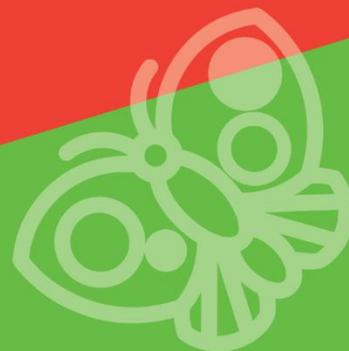


PLAY LIFE



Coaching Guides
by Dave Buck, MCC

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

Welcome

Welcome. On behalf of the entire CV Team, I want to welcome you to the Play Life Method program.

This is the book of “Coaching Guides for your Play Life Method Class.

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

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

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

When you first start coaching, just follow the Guides. Metaphorically speaking, you will be able to create pleasing music and hopefully continue to fuel your desire to pursue mastery. When you fully “own” every question and every language pattern you will start to craft your own method that is a blend of “Play Life” and Your Life. SWEET!

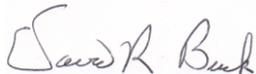
Before you use the Guide with a player read it over many times. Read it out loud a few times. Get a feeling for the words, the questions, the ideas and the flow of the conversation.

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

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

Using these coaching guides you will create a great experience for your players AND you will learn the Play Life Method, the Coaching Framework and the Energy Alignment Path to personal growth. (ALL AT THE SAME TIME!)

Enjoy every moment...



Coach Dave Buck and the CV Team!

We are the Champions of Dreams



Table of Contents

Note to reader:

This PDF contains the Coaching Guide for the Play Life Method Session #3.

It is intended to provide a sample.

Notice this format:

1) INTRODUCTION << You don't say the headings to your player

ASK: Are you ready to go?

{Coach: wait for them to SAY: YES}

You say to the player the text after the **ASK:** While sounding conversational; as if that question just popped into your mind.

The copy in Red – {also in curly brackets if you don't see color} are notes with instructions for you that you don't say to the player.

Coaching Guide for Step #03: PLAY for Results (and experiences)

Includes Role Play

1) WARMUP

SAY: "I am really excited about coaching with you today. I can't wait to see what we co-create together."

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

{wait for them to say, YES}

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

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

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

{do this in a quiet voice}

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

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

SAY: on more time...

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

SAY: Excellent

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

SAY: 30 seconds... here we go.

{wait approximately 30 seconds}

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

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

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

{Listen. Then when they finish...}

SAY: I can see you doing that!

{pause for a moment}

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

{wait for them to say: Yes}

2) COACHING PLAN

SAY: Today we are going to flesh out how you are going to PLAY for your DREAM. And start playing together with one of the conversations for influence.

ASK: Does that sound good to you?

{Wait for the “yes”. (Agreement)}

SAY: Let’s talk about how you played since our last session.

ASK: What do you want to celebrate?

{Listen and Champion}

ASK: Tell me about some of your actions, results and experiences that you created?

{LISTEN! And don’t SAY too much! Highlight anything that seems important; in the future you will learn more about how to offer observations and suggestions}

{If needed you can ask about a few action ideas that you have on your Playsheet}

3) PLAY TOGETHER ~ {Explore Playful Actions and Results}

SAY: Let’s get into this idea of playing Life for Peak Experiences **and RESULTS** while you pursue your dream. We are going to use a PLAY framework that includes 4 components: Relate for influence, Create for Inspiration, Explore for Visibility and Experiment for Change.

RELATE FOR INFLUENCE

SAY: Let’s first look at conversations where you can become more influential; And then we will do a short Role Play.

SAY: An Influence conversation is where the desired **RESULT** is another person saying “Yes”.

ASK: Where do you want to play for another person to say: “YES”?

{Co-create with them to figure out the relate for influence conversation
Hopefully, together you come up with a few examples.
If they bring up more than one...}

ASK: Which one should we play with today?

{now look for the Spirit of Play}

ASK: What is the growth opportunity for you?

ASK: How can you make it fun?

QUICK ROLE PLAY

3.1) Define the Situation

ASK: Describe the situation of this conversation?

ASK: Briefly describe the “Yes” result that you want to create in this conversation?

{Co-create the practice scenario...}

3.2) Define the Role

ASK: Will I play a specific person or is this a composite of the typical person?

ASK: Please give me a brief, 30 second, character sketch of the role I will be playing.

3.4) Play Together (Get into the role)

{Get into the ROLE PLAY. Let yourself be the character. Have fun playing together WHILE you are observing your player.}

3.5) Call time out

SAY: Let’s call time out.

3.6) Level up

ASK: What are you noticing so far?

{Listen. Then...}

{Share ONE idea that you have about a different way they could approach it; or step into a Superpower that that they want to develop}

3.4) Play Together

{just do one more run through}

3.7) Debrief

ASK: What did you learn from doing this practice conversation?

{ SHARE what you observed; specifically, what you FELT on the receiving end of the influence}

!** End the Role Play **!

SAY: That was great! Now let's explore the other 3 ways to play for your Dream

CREATE for INSPIRATION

SAY: Create for Inspiration is doing things and creating experiences with and for other people and also engaging with people who enjoy what you create.

ASK: What are some things or some experiences that you aim to create and then share?

{Co-create with them to figure out the Create and Share aspect of how they will play}

{now look for the Spirit of Play}

ASK: How can you make it fun?

ASK: From these Create and Share ideas is there anything you want to play for this week?

EXPLORE for VISIBILITY

SAY: Next let's talk about exploring new places or groups to see and be more visible.

ASK: When you look at your desired DREAM **RESULTS** where DO you want to explore?

{Co-create with them to figure out the explore for visibility aspect of how they will play}

{now look for the Spirit of Play}

ASK: How can you make it fun?

ASK: Is there an exploration you want to play with this week?

EXPERIMENT for CHANGE

SAY: Finally, let's talk about a few playful experiments where you want to try new ways of doing things.

ASK: When you look at your DREAM **ACTIONS** what experiment possibilities do you see?

{Co-create with them to name a few experiments}

{now look for the Spirit of Play}

ASK: What is your growth opportunity

ASK: Is there an experiment you want to play with this week?

4) GROWTH MODE

SAY: "OK, this is a good time to switch into growth mode"

ASK: "What did you learn about playing for your dream today?"

{Coach: listen }

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

{Coach: listen }

ASK: “Can I share an observation?”

{Wait for them to say Yes}

{Coach: share an observation about how your player is playing for their dream.}

ASK: “How do you feel about your clarity for how you can play for your dream?”

{Coach: listen and share}

5) PLAY PLAN FOR THE DAYS AHEAD

SAY: “OK, let’s recap the Play Plan... with one thing from each area: Relate, Create, Explore and Experiment...”

ASK: “What are the actions you will focus on?”

{Coach: listen for the Role Play conversation, Create & Share, Explore and Experiment}

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

{Coach, remember to make a few notes on the Play Life Playsheet for this player
AFTER THE SESSION}

ENDING

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

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

ALTERNATE ENDING

SAY: “Great! Please keep me tuned in to your progress by email during the week (or text or however you choose). I want to hear from you. OK? Have a great week of play. Talk to you soon”

{add a few notes to your Play Life Adventure Log in box #3}