



**NEW SPECIALIST SUPERVISION/MENTORING GROUP 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 group will model my 3 core principles for integrating Nature: 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.



## **Process**

This will be a creative container, with abundant opportunities for support and challenge, and a focus on building psychological safety. Reflective invitational prompts, with a Nature theme, will be sent out ahead of each session to assist in shaping inquiry questions to bring to the group. Attention will be paid to body and heart experiences arising in the moment as part of the sense-making process. A degree of safe vulnerability and experimentation will be encouraged with the intention of deepening the learning experience for all.

## **Developing specialist expertise**

Group members 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.

## **Practicalities**

Max 5 group members to ensure an intimate space for exploration. 5 x 2 hour Zoom sessions over 1 year; dates to be agreed by the group, commencing September 2026 with UK pm times to enable access from US and Canada. Please contact me for an initial conversation. Fee: £120 per session; total programme fee to be invoiced in advance (£600).

## **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."*

## **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. 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. Until recently, I have been a Supervisor for Sanctus for 3 years, supporting coaches, individually and in groups, to hold a safe space for employees to explore their mental health and leadership practices.

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 published within Jo Birch's edited book '*Group Coaching Supervision. Resourcing Practitioners*' (2021). I am fascinated by the power of groups and, after completing the one-year Foundation Course in Group Analysis, I am now studying with the Centre for Modern Psychoanalytic Studies (New York). I work in both English and German.

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