

INVITATION TO A NEW SPECIALIST COACHING SUPERVISION GROUP:

IN RELATIONSHIP



Suitable for: Advanced practitioners - coaches and supervisors.

Figure and Ground: *In relationship.* You don't show up for supervision alone. You are already in relationship within many complex systems, some of which may potentially arrive with you (maybe uninvited and unconscious), into a relational space, including for example:

- with different parts of self (and the influence of your family system)
- with partner, family and friends

- with clients (+ their family systems), their organisational systems + any end users of their organisational systems
- with peers, reflecting your unique position within the coaching profession
- with the natural world and how that might offer you meaning
- with other groups where you may or may not feel a sense of belonging or identity, eg your local community....

Space: We will co-create a safe container to explore relational patterns including leaning in v. resistance, proximity, triggers and risk-taking. Regular contracting and recalibration will finetune mutual holding, self- and co-regulation with care.

Process: This will be a creative exploration, with opportunities for support and challenge. Attention will be paid to the dynamics in the group playing out in the moment as well as issues brought by supervisees. A degree of safe vulnerability will be encouraged with the intention of deepening the learning experience for all.

Modalities: To include Internal Family Systems; Compassionate-Focused Therapy; Ecotherapy; Transactional Analysis; Transpersonal; Psychological Safety; NLP; Gestalt; Constellations.

Practicalities: Max 5 supervisees. 5 x 3 hour Zoom sessions over the year; dates to be agreed. Please contact me for a conversation if you're interested.

Fee: £130 per session; total programme fee to be invoiced in advance (£650).

Testimonials

"Catherine is a highly creative and intuitive Supervisor, adapting her approach to each person's needs. Her ability to facilitate a psychological safe space has led to a very positive and impactful group supervision dynamic. I have witnessed my peers do powerful work and have felt safe to express my needs and vulnerabilities. On each occasion, I've felt heard, nurtured, and challenged."

“Catherine is an expert at creating a safe and nurturing space for reflection, learning and sharing of expertise. I always enjoy her gentle and incisive questioning and her creative approaches to helping me to unlock what is going on, both on a professional and a personal level and have taken away some profound insights from the sessions, which have undoubtedly improved my practice as a coach.”

“I’ve valued the structured, calm and supportive space and time to reflect; I particularly love the opportunity to centre through mindful practice and the use of nature and natural images. Somehow this offers a lighter way into even the most difficult topics, as you enable us to move between our conversation and the wider natural system to interpret and make sense of our coaching experiences.”

About me

I am an independent EMCC Accredited Coach (Senior Practitioner)/Accredited Supervisor with a diverse supervision practice and certified as Practitioner in the Psychological Safety Index tool with the Fearless Organisation.

With training in ecotherapy, I specialise in Nature as Dynamic Co-partner within coaching and supervision; this work led me to explore the broader significance of psychological safety in any holding relationship. I have a book chapter on Group Supervision with Nature as Dynamic Co-Partner within Jo Birch’s edited book ‘Group Coaching Supervision. Resourcing Practitioners’ (publication Nov. 2021) and am part of the delivery team for the new Advanced Certificate in Group Supervision.

www.catherinegorham.co.uk
catherine@catherinegorham.co.uk
07913 881108