

Life Coaching for Highly, Exceptionally & Profoundly Gifted (HEPG) Individuals with Merlin B. Gyoery

Introduction

This document is intended to provide important information to you regarding my Gifted Life Coaching Services. Please read the entire document carefully and be sure to ask any questions you might have regarding its contents. Please confirm that you are clear on these points and that you agree before our first session.

My philosophy

My work is strongly informed by the concepts of wholeness, systemic thinking, and Complexity/emergence. I prefer to support clients in an organic, non-violent manner.

This means that at times I will suggest listening and attuning to “what’s alive in you” rather than supporting imposed agendas /goals that are not sustainable because they require a sustained application of internal force/violence.

Excavating our own true voices, and regaining the space and skill to use them as our expression and communication tool of choice, will bring us back to feeling at home within our selves to navigate the challenges of life from a point of stability and joy.

How I work with clients

Gifted coaching and mentoring with me is a deep, intimate process. It is a process that can come with a strong aspect of "creative destruction" and as such, some parts may bring discomfort and grief. At other times, there will be expansion and joy. Using the lens of your giftedness and attuning to your particular flavor of being gifted (and the gifted needs that come with this), we can explore and work with any arena of your life.

The focus of my work is to do this from the inside out: to look within at the patterns, beliefs, programming (and wounding) that may be holding you back (especially as it relates to your experience of giftedness), as well as looking at your brilliance, your passions, your values, your natural ways of doing things, your natural timing and cycles. From this process of introspection, the natural strategies and steps for you to take in the outside world, will emerge, for you to achieve what you desire.

Most importantly, I work in a supporting capacity: this means that you’re the one steering our journey together, while I will share with you the maps, tools, models and frameworks I know to be useful to support you in reaching what you need for your full unfolding.

What I will do as your coach

Meet you as a whole adult, a sovereign individual with your own timing and process, and work with you from a space of sovereign-person to sovereign-person.

Hold what you tell me in confidence.

Accept you fully and meet you where you are.

Support you in considering new perspectives.

Co-create new possibilities with you.

Focus on your highest agenda for yourself.

Support your learning and forward your progress.

I see my role as offering support *under consent*, which means you get to ask for what you need, set boundaries, decide what is and isn't OK for you, and have your own experiences. I will use questions, observations, conceptual frameworks, assessments, personal stories (when relevant) and direct communication to support you in deepening your learning and forward your progress toward your goals. My aim is to communicate in a kind, warm manner.

If there is ever conflict or dissonance between us, or if I have something to address I will do so honestly, or (if that's the case) bring it to the table as a reflection of where you may be blocking your own process. If I have any projections toward you I will check in as to what that tells me *about me* rather than bring it into our shared space-- because it would by definition, have nothing to do with you! If I needed to say something about it to you I would always do so in a self-referential manner.

If you know that you have experienced trauma or live with PTSD (or if we discover this during our work together), I will gladly support you in working with these issues to the degree that you are able to process the experiences safely and from an adult place.

If you're feeling overwhelmed or unable to process the material that shows up for you (inside or outside of sessions) I will suggest therapy or trauma work with one of our specialist Intergifted coaches, and will gladly support you to find the right fit for you.

What I request from you in our work together

Please be on time for our sessions, and as fully present as possible, free from distraction.

If you can, come prepared with an intention for our sessions (or write to me about it in advance). When unclear on your intention, we will use our time to explore and discover what you really desire and need at this time.

Please be forthcoming with information that you think is important for me to know so I can best support you. I also ask that you give me feedback on what's working and what's not. I ask you to communicate with me if you ever feel something in our sessions or interactions was unclear, confusing, not "OK" or not ethical, so we can clear it up immediately.

I ask for your permission to be direct, bold when needed, and to speak about my intuitions and hunches with you. Let me know how you prefer to receive this information, if you have any specific preferences.

Please bear in mind that as someone on the autistic spectrum, I can occasionally appear blank (specifically my facial expression), and that this does not mean I am not paying attention.

I ask that you take your own notes and be responsible for your own learning and take-aways.

INFORMED CONSENT

About my Services

I work as an independent coach inside of the InterGifted Coaching Network. Sessions with me are held virtually by Skype/Zoom/phone, or in person in and around Hamburg, Germany, in English language.

Cost of Services

Sessions for coaching and mentoring are billed 130 Euros per hour, and Invoices will be sent through my PayPal. Payment is due for the period of 5 business days from 24 hours before the scheduled session.

Appointment Scheduling and Cancellation Policies

I schedule sessions for a minimum of one hour. Longer sessions of two or three hours are also possible. I aim to keep my schedule such that, at any given point in time I will be able to offer my clients an appointment slot within the next three weeks.

A 48-hour advance notice is requested (but the absolute minimum is 24 hrs) if you must cancel or reschedule your appointment. My policy is to charge for missed appointments at the rate of 100 Euros for each missed session that wasn't canceled 24 hrs before it's set time and date (except in case of a true emergency or severe illness).

This policy is created to allow for effective scheduling, and to ensure all clients wishing to be seen may be accommodated. Please help me to serve you by notifying me as soon as possible if you must change or cancel your appointment.

Communication in between Sessions and Emergencies

E-mailing or chatting between sessions to a certain extend is acceptable. I encourage my clients to write to me prior to a session if they are deep in process and have a lot to share. However, I will attempt to keep my own responses relatively concise, so that we can better address important issues in-depth inside of scheduled sessions. I am reachable from Monday to Friday and I do not work weekends (with very rare exceptions).

If you need to contact me, please keep this in mind. I aim to respond to messages within 72

hrs, yet the only promise I make is, I'll get to it as fast as I can. I am not available for emergency sessions or emergency support. In case of a medical emergency, a threat to your safety or the safety of others, please call your local emergency number immediately to request assistance.

Termination of Coaching and Refund Policy

The length of your coaching and the timing depend on the specifics of your goals and the progress you achieve. I will help define your direction, but it's your responsibility to create the time and energy to fully participate in the process.

Due to the limited amount of appointments available for Giftedness Life Coaching, only clients dedicated to making positive changes will be accepted. Either the coach or client may discontinue coaching at any time. Refunds will not be given.

Liability

This agreement is for Coaching/Mentoring, not Psychotherapy. I am working only within the capacities of a "Life Coach" and will not be held liable for discrepancies. While coaching can work with issues such as identifying and reaching life goals, and changing the behaviors that aren't working well for you, coaching will not address psychological issues such as depression and anxiety.

For issues such as these, I will be happy to help you seek the medical attention from a Physician or Licensed Mental Health Professional in your area. Make sure you ask questions if you need to understand the difference in these two functions and you will get appropriate professional help for mental health issues if necessary.

This does not mean we can't talk about psychological issues if they exist, or if you are working with them or suspect them. We neither ignore them nor will we directly work on them.