

# *The Hero's Sherpa: Take the Journey*

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## *The Hero's Sherpa*

Module	Class & Coaching Focus
1	Create the Change Story
2.	Prepare for the Journey
3.	Plan the Journey
4.	Take the Journey
5.	Live the New Reality
6.	Putting It All Together

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*Each day, you must choose which  
road sign to believe.*

The Art of Pilgrimage, Phil  
Cousineau



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## The A, B, C, D's of the Change Journey

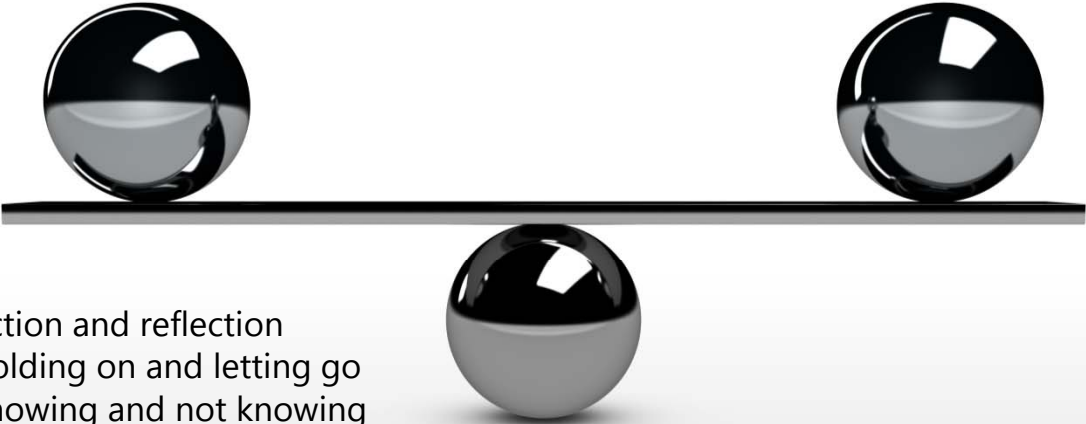


## Awareness

- Be Present
- Monitor Adaptation Capacity
- Listen
  - For what is putting the change at risk
  - For what is not being said
  - For the seeds of success

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## Balance: *Both/And*



- Action and reflection
- Holding on and letting go
- Knowing and not knowing
- Doing and not doing
- Play to your strengths and strengthen your weaknesses

*Balance is more than not falling down.*

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# Courage

- It takes courage to step into change; it takes letting go of the familiar.
- Change is not taking stupid – or unconsidered – risks, and it is taking risks.
- Courage requires letting go of your ego.
- Change takes the courage to fail.
- Change takes the courage to succeed.
- Change takes courage to make important decisions with insufficient information.
- Change takes the courage to make mistakes; to accept the consequences and learn the lessons; and to try again.

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## Another C – Catharsis

- If your head, heart, and gut is invested in what you are now living, change requires catharsis
- The bigger the change, the more critical it is to honor the cathartic component of it

*The old paradigm is dead.  
Long live the new paradigm.*



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# Discipline

- "Keep your eye on the ball" – presence and focus
- Saying "No" so there is room for the important "Yes"
- Self-care
- Boundaries
- The value of an "accountability buddy"



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## What Does Self-Care Have to Do With It?

## Find and Maintain Your Balance

- Personal and professional
- Alone time and time with others
- Working and relaxing
- Sleep and awake
- Mental activity and physical activity



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## Know Your Stressors; Counteract Them

- What are your symptoms of being stressed?
- How do you counteract them?



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## Develop a Routine; Routines...

- Free up mental energy
- Ensure you take care of all the critical elements of life
- Allow the day-to-day to be less stressful and demanding
- Don't have to be boring (WFIFL – Whatever Fun I Feel Like)

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## "Take a Break"

- Reflection
- Recovery
- Re-Energize
- Laugh
- Celebrate
- Prepare



## Don't Walk Alone

- None of us is super-human
- Walk with someone who is:
  - Supportive
  - Objectively invested in your success
  - Clear, truthful, direct communicator



## Have a Sanctuary



## Laugh

- Laughter is healing.
- Laugh loud.
- Laugh long.
- Laugh with all your heart and soul.



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# Working the Plan

## Working the Plan

- What is the best approach for your client?
- How do you bring your competencies to the support of your client:
  - Designing actions
  - Planning and goal setting
  - Managing progress
  - Accountability



# Assignment

## Session 7 Assignment

1. Review your notes and the reading. Apply a few items to your past case. How might your work have been different with the client if you had used this as a tool? Be prepared with any questions.
2. *Journey Journal* any insights from the reading and/or your work with the template.
3. Review the Powerful Questions. What questions would you add? Do you have any questions about the ones that are here?

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