



Group Coaching Supervision
'Virtual' group

For coaches who are looking for ongoing Coaching Supervision - continuous personal and professional development as a Coach.

This will be a small group of 4 coaches.

**** Upcoming dates; tbc**

To include;

Individual sessions:

- 1-30min prep/program intake conversation
- 1-30 min wrap-up closing call

10 hours of group supervision:

- 1-60 min initial group contracting Zoom meeting
- 6 x 90 min webinar Zoom meetings

This will include:

- Reflection on your own clients and coaching for personal and professional development
- In depth reflection on your coaching
- a place to get questions answered around coaching challenges
- Support

(For more details on the benefits see next page/below)

SERIES DATES: All of this is over a 6- 9 month (max) period (dates to be agreed).

Group:

Time: UK time 12.30 -2pm

Length: 90 minutes each (other than the initial group call)

Dates: TBA

Individual one-on-one:

Time/Dates: TBD

FEES: £900 per person for the series of sessions. (Normal one-on-one fee would be £1650 for individual work)

- Fees paid via bank transfer. Details once registered.

NOTE: The group will have a maximum of four (4) people.

Please email me directly if you are interested in this group supervision. If you know someone you think would benefit/be interested, feel free to share this information.

Outline timetable

- 30 min individual intake session
- 60 min group session; connecting, contracting, confidentiality
- 90 min group session 1 – 6; Every 6 weeks, format agreed at the start of each session.
- 30 min individual final closing session

Benefits of Coaching Supervision

Continuing personal and professional development:

- Encourages and facilitates ongoing learning and development therefore improving practice, working more effectively and ethically with individuals and organisations, with critical moments and impasses.
- Creates a learning environment for sharing, and keeping up to date with, best practice
- Identification of key coaching strengths as well as blind spots and areas for development
- Keeps us honest and courageous by being held accountable to our integrity
- Increased self-awareness, competence, confidence, creativity and capability
- Maintains consistency and professional standards
- Being open to learning in a mutually safe and trusting environment resulting in growth

Reflective practice:

- Gaining from another's perspective of their work
- Inviting questions that helps the coach reflect on their theories and assumptions in practice
- Provides objective feedback on practice and helps coach understand better both the client system and themselves as part of the client-coach/mentor system
- Stimulates the opportunity for change and transformation in the coach/mentor
- Focuses on the actual practice/work of coach/mentor using experiential learning as the vehicle for collaboratively generated insights.
- Can "step back" from practice, look afresh at situations and identify blind spots, deaf spots and dumb spots in their work.
- Reflection is used as the main tool of learning where the 'supervisor' facilitates open and honest reflection and the coach/mentor presents and reflects on their work in a transparent manner.
- a place to recognise, discuss and address ethical issues / dilemmas

Support:

- To deal with challenges/difficulties for example when the coach feels "stuck" or the client is "stuck"
- Prevent isolation and burnout
- Builds confidence and is affirming
- To celebrate good work in coaching and mentoring
- To return to work refreshed and with an extending range of interventions.
- Raising awareness of their work on their own wellbeing and development
- Support with boundary management

***Note** Taken from the professional coaching bodies cross party project 'to define the meaning of supervision for coaching and mentoring (focused on starting with the end in mind in terms of what are the expectations of buyers for what coaches do in relation to 'supervision')' Dec 2008*