

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

*Are you an experienced coach or supervisor, looking to deepen your practice
with nature as 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 to hold us in shared intimacy as the supervision process unfurls and new insights arrive in the space.



Practicalities

Maximum 5 supervisees. 4 x 2.5 hour Zoom sessions over the year; dates to be agreed. The fee is £360 for the year, payable on sign up. Do contact me directly if you're interested or wish to explore further.

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.
- 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 self as instrument.
- Integrating nature as co-partner indoors/virtually.
- Exploring possible attachment and transference in the space.

About me

I am an independent EMCC Accredited Coach at Senior Practitioner level/Accredited Supervisor and Member of the Association for Coaching. I have recently completed 5 years as Master Coach for Frontline, a charity developing leaders in social work, where I supervised the community of 25 experienced coaches nationwide to hold their own and their coachees' vulnerability within a complex, highly emotionally charged system.

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.

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