



TRACK 2: WHOLE PERSON COACHING NEXT STEPS

Lesson 1: Self-Discovery

1. Watch the DVD by Robin LaGrow on the topic of convergence.

Completed:

(continued on next page)

2. Write a one-page summary of what you've learned from this lesson about the importance and process of self-discovery.

3. Think of an actual client or a prospective client. Describe the person's situation, with opportunities and challenges. What are specific steps you'd take with this person to apply the principles of this lesson?

If you've completed the assignments, save this PDF and email it to your coach.