

# COACHING FOR GIFTED ADULTS

*Existential and philosophical support*



Being gifted is above all a way of being intelligent, an atypical mode of intellectual functioning, and an activation of cognitive resources whose cerebral bases differ, and whose organisation displays unexpected peculiarities.

Being gifted involves very high level of intellectual resources, outstanding intelligence, huge capacities of comprehension, analysis, memorization and sensitivity, emotiveness, affective reception, perception of the five senses, clairvoyance whose magnitude and intensity take over the field of thinking.

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## WHO IS IT FOR?

Gifted adults, High Potentials, Zebras, Talented adults.

## WHAT KIND OF COACHING IS THAT?

- › A specific approach, one that is close to an existential and philosophical interaction
- › A specific style, combining emotional hypersensitivity, intense and above all benevolent cerebral activity
- › A coaching conversation based on shared experience, allowing the gifted coachee to be an agent in their own transformation

## HOW DOES IT WORK?

### ● Choosing your coach

You will choose your coach among those offered to you during an initial introductory session. It's the 'chemistry' meeting.

### ● Setting up the coaching contract

On this occasion, you will decide jointly on: the objectives for the coaching and the indicators associated with each objective.

A tripartite coaching contract will be drafted further to this session.

### ● The coaching sessions

Sessions take place every 2 to 3 weeks.

### ● The closure meeting

A tripartite post-coaching debriefing session takes place further to the coaching.

## WHAT IS COACHING?

Coaching a person, a team, or an organization means accompanying the individual or group of individuals such that they find by themselves the answers to questions they ask or to problems they encounter.

The coach acts as a catalyst. They accompany the coached individual, without for that matter being an interventionist. They are distinguished in this respect from the consultant who offers advice and solutions. They also differ from the therapist, who is more focused on the study of causes.