

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 (Session 01)

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 – 16: Adventure Logs, Coaching Session Notes.

Print 1 copy of pages 5 - 16

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 11 coaching sessions.

4) Recommended: Print 1 copy of pages 17-23

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

5) Bonus: Pages 24-27 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 blue ink that reads "Dave R. Buck".

SESSION FOCUS: EXPLORATORY SESSION

Peak experiences:

Self-expression:

3. _____ 4.




3-month focus:

Contribution:

2. _____ 5.


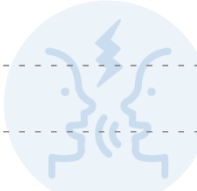
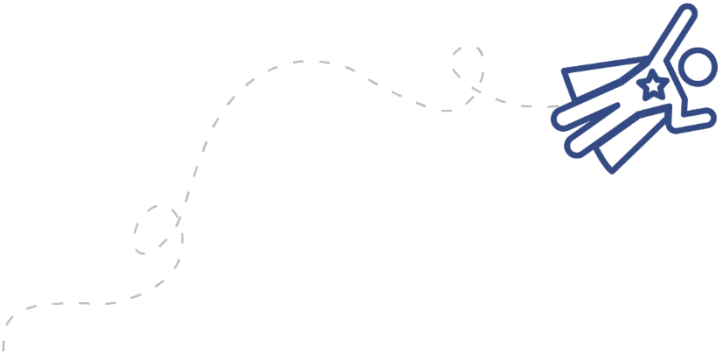




Growth-oriented challenges:

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 **DISCOVERY** > *Risk Mistakes*



Celebrations:

Growth:



Transformation Coaching Adventure Log (Part I)

The Dream



1.

Exploratory Session

Date: / /

2.

Dream Activation

Date: / /

3.

Social Play

Date: / /

4.

Play Better

Date: / /

5.

Pivotal Moments

Date: / /

6.

Co-Create Practice

Date: / /

Transformation Coaching Adventure Log (Part II)

The Dream



7.

Dream Refresh

Date: / /

8.

Play for "YES"

Date: / /

9.

Co-Creation Series

Date: / /

10.

More Practice

Date: / /

11.

Celebration!

Date: / /

1. WARM-UP and Dream sharing: 

2. CELEBRATE

3. GROW

4. (Practice) PLAN: *Dream Activation*

5. PRACTICE

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

B



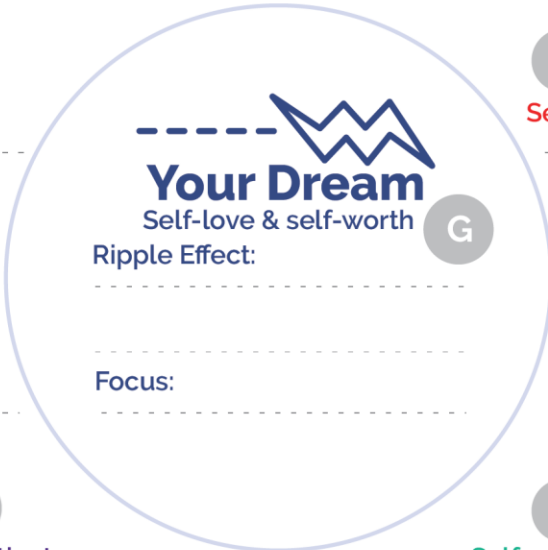
C

Love to befriend:
Co-create & care



Start here
Brief description:

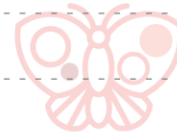
A



G

D

Urge to become:
Self-expression & spirit of play



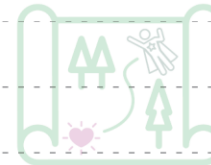
Need to belong:
Self-value & social safety instinct

F



E

Ability to believe:
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:** _____

Transformation Coaching Session #3 Notes

Date: _____

1. WARM-UP and Dream sharing: 

2. CELEBRATE


3. GROW (from Play)


4. (Practice) PLAN: *Co-create Awareness of Social Play and Peak Experience Technique*


<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

Peak Experience 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:

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:

1. WARM-UP and Dream sharing: 

2. CELEBRATE

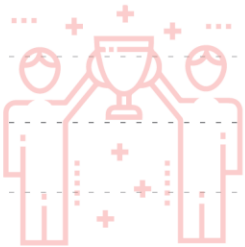


3. GROW (from Play)



3. EXPLORE CHALLENGES

CHALLENGES



SUPERPOWER DISCOVERIES



4. CHOOSE A PIVOTAL MOMENT

5. PRACTICE



5. THOUGHTS

BODY SENSATIONS

IT'S NOT SAFE FOR ME TO

HEART'S DESIRE





SUPERPOWER POTENTIAL



 **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:

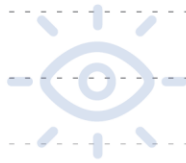
TO:

1. WARM-UP and Dream sharing: 

2. CELEBRATE



3. GROW (from Play)



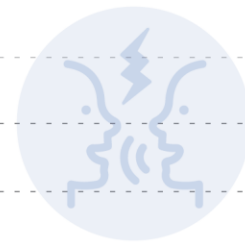
4. CHOOSE THE FOCUS



Practice Technique

- Peak Experience
- 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:

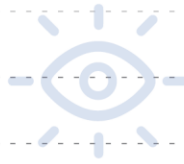
TO:

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?

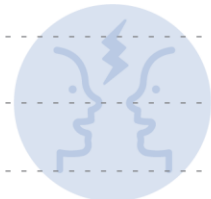
Why Important Now?

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:


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




SUPERPOWER POTENTIAL



 **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 #9 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:

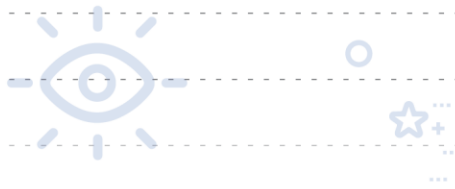
TO:

1. WARM-UP and Dream sharing: 

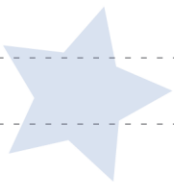
2. CELEBRATE



3. GROW (from Play)



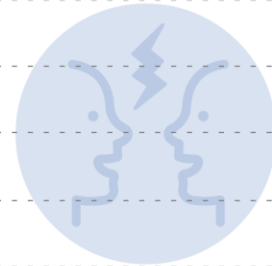
4. CHOOSE THE FOCUS



5. PRACTICE

Practice Technique

- Peak Experience
- 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:

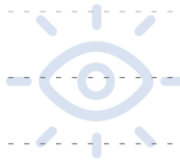
TO:

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



Get started



Co-create Together

Drive to be free:
Choose your adventure

Spark your sense of adventure?
Activate your self-determination?
Expand your self-trust?
Break free of expectations?



Love to befriend:
Choose your companions

Spark your love of companionship?
Opportunities to co-create with awesome people?
Express care / accept care?
Break free of do-it-yourself mindset?

F

Name Your Dream

Spark your heart's desire?
An expression of self-love?



Urge to become:
Choose your playful practices

Spark your self-expression?
Opportunities to express the spirit of play?
Activities you want to get better at?
Break free of the perfection trap mindset?

Need to belong:
Choose your environments

Spark your desire for environmental upgrades?
Activate and share the core you?
Challenge the status quo?
Break free of "I don't belong here" mindset?



Ability to believe:
Choose your beliefs

Spark your inner knowing?
Opportunities to expand your self-confidence?
Expand your capacity for social risk?
Break free of "I am not enough" mindset?



Transformation Coaching Technique "Plan-Play-Grow"

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Get started



Practice together

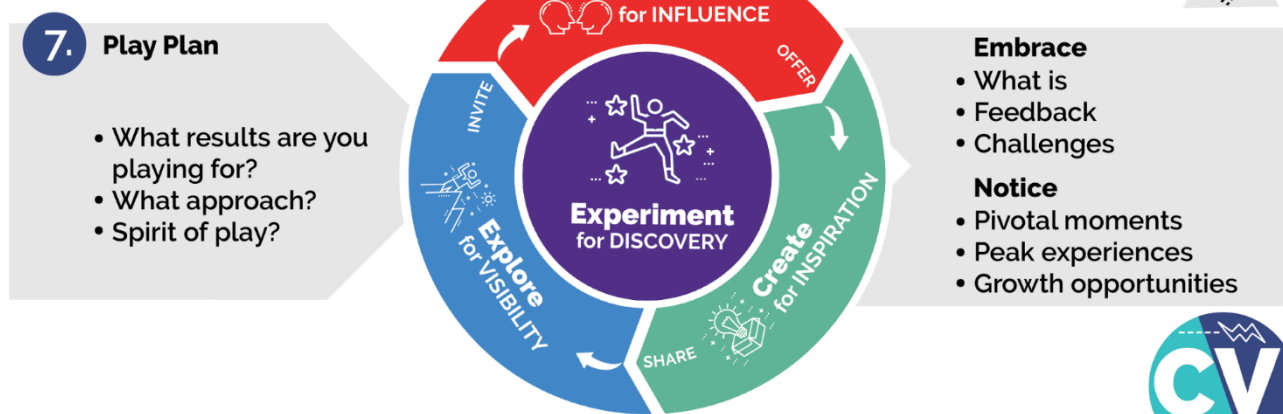


- Practice Technique**
- Peak Experience
 - Pivotal Moment
 - Role Play
 - Co-create Awareness



Go play out in the world!
Everything is part of your Dream in the Play Life station!

Plan together



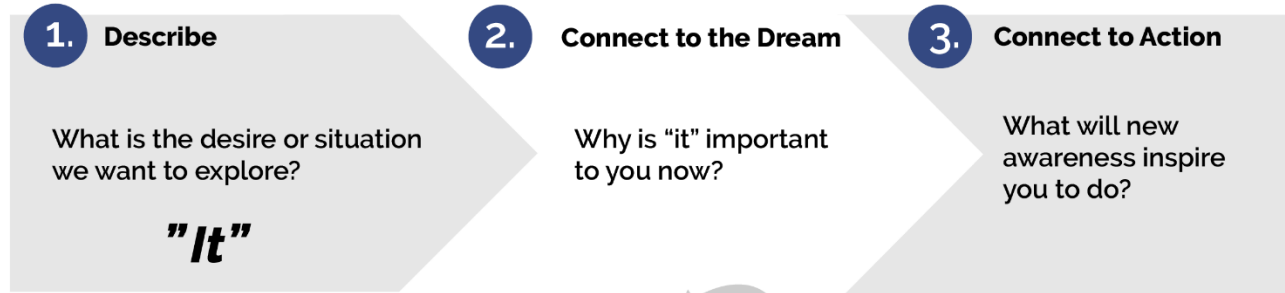
Co-Create Awareness Technique

"I create as I speak"

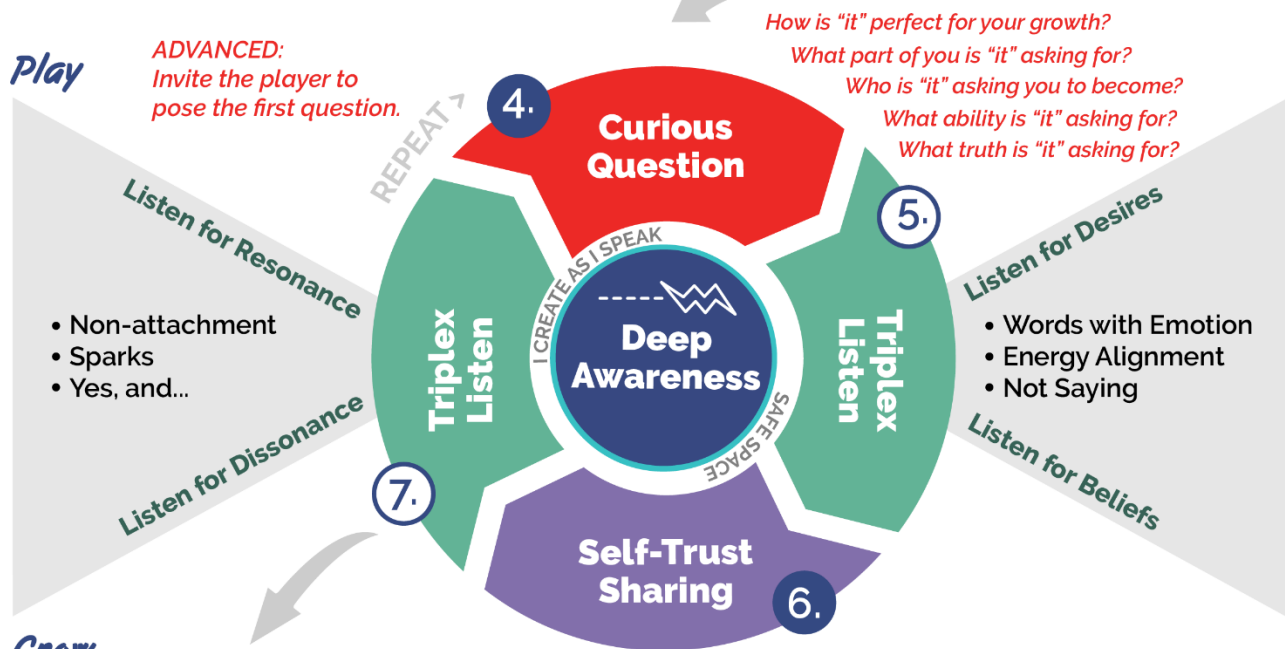
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Plan



Play



Grow

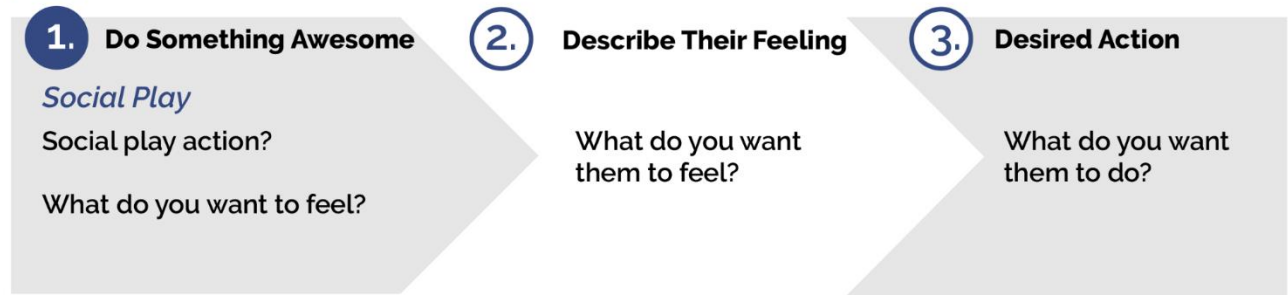


Peak Experience Technique For Intentional Co-Creation

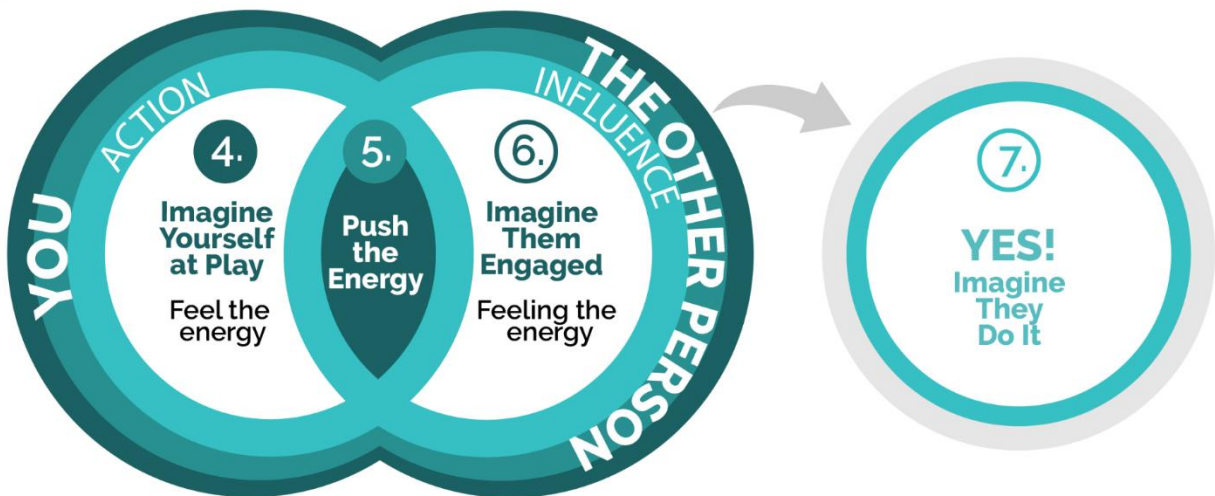
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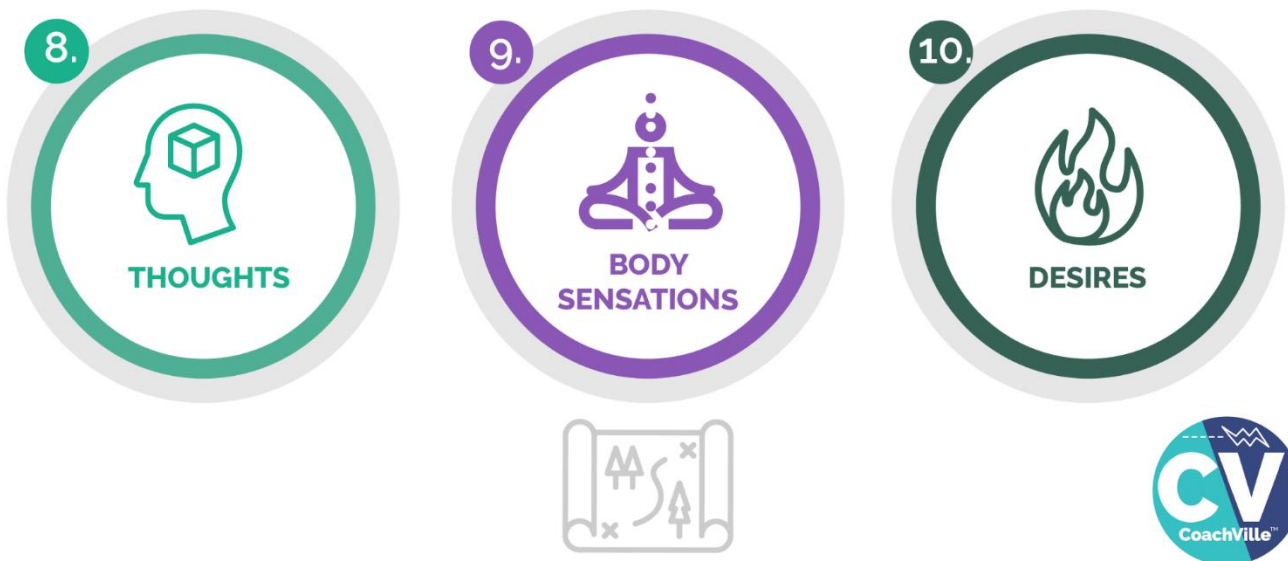
Plan



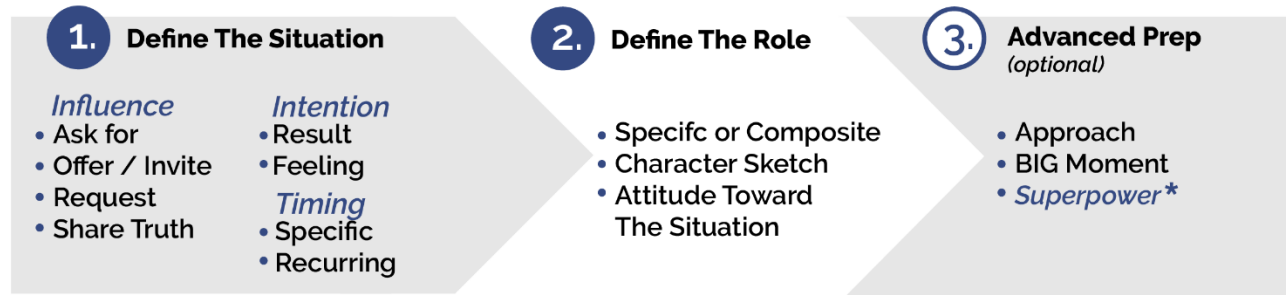
Play



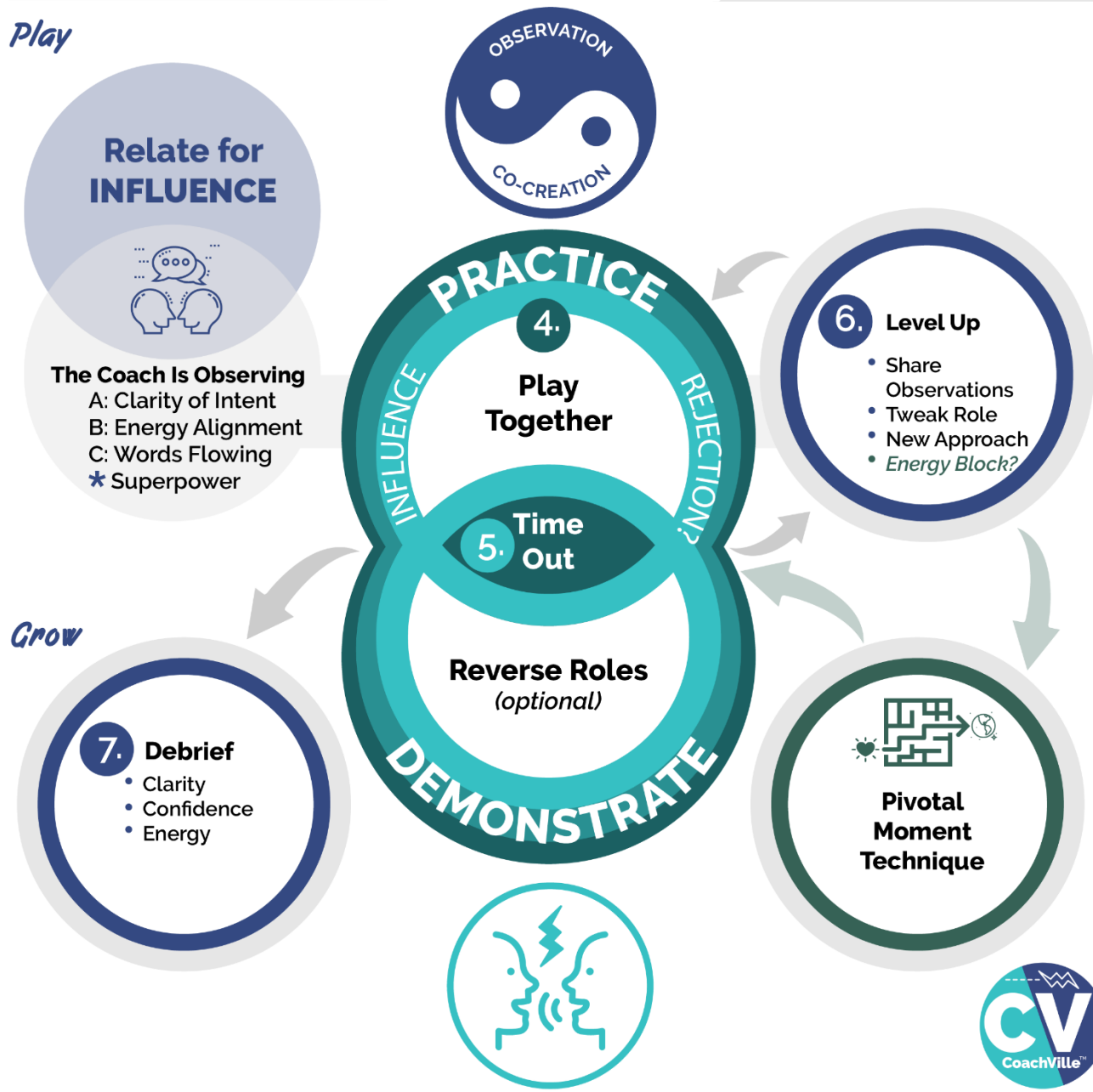
Grow

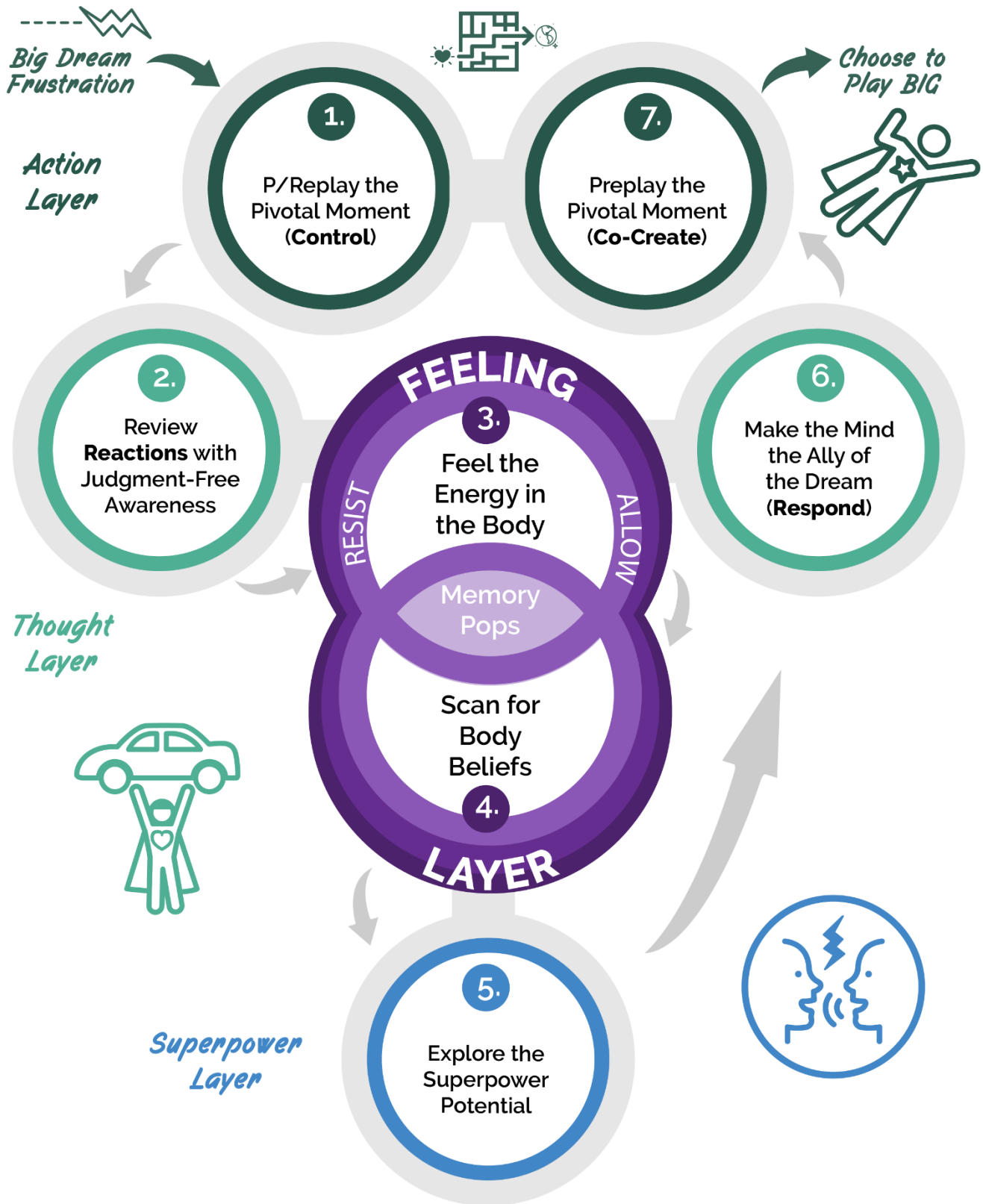


Plan

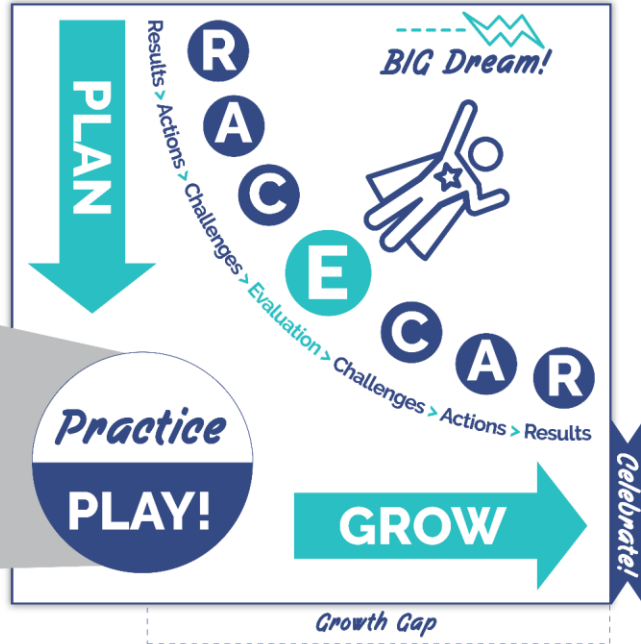
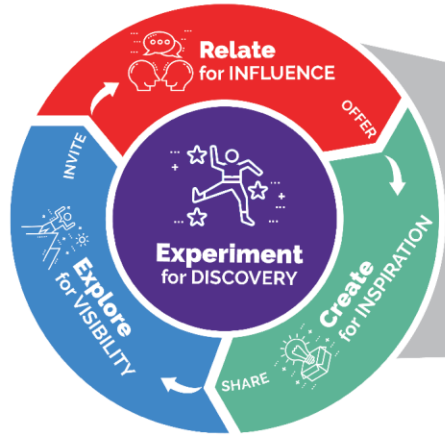


Play

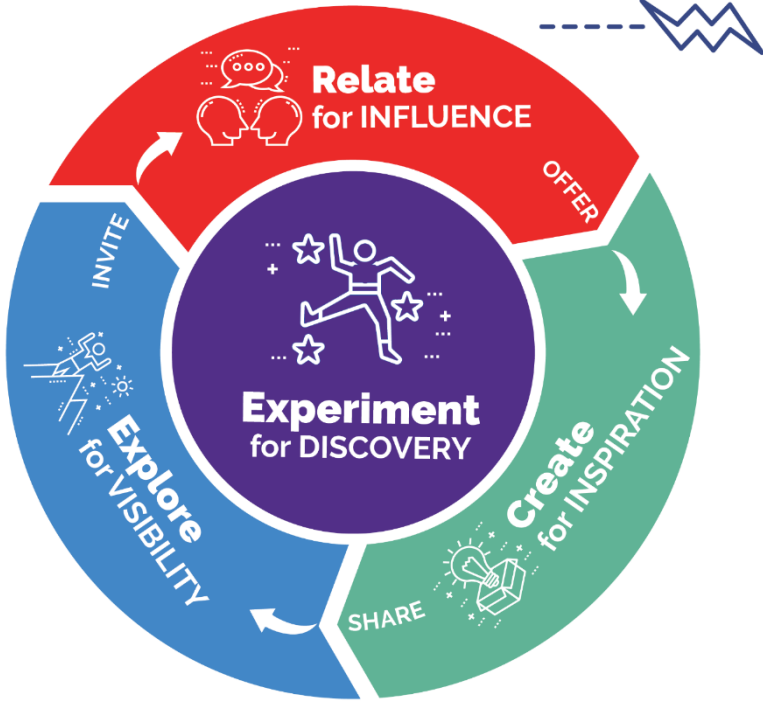




Celebrate!	
Plan	CO-CREATION
Practice / PLAY!	OBSERVATION
Grow	CO-CREATION



Social Play Model



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Social Play with 7 Social Fears

Relate for INFLUENCE
Fear of REJECTION

Create for INSPIRATION
Fear of DISAPPOINTMENT

Explore for VISIBILITY
Fear of TROUBLE

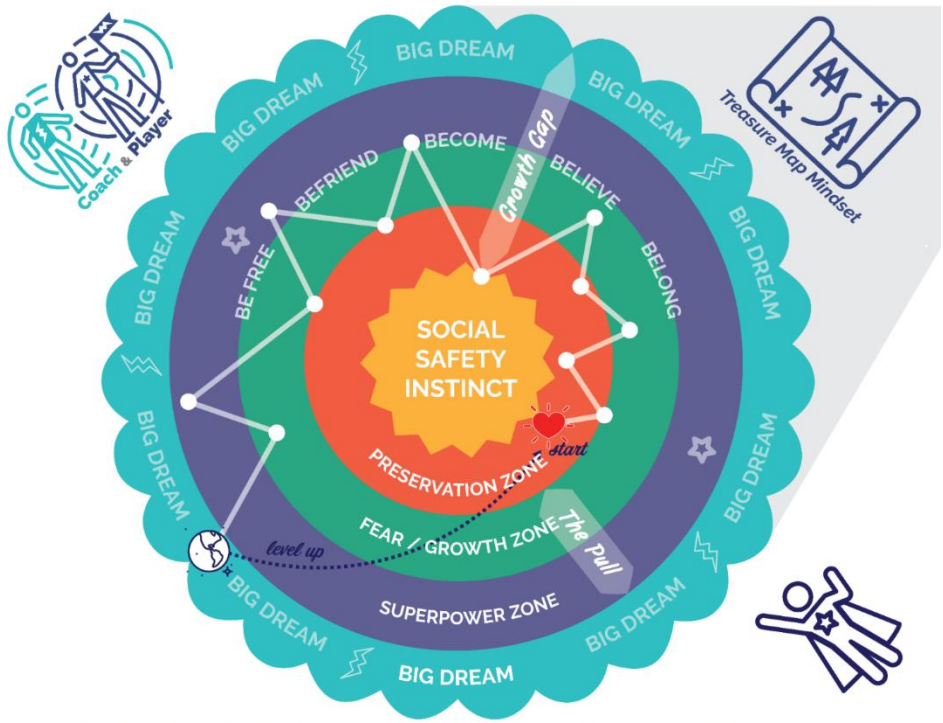
Experiment for DISCOVERY
Fear of MISTAKES

Fear of JUDGMENT ☆ Fear that I am NOT ENOUGH ☆ Fear of FAILURE

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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



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