



TransformingLives.Coach

The Hero's Sherpa

Guiding Your Clients Through Life's Challenges

Assignment 1

Watch the introductory video (21 minutes) on the TransformingLives.Coach website: <http://transforminglives.coach/theherossherpa/>. It will provide you with an overview of the Universal Change Journey that is the basis of this program, as well as introduce some of the content you will be learning. Bring any questions that you have from watching the video to our first class.

Assignment 2

Read the Preface and Introduction of *the Hero's Sherpa: Your Guide Through Life's Challenges*. This book is written directly to the traveler on a change journey. As a coach, you become the Sherpa, your clients are the Heroes. This is important to keep in mind; you will need to do your reading from the perspective of the guide, not the journeyer. That being said, if you select one of your own change journeys for your case study (below), you'll be stepping into the Hero role.

Assignment 3

Begin a Hero's Sherpa Journey Journal. It is likely that some of what you learn will result in "Aha! Now I know what that worked!" This type of learning helps bring your "unconscious competence" to the surface so that you can apply it more intentionally in the future. It is also likely that some of what you learn will cause you to say, "I should have tried that at this point in this journey." In these cases, think about how you might have introduced that concept. Your journal is a record of your learning; you will not be asked to share its contents, so whatever works best for you is the way to go.

Based on what you have read, identify a case to which you will apply your learning throughout this program. You will be sharing your case with the class, so keep that in mind. (If it is a client, we will ask you to protect the client's confidentiality.) Prepare a brief (no more than one page) summary of your case and submit it to me no later 24 hours prior to our first class.

Assignment 4

Read the first chapter (Create Your Change Story) through the section titled "Whose Change Is This Anyway? Does It Matter?"