

**SPECIALIST SUPERVISION GROUP:  
NATURE AS DYNAMIC CO-PARTNER**

*For coaches who are looking to deepen their practice in working with Nature,  
whether virtually or face to face.*

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 2-2.5 hour (depending on size of the group) Zoom sessions; dates to be agreed July 2021-March 2022. The total fee is £400, payable on sign up. Please contact me to book your place or have an exploratory conversation.

## **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 address the additional considerations with the outdoors.
- Exploring different holding environments and their 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 was Master Coach for Frontline for 5 years where I supervised the community of 25 experienced coaches nationwide to hold their own and their coachees' vulnerability within the complex, highly emotionally charged social care system.

Building psychological safety is the cornerstone of all my client work and I am accredited as a practitioner in the Psychological Safety Index. Drawn to ecotherapy training by my passion for the natural world, I now specialise in integrating nature as a dynamic co-partner within my coaching and supervision practice, virtually or face-to-face, and support fellow practitioners to embrace the richness of this approach through masterclasses and specialist supervision.

[www.catherinegorham.co.uk](http://www.catherinegorham.co.uk)

[catherine@catherinegorham.co.uk](mailto:catherine@catherinegorham.co.uk)

07913 881108