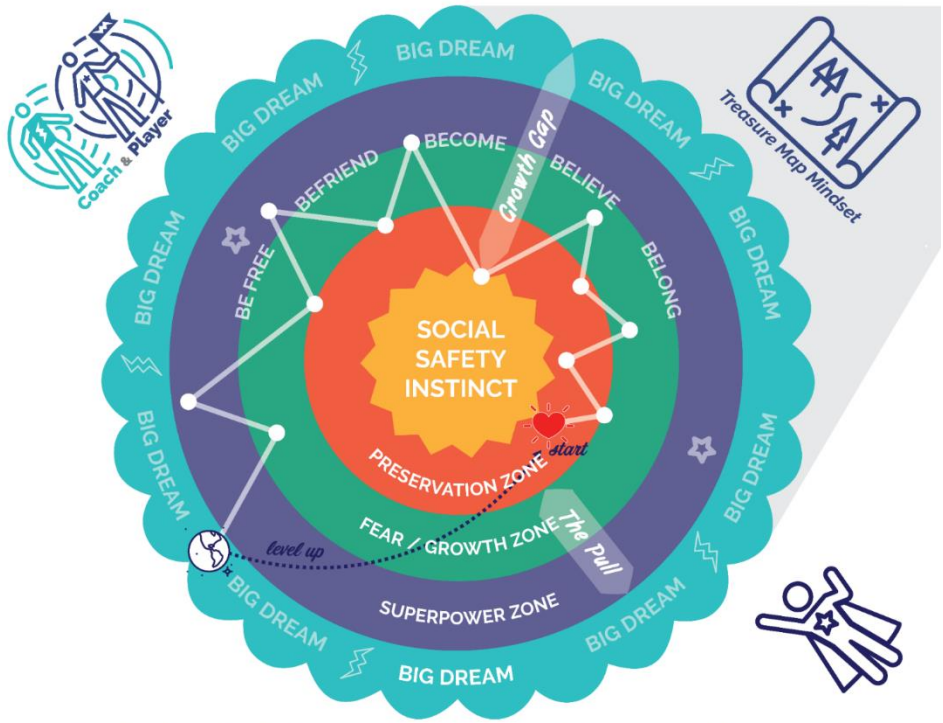


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The Human Journey with a Coach

The Social Safety Instinct pulls the player in. The BIG DREAM pulls the player out.



The Coach guides the Player on adventure from the Preservation Zone, through the Fear / Growth Zone, and into the Superpower Zone. Notice it is NOT a straight line!

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CoachVille Rehumanizing Model

"THE SYSTEM"

School
Family
Jobs
Communities

DEHUMANIZING

Authoritarian
Hierarchical
Control

REHUMANIZING

Egalitarian
Co-Created
Freedom

"THE ECOSYSTEM"

Profound Belonging
Human Journey
Post-traumatic Growth
Unleash Superpowers

PERSONAL PROBLEMS

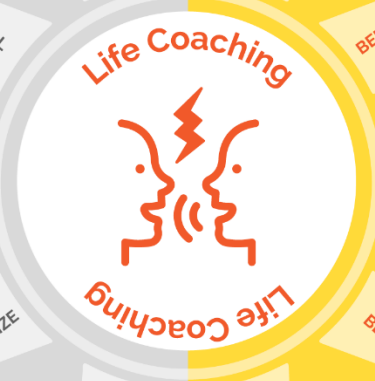
Shame
Suppression
Hiding
Anxiety

ADDICTIONS (PAIN)

Alcohol
Nicotine
Opiates
Shopping
Doom-scrolling
Media Outrage

SOCIAL PROBLEMS

Meanness
Alienation
Polarization
Social Injustice
Climate Ambivalence



- COMPLIANCE
- CONTROL
- COMMAND
- COLONIZE
- CONQUER

- BE FREE
- BEFRIEND
- BECOME
- BELIEVE
- BELONG

PLAYFUL

Relate for Influence
Create for Inspiration
Explore for Visibility
Experiment for Change

PURPOSEFUL

Capable of Impact
Embrace Social Risk
Ripple Effect of Good
Tap Into Body Wisdom
Uplift The Human Family
Free People FREE PEOPLE!

POSSIBLE

Kindness
Affiliation
Harmony
Social Justice for All
Sustainable Living



Free People, FREE PEOPLE

Thanks for being AWESOME!

Coach Dave