



## Reflective Advantage: How to get the best out of coaching supervision

This unique programme deals with one of the most important aspects of professional coaching – making sure that supervision works for you, for your organisation and ultimately your clients.

There are several programmes that train coaches to become supervisors, however this programme looks at the relationship from the supervisee's perspective – as a customer of supervision.

The programme will appeal to both practicing coaches as well as to those who have responsibility for the way in which coaching contributes to organisational performance and development.

It provides 3 half day sessions with experienced supervisors and trainers and gives 12 hours of certified CPD.

### **What will I (or my organisation) get from the programme?**

- **Accelerated development**  
Our experience is that quality supervision enables a coach to develop much more rapidly and to feel confident that they are practicing ethically and effectively and also paying appropriate attention to their own well-being. It has the potential to increase the value that coachees receive from coaching which in turn enhances their reputation in the market place.
- **Professional recognition**  
Those who procure coaching are becoming increasingly aware of the need to assure themselves of the professionalism of the coach. Being able to demonstrate that you are in a high quality supervision relationship will be a significant factor. Indeed, if you are a member of one of the main professional bodies you have signed up to their 'Code of Ethics and Good Practice' where a coach is required to be 'in supervision'.
- **Working with the right supervisor for you**  
We believe that coaching without the support of high quality supervision puts you and your coachee at potential risk. This programme will equip you to be a confident and effective supervisee and to be ready to make the most of the opportunities available from supervision. You will be resourced with checklists of best practice, tips and pointers that you can use to assess the best coach supervisor in the marketplace for you.
- **Programme structure and design**  
The programme consists of three half day modules, with some Groundwork between the modules to build on learning to ensure that momentum is maintained.



The modules are:

1. **What's ahead?**

- How supervision supports you
- Common supervision models
- Exploring what supervision is available
- Your plan to get the best from supervision

2. **Chemistry and contracting**

- Understanding your own preferences and needs
- Describing the supervisor that you are seeking
- Being ready to select your supervisor
- Between this module and the next you will have a supervision session with whomever you choose as your supervisor.

3. **Are you on track?**

- Reviewing your supervision session and harvesting the learning
- Considering the return on investment in supervision
- Working out how to manage the relationship with your supervisor
- Taking stock of progress and influencing future direction

### The Tutors

The programme is run by three experienced coach supervisors, Peter Blackeby, Catherine Doherty and Jill Savage who will navigate you through the coaching supervision industry to find the right supervisor for you and build your coaching capability to the delight of your clients. (Bios of Peter, Catherine and Jill attached.)

### Access top quality supervision in parallel to the programme

You may already know where to find a supervisor – but if not then we have a directory of qualified supervisors who would be happy to be considered. Each module we will include a some 1-1 supervision sessions within the programme that you can participate in and observe. At the end of each module there are a small number of supervision sessions available with Peter, Catherine or Jill that you can book separately.

### Booking on the programme

The inaugural programme will run on 11<sup>th</sup> October, 25<sup>th</sup> October and 13<sup>th</sup> December 2013 and will cost £190 plus VAT per module. (£570-00 plus VAT in total) There are two bursary places available for the reduced cost of £150 plus VAT per module. (£450-00 plus VAT in total)

The venue is in the beautiful village of Eversholt in Bedfordshire. Easy access from M1, and rail links to Flitwick, Bedford, Milton Keynes and Leighton Buzzard.

If you would like to reserve your place on the programme or find out more then please e-mail or call any of the tutors

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