



What's the question you're bringing to Supervision today?

Supervision of Coaching is different for everyone - and what you bring to supervision will change. Here are a few ideas of what you might want to bring to your session:

Client & Session Reflections

- Challenging clients/organisations or topics you feel 'stuck' with
- Ethical dilemmas - perhaps around boundaries, confidentiality or safeguarding
- Successes - interactions or sessions. Not just 'what went well' but why and what you take from that
- What's emerging? Patterns in your coaching relationships, clients, questions and challenges
- What's on your mind? Maybe preoccupying thoughts, unfinished business, biases or pressure

Professional & Self Development

- Feedback - from clients to review (positive & negative) in a safe, supported space
- Specific skills - models, methods and CPD ideas
- How are you? In your practice - work/life balance, boundaries, well being, being the best coach you can be
- How's the business? Commercial development, management and practicalities
- Who are you as a coach? Your personal philosophies, purpose, thinking, positioning and practise

Systemic Context

- Looking wider - contextual coaching, organisational structures and systems. How does your coaching fit in the broader picture?
- Relationship Dynamics - between you and your clients. 1:1, teams, sponsors, stakeholders and your team/colleagues