



TransformingLives.Coach

The Hero's Sherpa

Guiding Your Clients Through Life's Challenges

The Program

The Hero's Sherpa: Guiding Your Client Through Life's Challenges is a live, online program. There are six modules, each consisting of a 90-minute class and a 90-minute group coaching session. The first five modules focus on the key components of the journey; the sixth module brings them all together. Not only will you learn The Hero's Sherpa model; we will also address the science—and the art—behind it. You will receive tools and templates for working with your clients, as well as the eBook on which this program is based. A sample list of powerful questions will be provided for each of the five key journey components.

1. **Create Your Change Story**
What is a change story? Who writes it? When? In what voice? How is it used? Why is it important?
2. **Prepare for the Journey**
Why start preparing for a journey that hasn't been planned? What is important to consider in preparing? How does your client prepare?
3. **Plan the Journey**
What is planned for, and what isn't? How deeply should your client plan? What milestones do they need?
4. **Take the Journey**
What is important to keep in mind and monitor during the journey? What happens when things go wrong? What does your client do when they are stuck?
5. **Live the New Reality**
What does it mean to succeed in traveling through a life challenge? How does your client sustain the new reality once it is reached?
6. **Bringing It All Together**
How do these elements weave together? What questions are remaining for you as a coach relative to serving as The Hero's Sherpa?

Your greatest learning will come by applying what you are learning to a specific case throughout the duration of the program. You may choose to use a current or past client¹, or one of your own personal/professional change experiences; more detail will be provided with your first assignment. Looking at your case through The Hero's Sherpa lens throughout the course will strengthen your ability to apply the model in your future coaching.

Assignments are given for each of the modules. They are submitted to—and reviewed by—the instructor, and feedback is provided.

What You Get

Six live, online, interactive 90-minute class sessions	X
Access to recordings of all class sessions	X
Tools and/or templates to support the application of each key component of The Hero's Sherpa model	X
Sample powerful questions for each key component of The Hero's Sherpa model	X
Six live, online, 90-minute group coaching sessions	X
Access to recordings of each group coaching session	X

Logistics

All class sessions and coaching sessions are 90-minutes in duration, and begin at Noon Eastern time. All sessions are on Friday.

	Class Dates	Coaching Dates
Create Your Change Story	January 5, 2018	January 19, 2018
Prepare for the Journey	February 2, 2018	February 16, 2018
Plan the Journey	March 2, 2018	March 16, 2018
Take the Journey	March 30, 2018	April 13, 2018
Live the New Reality	April 27, 2018	May 11, 2018
Bringing It All Together	May 25, 2018	June 8, 2018

Sessions are conducted via Zoom. The URL is: <https://zoom.us/j/9176535198>. If you are using the Zoom app, use the Join button and enter the meeting ID; for ease, the meeting ID is always the same, and is my phone number: 917 653 5198 (no spaces).

¹ If using a client case, it is essential that you maintain confidentiality.