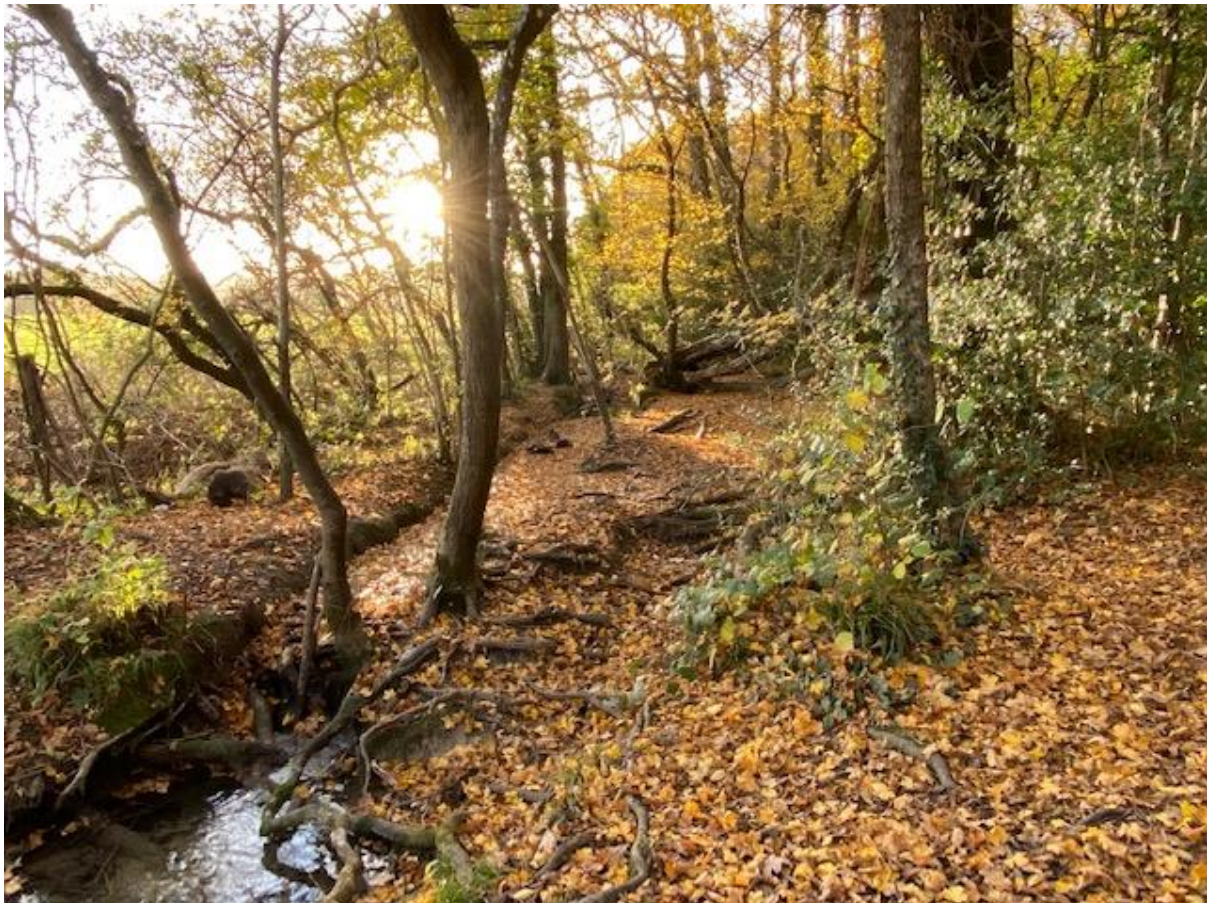


**NEW SPECIALIST SUPERVISION GROUP FOR 2022 WITH  
NATURE AS DYNAMIC CO-PARTNER**

*For coaches and supervisors 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**

Max 5 supervisees to ensure an intimate space. 5 x 2.5 hour Zoom sessions over 1 year; dates for new group to be agreed, commencing January/February 2022. Please contact me for an initial conversation. Fee: £120 per session; total

programme fee to be invoiced in advance (£600).

### **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.

### **Testimonial**

*My learning has deepened my love and gratitude for all the offerings our natural environment provides, this would not have been achieved without Catherine's expertise and gentle invitations, fused with her safe ethical framework and structure for meaningful outcomes. My deeper awareness to my multi sensory experience reminds me of how profound Catherine's group supervision has been.*

*I have strengthened my trust in the power of nature as a co partner, how nature flows and nourishes my thoughts, emotions, energies and choices I make; this learning has helped me become a better Coach. Nature has patience and forgiveness. Nature will wait for you to reach out when you engage with Catherine's supervision, and with her expertise, once the connections fuse together, lives can be transformed. I am forever grateful for Catherine's giving - a gift of understanding nature and how to bring this into my whole life, woman, parent, carer and coach. Thank you.*

*Helen Ash - Specialist Autism and ADHD Coach MyZone Coaching and Therapy Ltd.*

## **About me**

I am an independent EMCC Accredited Coach at Senior Practitioner level/Accredited Supervisor. 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.

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