



Supervision of coaches

Supervision is an **integral part** of my professional coaching practice. That is why I have been **working with an accredited supervisor-coach** since the beginning of my own coaching practice. My own supervision has helped me develop an authentic coaching style, deepen my **professionalism**, anchor myself and enjoy coaching relationships with clients. This experience inspires and motivates me to convey at least some of the great benefits of supervision to my coaching colleagues.

During the **supervision conversation**, we will focus on **reflecting** on your coaching. You can "bring" **any client you are working with** in a coaching way to the supervision session. Usually these are clients with whom we are **not completely comfortable**, have doubts about the appropriate approach, or are unsure about our interventions. Or conversely we are experiencing success, the client is moving on and we would like to **acknowledge** what we have contributed to this.

By discussing specific situations together, you will **gain insight into the situation**, refine your approach and **formulate the specific steps** you want to take with your client. In the course of our work together, I will do my best to **expand your coaching awareness**, which I see as the cornerstone of good coaching practice. I am interested in your current needs as well as your long-term goals, so that you can experience a **sense of moving forward both professionally and humanly**.

How supervision works

Each supervision session is actually a **meeting of two professionals** who together seek a solution related to the **coaching case** or question the coach brings up about their client. "Super-vision" is an opportunity for **reflection, discovery and growth** in a **safe and non-judgmental environment**. It allows the coach to be vulnerable and courageous and experience support along the way. It provides a space for feedback on the coach's approach and beliefs about coaching. This also contributes to the coach's **ongoing professional and ethical practice**. The 3 main functions of supervision should be present in every supervision session:

- **Supportive** - providing emotional support, reflecting on the needs of the coach.
- **Developmental** - creating space for reflection and learning, opening up new possibilities
- **Normative** - to ensure that the coach maintains good coaching practice and respects ethical standards

How can I be of service to you

My role during supervision is to **support you on your professional development journey**, help you reflect on your issues, provide a mirror, bring challenges and a new perspective. I believe that the relationship we create in supervision has the power to **deepen your learning and growth process**. It is important to me to help you develop your **unique coaching style that reflects your individuality**. I am interested in your personal growth goals and coaching aspirations. That's why I **take the time to understand your needs and expectations**. I take the time to **refine the contract for each session** and ensure that we are both working towards your desired goal.

I have been **supervising for many years** as part of my lecturer work **within the self-discovery training** for professionals from "helping professions". I completed the **specialized certification for supervision of coaches, Diploma in Coach Supervision**, in April 2023. My style of supervision is based on a **person-centred approach** with an emphasis on the relationship between supervisor and supervisee, with an emphasis on the 'here and now'. I use elements of **Gestalt and psychosynthesis** to help explore the situation the supervisee brings. I am inspired by the theory of **Transactional Analysis**, which helps to explain people's behaviour and can provide a rich source of knowledge about the coaching relationship. I use the **7-eyes model** of supervision to navigate the supervision process.

I believe that my ability to provide a **calm and focused presence** and ample space to explore the situation allows you to feel safe and focus your attention on your development. I offer my perspective on the situation, possible ethical dilemma or challenge I see. I like to bring a **new perspective and another point of view** to the situation. My goal for each supervision session is for the supervisee to leave with a new perspective on the situation and a **clear commitment** that they will put into practice with that particular client and **in their future coaching practice**.