



## Strengths-Based Energy Coaching for Gifted, ADHD & 2e Adults Seeking Purpose and Presence

### Coaching Overview for Referring Therapists

At Artemis Professional Coaching, I offer a client-led, evidence-based, and outcomes-oriented coaching practice for gifted, ADHD, and twice-exceptional (2e) adults. My approach is especially effective for clients who are self-aware but struggling with implementation, identity clarity, or sustainable energy. I'm an ICF certified PCC coach and practicing epidemiologist, mother of two gifted/2e young men and military spouse.

I begin each coaching relationship with a **COMPASS Session** — a 90-minute foundational session that includes:

- A full **Energy Leadership Index™ (ELI)** debrief to explore how the client shows up under stress and in daily life
- **Strengths-spotting** across executive function, creativity, and communication domains
- Clarification of values, energy influencers, and desired coaching outcomes
- A written **Coach Reflection** and a draft **AIM Statement** (Awareness, Intention, Measures) to support alignment moving forward
- A 60-minute follow-up session to build the client's personalized coaching roadmap

This allows us to co-create a clear structure tailored to the client's goals and energy profile.

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### Philosophy of Practice

My philosophy of coaching is that clients are whole, capable, and have innate wisdom. We approach coaching as a partnership with a formal coaching agreement grounded in the ICF code of ethics and core competencies. My work is guided by a client-led, evidence-based, and outcomes-oriented approach. I partner with gifted, ADHD, and twice-exceptional adults to help them reconnect with their energy, values, and purpose — especially during times of difficulty or new ventures. What sets me apart are my outcomes-focus and flexible cadence. My clients are month-to-month—I don't require a commitment to packages.



- **Client-Led:** Clients choose the pace, focus, and goals that matter most to them. Coaching adapts to their lived reality, not the other way around.
- **Evidence-Based:** Sessions integrate tools backed by neuroscience, positive psychology, executive function research, and energy leadership theory.
- **Outcomes-Oriented:** Progress is tracked through validated assessments (like the Energy Leadership Index), client-authored reflections, and tailored goals.
- **Real-world Application:** Each session is framed within a coaching structure but tied directly to what the client is navigating in their daily life.
- **Purpose-First:** Rather than waiting until the end, we explore purpose and identity early in the journey. Clients write a personal “premise” in the FIRE stage to serve as a living narrative of growth, and we begin encouraging the inner critic to become a creative consultant.
- **Optional Tools:** Depending on client needs, we may incorporate frameworks like the Cycle of Change (Deal, Play, Fold, Shuffle), Dabrowski’s Theory of Positive Disintegration, the Pain/Gain Decision Model, and Positive Intelligence tools.

This philosophy ensures that each client’s coaching experience is practical, transformational, and deeply aligned with who they are.

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## Coaching Stages – A Vital, Flexible Pathway

Clients then move into one of three stages based on their readiness, goals, and energy patterns. The program is structured around my signature 1:1 **Vital Adventure™** framework, inspired by Japanese elemental metaphors — **Fire, Water, and Wood** — representing presence, flow, and sustainable growth.

I also offer group ADHD coaching (Vital Quest™) and self-leadership for young adults and emerging leaders (Vital Voyage™) that includes parent sessions for family alignment. More details upon request or see [www.coachalli.com/services](http://www.coachalli.com/services)

## 火 FIRE – Presence & Purpose

This is the foundational stage, designed to help clients build awareness of how they show up energetically, clarify their identity, and reconnect with purpose. We focus on vitality, inner blocks, and mastery-based goal setting. This stage is especially helpful for clients navigating life transitions, burnout, or post-therapy integration.



## 水 WATER – Flow & Integration

This stage helps clients develop deeper self-regulation, decision-making confidence, and energetic alignment. We work with key Disciplines like awareness, acceptance, conscious choice, and trusting the process. Clients learn how to navigate challenges without reverting to old patterns of force or avoidance.

## 木 WOOD – Growth & Leadership

In this stage, clients focus on rooted self-leadership, creative expression, and authentic confidence. They explore advanced Disciplines such as authenticity, fearlessness, presence, and connection. This is often where long-term transformation becomes self-sustaining and externally visible.

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### Ideal Referrals

My coaching is a strong fit for clients who:

- Are **post-therapy** and ready for purposeful action
- Are **in therapy** but need external structure and implementation support
- Are navigating identity transitions (recent ADHD, ASD or gifted diagnosis, career change, or life pivot)
- Want to build energy resilience, executive function, and confidence
- Identify as gifted, ADHD, autistic, or twice-exceptional and are looking for a space that honors their intensity and complexity

Coaching can complement therapeutic work by offering a strengths-based, action-oriented structure that helps clients move forward in real-world ways.

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### Client Outcomes

Coaching outcomes are tracked using both validated tools and client-authored reflections. For clients engaging in at least 6 sessions, observed outcomes include:



- **70% increase in self-transcendence under stress**, indicating greater access to meaning, compassion, and broader perspective in challenging moments
- **36% drop in default self-consciousness**, reflecting reduced self-judgment and increased self-acceptance in everyday life
- **40% reduction in avoidance behaviors**, showing increased willingness to face challenges directly
- **34% increase in self-mastery under stress**, indicating stronger intentionality and emotional regulation
- **21% improvement in overall stress response**, reflecting faster recovery and enhanced coping mechanisms
- **25% increase in default self-transcendence**, demonstrating a shift toward more purpose-driven, connected ways of living
- **23% reduction in parent stress index** (for clients with children), showing increased presence and emotional availability at home
- **48% improvement in Positive Intelligence (PQ) scores**, reflecting stronger mental fitness and reduced time spent in negative thought loops
- **19% increase in reported life satisfaction**, with clients noting deeper fulfillment and alignment with personal values

These results reflect not just behavioral change, but deeper shifts in how clients relate to stress, meaning, and motivation.

Recent.client.self\_reflection

Client 1 AR, 2 sessions

Question: Thinking back to where we started, what are you noticing about your day-to-day experience?

*Thank you so much for the thoughtful check in. I have been doing well. I have felt a bit of a shift with my energy and approach. I think the goals that I had in mind are now being felt and implemented. So a shift from letting the mind lead the way to really letting my energy lead (if that makes sense). I have been journaling, not as much as I would like to, and it has helped my mind feel less cloudy. I think getting things down on paper is helping me release some recurring thoughts.*