

Virtual Supervision on Call, Flexibly

Whether we are coaching or supervising I think flexibility is the key for developing our relationships and spreading the word and making it easier for people and coaches to get support, when they need it.

When I first started coaching my listening skills weren't the best, particularly on the telephone. At a similar time, I became a Samaritan to do my bit and the benefits I received were positive and improved my coaching substantially for my telephone coaching, primarily focused on team leaders to be managers for the future. For a while I considered telephone coaching to be the best as it really concentrated the mind on one medium. Now I think it is up to our client to consider what works best for them.

In those days I was strongly of the mind a face to face meeting was essential to build rapport to ensure the coaching or supervision went well in future sessions. I still think that was probably the case for telephone coaching, I am revising my view for virtual coaching and supervision. I have coached an Argentinian in Switzerland and supervised a number of coaches without actually meeting them face to face. For coach supervision I think it is actually easier to build rapport and get started as coaches have a clear understanding of what coaching is all about and generally know what type of supervisor they want too.

I have used Skype for about 5 years now and for me has superseded telephone coaching, as you can use more of your senses to understand what is really going on. Some people are more auditory however rather than being visual, so of course it must be their choice. Occasionally Skype technically did not quite do the job when I was in contact with clients in Bermuda and Australia, which could be an interference. During the lockdown I have been using Zoom the vast majority of the time and it has worked so well. Maybe it is my confidence and the client's confidence which has increased substantially through greater use?

So, is virtual supervision better than face to face? Again, this is up to the client to decide. There are many benefits of virtual supervision including accessibility, speed of arrangement, no travelling time, sessions get to the main point quicker, perhaps this will mean more coaches will take the opportunity to have supervision if they have greater choice?

I see virtual as being a real opportunity going forward. Hopefully by doing this blog, more coaches may see my profile, as Williams isn't a great name to have, with so many brilliant supervisors being ahead of me alphabetically! I am a flexible supervisor who will not be travelling for a while and I am wanting to put into practice more frequently my skills aided by my excellent CSA training in 2008, doesn't time fly!

So whichever medium you wish to use for your supervision have a look at www.nvwsolutions.co.uk and then get in touch to see how we can work together.