

TOOL 21 - GUIDELINE 9: THE FOUR AGREEMENTS

Module: ALL – EMPOWERMENT OF THE JOB COACHES Worksheet

Objectives:

“The Four Agreements” are a set of principles from a book called *The Four Agreements* by Don Miguel Ruiz. These agreements serve as a guide to personal freedom and a happier, more fulfilling life.

In our methodology, we connect this valuable book with **self-management** and how you carry yourself in the room and in meetings with autistic adults. These four agreements are also ways in to maintain or regain **100% trust** and are valuable in any interactions – both as a job coach and in private settings and it is a book we use as a supplement for all co-leaders to dive into.

Materials required:

The book called *The Four Agreements* by Don Miguel Ruiz.

Step by step facilitation instructions:

Read the book in between the sessions, learning how to;

Be impeccable with your Word.

Don't take anything personally.

Don't make assumptions.

Always do your best.

Expected duration

Throughout the group session including check – ins: 120 minutes.

Expected outcomes

These agreements serve as a guide to personal freedom and a happier, more fulfilling life. This book further reinforces the established guidelines for job coaches and facilitates effective group leadership, the ability to create meaningful impact with confidence, and the encouragement of participants to take ownership of their own development process. It also supports maintaining appropriate professional boundaries (“the invisible line”) and presenting oneself in a professional manner. Additionally, it contributes to greater composure, adaptability, and a proactive approach, enabling you to respond thoughtfully rather than react impulsively or take matters personally. While reading the book is not mandatory, it is strongly recommended. It is expected to provide valuable insights that will benefit you both in your role as a job coach and in your personal life.

Autism-specific adaptations

Structured instructions and predictable flow - Flexible timing and reduced cognitive load. Environmental adjustments to minimise sensory stress.

CHECKLIST

- I have read the four agreements:
- I plan to read the four agreements:
- I am reading the four agreements:
- I will not/don't have time to read the four agreements: