

**SPECIALIST INTERNATIONAL SUPERVISION GROUP WITH  
NATURE AS DYNAMIC CO-PARTNER:  
Commencing July 2024**

*For experienced coaches and supervisors looking for a new creative lens for exploring, at depth, their own practice and self as instrument in relation to the systems around them. No experience in working with Nature is required.*

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 emerge.



## **Space:**

We will co-create a safe container based on Amy Edmondson's model of Psychological Safety. Our contracting will form the scaffolding for our process together and will be reviewed at every session to invite a finetuning of our mutual holding, self- and co-regulation based on how we are showing up in the moment and what we need. The extended sessions and limited size of group allow a sense of spaciousness and intimacy to work at depth.

## **Process:**

This will be a creative and somatic invitation, with abundant opportunities for support and challenge, and equal airtime for everyone in each session. Attention will be paid to the dynamics in the group playing out in the moment as well as the 'supervision inquiry' brought by supervisees. A degree of safe vulnerability will be encouraged with the intention of deepening the learning experience for all. This may include leaning in towards unconscious wisdom and narratives. We will draw on a mix of modalities together including TA, Gestalt, ecotherapy and Internal Family Systems.

Reflective prompts, with a Nature theme, will be sent out ahead of each session to serve as a tool for re-engaging and introducing particular lenses.

## **Practicalities:**

3-5 supervisees. 5 x 2.5 hour Zoom sessions 6-8 weeks apart; dates to be agreed, commencing July 2024. Fee: £750 for the programme of sessions, to be invoiced in advance.

Please contact me for an initial conversation if you're interested.

## **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, thank you for providing such valuable support. It has helped me stay grounded through tough times and has allowed me valuable time to regenerate and refocus."*

*"Catherine is an expert at creating a safe and nurturing space for reflection, learning and sharing of expertise. Her creative approaches help me to unlock what is going*

*on and I have taken away profound insights which have undoubtedly improved my practice as a coach.”*

*“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. It feels like a kind and useful group...I feel challenged and nourished at the end of each session and I've always looked forward to the next one.”*

### **About me:**

I am an independent EMCC Accredited Coach (Senior Practitioner)/Accredited Supervisor and a Fellow of the Association of Coaching with a diverse supervision practice (also accredited through the Coaching Supervision Academy). I was Master Coach for Frontline, a social work charity, 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. I am now Supervisor for Sanctus, supporting coaches, individually and in groups, to hold a safe space for employees to explore their mental health and wellbeing

Building psychological safety is the cornerstone of all my client work and I am accredited as a practitioner in the Psychological Safety Index with the Fearless Organisation. Drawn to ecotherapy training by my passion for the natural world, I specialise in integrating Nature as Dynamic Co-partner within my coaching and supervision practice, virtually or face-to-face, and support fellow practitioners to embrace the richness and technicalities of this approach through masterclasses and specialist supervision. I have a chapter on Group Supervision with Nature as Dynamic Co-Partner within Jo Birch's edited book 'Group Coaching Supervision. Resourcing Practitioners' (2021) and am a faculty member for the Crucial Difference Advanced Certificate in Group Supervision.

I am fascinated by the power of groups and am currently studying for a Diploma in Group Analysis.

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