



## **SPECIALIST SUPERVISION GROUP FOR COACHES: *NATURE AS DYNAMIC CO-PARTNER***

*Are you an experienced coach already taking your clients outdoors? Would you like to extend your practice beyond the 'walk and talk' experience and learn how to integrate nature as a dynamic co-partner whilst ensuring psychological safety?*

*This closed virtual supervision group will model my 3 core principles for outdoor work:*

*Contracting, Containing and Connecting.*

*We will use the 3 Cs as a lens for inquiry together; the virtual space, with nature as co-partner, offers an added dimension for noticing the effect of proximity on our felt sense of connection with ourselves, each other, our clients and the natural world.*





## **Developing specialist expertise:**

Supervisees will bring curiosity about their own practice. Exploration may include, for example:

- Assessing whether it is appropriate to take a client outdoors and creating psychological safety from the outset.
- Coaching tools and techniques - how to optimise the gifts that nature offers and what are the additional considerations for outdoors?
- Choosing between holding environments and their different psychological effects.
- Developing a deep personal relationship with nature as:
  - a channel for deeper attunement with the client and their broader system
  - a tool for enhancing use of self as instrument and for self-regulation.
- How to invite clients to connect with nature indoors.
- Helping clients manage the transition between the psychologically spacious outdoors inquiry and their perceived constraining reality.
- Equipping clients to sustain the coaching shift through their own relationship with nature.

## **Who am I?**

I am an EMCC Accredited Coach at Senior Practitioner level and Accredited Supervisor. I work independently, including as Master Coach for Frontline, a charity training social workers. Drawn to ecotherapy training by my passion for the natural world, I now specialise in integrating nature as a dynamic co-partner within coaching and supervision and equip fellow practitioners to embrace the richness of this approach through masterclasses and specialist supervision. I have articles to be published imminently in Coaching Today (October 2019) and Coaching At Work.

## **Practicalities:**

Maximum 5 coaches. 4 x 2.5 hour sessions over the year; dates to be agreed.  
Fee: £360 for the year.

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