

ASE Integrative Coaching Program Information and Agreement Form

ASE is an acronym for *Authentic Self Empowerment* – an integrative approach to coaching, therapy and personal development. ASE integrates healing and transformative methods from three primary disciplines:

1. Holistic approaches of Neuro-Linguistic Programming
2. Applied Mindfulness and Open Awareness
3. Transpersonal Psychology

In the content below, the ASE Integrative Coaching Program will be abbreviated to ICP.

What are the benefits of coaching?

Coaching can provide people with new perspectives and resourceful attitudes which enable them to deal more effectively with challenges. Coaching may enhance creative thinking, decisiveness and confidence. It promotes effectiveness and productivity while enabling people to elicit values driven goals and compelling strategies for their achievement. Coaches assist individuals and groups to improve performance, interpersonal skills and workplace satisfaction. Coaching cultivates the kind of self-motivation that generates success momentum.

What is the value of the ASE approach to coaching?

ASE includes the methods and objectives of conventional coaching (described above), but it takes a more holistic and integrative approach to nurturing client growth and transformation. This is achieved through individually tailored processes that help clients to identify what provides them with a sense of meaning and purpose, while supporting them to find ways of expressing this in their work, their personal life and within relationships.

ASE draws on the transcendent quality of consciousness in a pragmatic way that empowers people in the contexts of their everyday lives. This can be considered as a bio-psycho-socio-spiritual approach to coaching that helps clients resolve issues concerning the body, mind, relationships and spirituality.

All Licensed ICP Facilitators are thoroughly trained and supervised to use the complete ASE methodology, which includes the [Transpersonal Coaching Model](#).

What makes ICP effective?

ICP helps you to optimize the conditions for success in the five main contexts that underpin the way in which you experience yourself and your life – *physical, mental, emotional, interpersonal and spiritual*. By using the ASE approach systematically to address your core needs and challenges on these five levels – with the guidance and support of a Licensed ICP Facilitator – you can create a synergistic energy to propel your life forward.

You will be assisted to establish wiser and more resourceful responses in all situations, while tapping into your deeper sources of knowledge, creativity and motivation to achieve their desired outcome in each context.

The ICP is approved and monitored by the International Association of Coaches, Therapists & Mentors (IACTM).

How the ICP works:

Step 1: Complete the [ICP payment here](#).

Step 2: Select the Licensed ICP Facilitator from our [ICP Directory](#) whom you would like to work with (see "How to choose an ICP Facilitator" in the following section). Notify us by email (info@authentic-self-empowerment.com) about your choice and we will put you in contact with your chosen ICP Facilitator if you are not yet in contact.

Step 3: Complete the [Needs and Values Elicitation Form](#) and provide this to your ICP Facilitator.

Step 4: Your ICP Facilitator will be in contact with you to schedule your six weekly sessions for mutually convenient dates and times.

Step 5: Engage in your six sessions over six weeks, with relevant practices between each session.

Step 6: Complete the [ICP follow-up form](#) form after your sixth session and submit this within three days after the sixth session date.

Step 7: About 30 days after the sixth session, complete your Needs & Values Fulfilment Scale for the second time (included in your [Needs and Values Elicitation Form](#)) and notify your ICP Facilitator of your scores from before ICP and one month after the sixth session. Your ICP Facilitator will respond accordingly.

How to choose an ICP Facilitator

All Facilitators featured in the [ICP Directory](#) have successfully complete either the [ASE Facilitator Certification Training](#) or the [Transpersonal Coach Certification Programme](#) and demonstrated the highest level of competence to qualify for their certification and license. They undergo supervision and are overseen by ASE trainers, maintaining the [IACTM Standard of Excellence](#) across the board. Most ICP Facilitators also have additional qualifications and areas of expertise. The profile content of each Facilitator in the [ICP Directory](#) accurately outlines their qualifications and experience.

ICP agreement

ICP Facilitator responsibilities:

All facilitators featured in the Licensed ICP Facilitator Directory have signed a contractual agreement that they will work according to the following criteria:

- Maintain high regard for client confidentiality and the privacy of their personal information.
- Avoid any unethical behaviours and abide to the [IACTM Code of Ethics](#).

- Adhere as much as possible to the IACTM Core Competencies.
- Be ready to begin each session on the agreed dates and times and at the agreed place (location, or phone, Skype, etc.) for each session.
- Respond punctually, politely and professionally to the client's correspondence.
- Work in a client centred manner (according to their needs/values and desired outcomes) at all times during the coaching process.
- Ensure that the client leaves each session in a resourceful and grounded state.
- Remain committed to helping the client achieve their desired results in each of the five contexts and from the ICP as a whole.

Client responsibilities:

By agreeing to ICP sessions with my chosen ICP Facilitator, I, as the client named below will:

- Not engage in the ICP without parental permission if I am under 18 years of age.
- Not hold the ICP Facilitator or anyone else responsible for any negative states that I might experience either during or after the sessions.
- Not hold the ICP Facilitator or anyone else responsible for any loss, damage or negative consequences that may result from the sessions.
- Avoid any unethical behaviours.
- Be ready to begin each session on the agreed dates and times and at the agreed place (location, or phone, Skype, etc.) for each session.
- Engage fully in the agreed weekly practices between sessions.
- Commit to engaging in my customised practice (for ongoing integration and development) following my sixth session.
- Complete the ICP follow-up form after my sixth session and submit this within three days after the sixth session date.
- Notify the ICP Facilitator of my before and after ICP Needs & Values Fulfilment Scale score by email one month after the sixth session.

Client name:

Date:

Signature: