

What Can I Bring to Supervision?

Anything that affects you, your coaching, or your professional practice belongs in supervision.

You don't need to arrive with the "right" question or a major problem. Sometimes the most meaningful supervision begins with a simple observation:

"Something happened in a coaching session yesterday, and I can't stop thinking about it."

Supervision is a reflective space where we slow down, make sense of our experiences, and notice what might otherwise go unseen. Through thoughtful dialogue, we develop greater awareness, strengthen our professional judgment, and continue growing into the kind of coaches we want to become.

The better we understand ourselves and our work, the better stewards we become of the lives and stories entrusted to us.

Below are examples of topics we might explore together.

Coaching Cases and Client Work

Bring situations that continue to stay with you after the coaching session, such as:

- A coaching conversation didn't go the way you expected.
- You felt stuck, lost, or unsure where to go next.
- A client challenged or surprised you.
- You noticed yourself wanting to rescue, advise, fix, or protect the client.
- You keep encountering the same issue with a particular client.
- You noticed a strong emotional reaction in yourself.
- Something feels "off," but you can't quite explain why.
- You want another perspective on a coaching relationship or coaching decision.

Sometimes we review a specific coaching session. Other times we step back to notice patterns developing across multiple clients, looking beyond what happened to explore what it may be inviting you to see.

Your Development as a Coach

Supervision supports your growth as a practitioner, not simply your coaching techniques. We might explore topics such as:

- Deepening your coaching presence
- Becoming more comfortable with silence and not knowing
- Strengthening your confidence and professional identity

- Letting go of advice giving or overhelping
- Recognizing personal patterns that influence your coaching
- Working more systemically and seeing the bigger picture
- Developing a reflective practice
- Exploring blind spots before they become barriers
- Stepping more fully into your own coaching style

As you grow in awareness, your coaching naturally becomes more intentional, more discerning, and more fully aligned with who you are.

Your Well-Being

You are one of the most important instruments in your coaching. Supervision creates space to care for the person behind the coach, because how you show up matters just as much as what you do. Topics might include:

- Preventing burnout and compassion fatigue
- Caring for your nervous system
- Navigating stress or major life transitions
- Balancing work and personal responsibilities
- Processing the emotional impact of coaching
- Finding restorative practices that help you remain present
- Working sustainably over the long term
- Caring for yourself as a neurodivergent coach

Sometimes supervision is less about solving a problem and more about creating space to pause, breathe, reflect, and reconnect with yourself. Caring well for yourself enables you to care well for your clients.

Ethics and Professional Practice

Not every ethical question has a simple answer. Supervision provides space to think carefully through situations before they become problems, recognizing that ethical practice is often shaped by context, relationships, and thoughtful discernment.

Examples include:

- Confidentiality questions
- Boundary concerns
- Dual relationships
- Knowing when coaching may no longer be the appropriate service
- Referrals to therapists or other helping professionals
- Conflicting stakeholder needs
- Third-party coaching relationships
- Professional judgment in complex situations

Rather than looking for the "correct" answer, we thoughtfully explore the situation together, considering the people involved, the systems surrounding them, and the responsibilities we carry as coaches.

Building a Sustainable Practice

Supervision can also support the development of your coaching practice. We might explore:

- Clarifying your niche or ideal clients
- Designing coaching offers
- Contracting with clients or organizations
- Navigating proposals and organizational coaching
- Pricing and positioning
- Developing a practice that aligns with your values, strengths, and sensory and energy needs

Business decisions are rarely just business decisions. They often connect to confidence, identity, boundaries, purpose, and the kind of coach you hope to become.

You don't need to know exactly what you want to discuss before coming to supervision.

You might simply say:

- "Something about this client keeps bothering me."
- "I don't know why I reacted so strongly."
- "I think there's a pattern I'm missing."
- "Can we talk through something that happened yesterday?"
- "I need another perspective."

That is more than enough.

Together, we'll create space to reflect, ask better questions, and notice what may be happening beneath the surface. Over time, supervision develops your capacity to navigate complexity with greater wisdom, confidence, and care and helps you flourish as a coach while serving your clients with greater presence, integrity, and compassion.