



TransformingLives.Coach

The Hero's Sherpa

Guiding Your Clients Through Life's Challenges

1. Complete reading the first section of *The Hero's Sherpa*.
2. Review the *Where Are You Heading* template.
 - Where have you used elements of this—or other elements of the guidelines—with your clients?
 - How might you do so in the future?
 - What do you see as your biggest challenge in doing so?
 - Journal your responses
3. Review *Write Your Change Story Powerful Questions*.
4. Submit any questions that you have on this material by January 18.
5. Submit one area of focus from the material that you would like coaching on by January 18.