



## Coach supervision 2017

**Coach supervision** is developing across the world as coaches realise that supervision is what will keep them being the best coaches they can be, working ethically, professionally and competently and continuing to deepen their learning and self awareness.

Contrary to what the name “supervision” suggests, supervision is a space for reflection and learning, rather than a place of checking up on and controlling. The supervisor asks the supervisee: “How can I join you in your learning?” rather than “what can I teach you?”

There are **three main functions** of supervision:

- Management - ensuring that the work is appropriate and ethical for all parties
- Support - encouragement and a time to offload and feel nurtured
- Development - the process of reflection, understanding self and client better, being aware of one’s own reactions and the dynamic between oneself and client, exploring other ways of working and relating theory to practise

The supervisor partners with the coach to enable them to explore various aspects of themselves in their work. Michael Carroll (2006) describes 4 levels of learning:

First level: Straightforward process answering the question: ‘What do I do about ...?’ Uses current knowledge and skills, but brings no new learning. Solves the immediate problem.

Second level: Pays conscious attention to other people and their perspectives. Stepping into their world. ‘Second position’. More inclusive reflection. Leads to an informed change in behaviour.

Third level: Further-ranging reflection to include systems, stakeholders and how to serve the higher or longer-term best. ‘Meta position’. Leads to a significant thinking change.

Fourth level: Reflection on the ‘lens’ through which I view the world and myself. Self-reflection on my own values and beliefs. Transformational and profound. Thinking about my own thinking.

**Logistics:**

**Group 1: Thursday mornings between 10am and 12 noon. Venue: St Paul's Church Hall, Rondebosch**

1. 23rd Feb 2017
2. 23rd Mar 2017
3. 20th Apr 2017
4. 25th May 2017
5. 29th July 2017

**Group 2: Wednesday mornings between 11am and 1pm using Zoom as the online platform**

1. 15th Feb 2017
2. 15th Mar 2017
3. 19th Apr 2017
4. 17th May 2017
5. 21st Jun 2017

Fees of R600 per person per session.

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