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##### Please note that the Hearts in action program will be offered in English in 2023. Please return your completed and we’ll be in touch to schedule a 30 minutes call with you.

## Personal Information:

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| --- | --- |
| Full name: | Email: |
| Age: | Profession: |
| Position/Title: | # Years in current position: |
| Degrees/Licenses: | Relevant certifications: |

Participation in the Hearts in Action Program requires a significant commitment to your own growth and development. The following questions are designed to help me and you discern whether this course is appropriate for you at this time.

1. Please write a brief autobiography and describe the significant events/experiences in your life’s journey that bring you to this moment of applying for this program.
2. What have been the significant personal/professional development approaches (educational programs, workshops, therapy, spiritual programs, coaching etc.) that you have used during the course of your life?
3. What are you seeking right now that has you considering expending your time, energy, and resources to participate in the Hearts in Action Program?
4. What is your level of knowledge of Integral Theory and Unique Self Theory?
5. Describe any regular practices you are using and what purpose they serve for you (e.g. exercise, meditation, journaling, spiritual practices).