

Supervision Diary

POST GRADUATE CERTIFICATE NEURO COACH

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Supervision diary

1.5.2022, Sunday

I sent my first e-mail to Denis Coleman to book my first session with him. Denis replied to me the same day to let me know his earliest available time would be the next Thursday 5th of May at 13:00 to 13:30 Irish time. If it suited me, he would send me a meeting link as soon as he could. I replied to Denis immediately that Thursday suited me well.

2.5.2022, Monday

On Monday Denis sent me a Zoom link and I thanked him for it.

5.5.2022, Thursday

We met on Zoom at the agreed time and when Denis asked me how I was doing I confessed I was a little bit nervous. I found Denis to be very relaxed, so my tension melted right away. Our Zoom meeting lasted for around 35 minutes, and I had written 4 pages of notes by the end of our meeting. During the Zoom meeting Denis helped me to clarify what I needed to do and in what order. It was a relief to learn that Denis trusted my ability to schedule my own studies and didn't put any pressure on me. We agreed on an approximate date for when he would need to see a first draft of my matrix. He suggested that I record the coaching session after submitting the matrix but that I wouldn't need to send it to him. After doing those I could concentrate the remainder of my time on the 4500-word assignment. I agreed to do the matrix first, then record a coaching session and lastly, concentrate on the assignment.

As we were talking about recording a coaching session, I told Denis I had been told that I could coach in Finnish, but the transcription should be in English. However, I had been wondering if I could manage to do the recording in English. Denis encouraged me to do my coaching session and recording in English and so it was decided.

The 2 things I still remember Denis saying to me and that were comforting to me were that, "He is straight as a bull", which was relief to me as I find it laborious to try to read between the lines if someone is not direct. The second thing was that, "There are no stupid questions", as after this I never felt doubt about whether I can or cannot ask Denis about whatever is bothering me related to my portfolio and assignment.

20.5.2022, Friday

I sent the first version of my matrix to Denis. In my messages I wrote that as I was doing this for the first time, I was not sure what is expected and that I trusted Denis would tell me what corrections I needed to make to my matrix.

23.5.2022 Monday

Denis replied to my message apologizing for his delay in replying. He told me that time of the year was the end of the academic year so there was a lot of work to do. I did not expect him to reply to me immediately as I had assumed he was probably quite busy. To my mind, if I had sent my paper to him on Friday it was very quick to come back to me on Monday.

In his message Denis clarified the structure of the portfolio to me. He also advised me to structure my matrix differently and gave me instructions for that. He also encouraged me to ask if I had any questions.

26.5.2022, Thursday

On Thursday morning I replied to Denis and assured him that I understood I am not his only student, and he could answer me when he has time. I also thanked him for the clarifications and told him it helped me to move forward.

I also asked Denis to explain to me the following point from the matrix, as I did not understand what it meant: TIMESCALES/SCHEDULE AGREED WITH SUPERVISOR.

I also told Denis that sometimes I might get stuck on words and sometimes I did not understand what something means, and that the same thing happened even I was studying in Finnish. I explained that I had learned that in these situations it helped to receive very detailed instructions. Things become clearer to me through examples and that is the reason I might occasionally ask for clarification, and it would be a big help if Denis had time to help in these situations.

On Thursday evening, Denis replied to my e-mail and explained to me what Timescales/schedule with supervisor meant. He also reminded me, that there would be more detailed information in the Supervision diary section

That evening I replied to Denis and let him know that I would send him a new version of my matrix on Monday evening. I also told him that I had booked the coaching session for the following Thursday, and I would send him the recording and transcription after I had

reviewed it. I also mentioned that I had started writing my assignment and would ask for him some advice later.

Later that evening Denis replied to my e-mail and gave me positive and encouraging feedback on my progress. He also told me that I did not have to send him the recording and transcript unless there was something specific I wanted checked. Denis reminded me that it was more important that my Supervision time was spent on things like the 4,500-word assignment.

30.5. 2022, Monday

I sent the second draft of my matrix, which had been re-structured, to Denis and thanked him for advising me not to use precious supervisor time for the recording and transcription.

I asked Denis if it was ok that my matrix was longer than 2 pages. I also asked for some help structuring my assignment.

I felt that the guidance I had received earlier for the writing assignment was at a general level and that I needed more details to be able to focus.

My questions to Denis concerned the following topics:

It has been 14 years since my first NLP Practitioner course and I was not sure if I needed to review my first NLP course or focus on NLP Practitioner level skills, methods and how they have impacted me.

Then I asked about the models which I was supposed to write about. My concern was whether to focus on how I had used the models in my coaching or if it was about the models and case studies I might have learned during the course and which had had an impact on me, my clients, and my business. Or would I write from both perspectives? The third question concerned the reflective model and structuring my work around it. I had informed Denis that I had not used a reflective model earlier, so I needed some clarification on whether there was a particular way or several different ways to structure my assignment?

At the end of the message, I wrote that although I knew students would not be given an example of an assignment or any information, any examples and clear guidance Denis could give me would help me move forward.

5.6.2022, Sunday

Denis replied to me and apologized again for his delay in replying and let me know it was dissertation grading and examination boards time. I did not mind as I had been concentrating on doing my first coaching session in English and then continuing with writing my assignment.

Denis' feedback on my matrix was that the latest draft was much better. He commented that the text I had written was still pretty much a single block and it would be better if I could divide it under the sub-headings, he gave me earlier as those are the things that the external examiner would be looking for.

Denis also answered my questions and told me that I would find the answers written below in red, which I found very clear.

I was advised by Denis to focus my assignment on something that I learned during the NLP Practitioner course. The next assignment could focus on the NLP Master Practitioner course and what I had learned there.

As an answer to my next question related to what to focus on when writing about the models I had learned, Denis advised me to pick a model from the NLP Practitioner programme and start by discussing the academic theory around the model I had chosen. Then, I could consider how I had applied it in real situations (giving consideration to what worked, what issues did you encounter, how did you overcome them, what I learned about the model, etc., etc. To the latter part of my question, Denis confirmed I could consider the impact on me, my clients, and my business too.

My third question was about the structure of the assignment and how to use a reflective model in it and Denis responded by providing sufficiently detailed instructions on the structure and reflective model.

At the end of the instruction, Denis had added "NOTES: This is an academic submission so ALL of the above must be supported by suitable references taken from recognised books and journal articles (avoid websites and Wikipedia is a definite no no!) This brought up more questions from me later.

6.6.2022, Monday

I replied to Denis and thanked him for the clear advice as I felt it really helped me to move forward with my assignment. As per Denis's suggestion, I divided the text of my matrix under the sub-headings and asked Denis if I should send it to him after this. I also told him I would send a draft of my assignment later.

Denis replied to my e-mail on the same day and confirmed that as long as I used the questions from the template and I addressed them using the information I had already provided (& expanded where needed), I did not have to send it to him again.

9.6.2022, Thursday

I replied to Denis's e-mail and at the beginning, I told him that in his instructions he had written "(& expanded where needed)" I was wondering if he was recommending that I offer even more details in my Matrix.

Another instruction I still had to think about was about the referencing and if I could use the NLP encyclopaedia as a reference or if I had to use the sources that they used as a reference?

I gave him an example about "Patterns of the Hypnotic techniques of Milton H Erickson, M.D, vol.1 (1975)" which could not be found from the library, but it was referenced in the NLP Encyclopaedia.

As using the Harvard referencing system is new to me, I wanted to clarify how to do it right from the beginning, so I sent an example of how I had referenced to check if it was correct. I had read the instructions on how to cite but I still was not sure if I had done it correctly.

My next concern about referencing was if I could use the IANLP website when referencing the code of ethics and if I could not use that website, I asked Denis if he had some ideas about what I could use instead.

My last question was about whether I should use active or passive voice in my assignment as the instructions said both are used and suggested asking the supervisors opinion.

At the end of the message, I wrote that I would ask more questions later.

Denis replied to my e-mail on the same day and advised me to find his answers written in red, which I found very clear again.

He told me that if there was more information that could be added to my matrix, then I should include it. He also wrote that "Sometimes when you break out what you have already given and place it under the questions asked, it becomes necessary to expand on the detail in order to properly explain it." I was not sure if this meant there is something I had not explained properly in my matrix but as I was stressing about writing my assignment, I just ignored this.

Denis also confirmed that I could use the NLP Encyclopaedia and gave me some advice about referencing. He also wrote that it was ok to refer to the website and reminded me to add the date, which is always the current year, unless a different date accompanies the Code of Ethics. In previous message, he had made a point to emphasise that when I reference, priority is given to proper academic books and journal articles.

And when it came to my question about whether I should use active or passive voice, Denis told me that personally he preferred passive language as it tends to ensure people remain objective. He explained that when things become more active in tone, they risk becoming more personal and what could be a logical debate could come across like a rant. If I remain objective, I am outside the topic under discussion and I can discuss it as if I was speaking about something tangible.

10.6.2022, Friday

I replied to Denis and thanked him for his help and wished him a lovely weekend.

He replied during the day and wished me a lovely weekend too.

11.6.2022, Saturday

On Saturday I contacted Denis again as I was struggling with my assignment. I apologized to him for asking so many questions (I think there is limit in my own head to how many questions and how often they can be asked, and I felt that I had crossed that). I wanted to know Denis's opinion on whether I could write about only one case study if there were several different NLP models used or was it better to write about several different cases.

I felt relieved and guilty as Denis replied to me the same day. It was Saturday and I was wondering if he had a chance to rest at all. Denis advised me to focus on only one model, the theory behind it and its application or otherwise there was a risk it would get too confusing in my assignment.

I replied to Denis that I had been thinking about "Change Personal History" which includes several different techniques and that's why I was wondering if one case is enough. I also wrote that if this was too complicated to start, I could concentrate on submodalities. At the end I asked Denis what he would recommend?

12.6.2022, Sunday

The following day, on Sunday, Denis replied that it was my submission by all means but his advice was to keep it as simple and straightforward as possible. He told me that the more options I try to cover, the greater the risk of confusion for myself and any readers.

The same evening, I sent Denis a message where I reminded him that these are my first proper academic studies, and I did not have experience of writing assignments, so I found his guidance very valuable and helpful.

16.6.2022, Thursday

I sent Denis an e-mail to inform him that I would send the first draft of my assignment to him on Monday, 20th of June.

Denis acknowledged he had received my message on the same day.

20.6.2022, Monday

On Monday evening I sent the first draft of my assignment to Denis.

Denis replied to my e-mail on the same evening. He had read through my draft and sent it back to me with some comments. He had pointed out a couple of places where I had missed the referencing and advised me to concentrate only to one model as I was trying to cover too much. He wrote me in his notes that by focusing on a single aspect I could do a deep dive of the theory of perception as well as my experience with the client and myself. Denis encouraged me by saying there is a lot of good work in my assignment and that the structure was generally done well. He also reminded me about the reflective perspective and that my discussion must include my experience and learning, supported by suitable references and some critical analysis of where my experience (both with the client and my own) agree and disagree with the theories and publications.

21.6.2022, Tuesday

I thanked Dennis and told him I had started to correct my assignment. I told him I would send him the second draft by Thursday. I also wrote that I had deleted some models from my assignment and was focusing on the one aspect of modalities, representational systems and submodalities as they are connected. I asked Denis what he thought about that.

Denis replied on the same afternoon and said my plan sounds fine, but he would need to see it to be sure. He wrote he did not want me to try to cover too much and end up not giving sufficient detail to anything. He reminded me again that these assignments required

deep analysis, discussion, and application of specifics rather than general talk on a wide range of things.

I replied to Denis and told him that he had told me from the beginning I should only focus on one model, but that I had been so attached to my own thinking, I couldn't have done it. I also wrote that hopefully next time I would be more open. Before I sent this e-mail, I added that I would send the second draft to him asap and would probably ask for some clarifications before that.

30 minutes later I sent Denis another e-mail as I had 2 questions for him. My first question was related to the supervisor diary and the other one to the last comment at the end of my assignment. I wondered if my supervisor diary was too long as it was at 5 pages by then.

The other question I asked, concerned Denis's note that I should remember that from the reflective practice perspective, my discussion must include my experience and learning (which must be supported by suitable references and some critical analysis of where your experience (both with the client and my own) agree and disagree with the theories and publications).

I was not quite sure what to do, as I could not connect all the pieces together in my head, and I hoped Denis could explain it to me.

Denis got back to me the same evening and had written his answers in red, which made it easy to find them. He said that to his knowledge there was no word count restriction on the Supervision Diary so I should be okay with the detail. To the other question he explained that what he had meant by his comment was that he wanted me to integrate the theory with my practice and experience. He didn't want me to simply discuss the concepts of reflective practice from a theoretical viewpoint or, be reflective without pulling in suitable academic supports (references) which I could use to support and deepen my awareness and discussion. For example, how does my experience and reflection match the theory? Without this triangulation, I was only expressing an opinion.

I thanked him for the explanation.

Denis sent me an e-mail a bit later and wrote that he had looked at the earlier e-mail where I promised to send my second draft by 23rd of June, on Thursday. He couldn't guarantee that he would be able to send me feedback in time for my 24th of June submission deadline to the University.

I thanked him for the information and promised to send my second draft by the afternoon of the next day.

22.6.2022, Wednesday

I sent my second draft to Denis in the afternoon as I had promised. I still was not sure if I had managed to do the corrections he had suggested as I just could not outline how the assignment should be constructed without previous experience and without examples.

Denis returned my draft 3 hours later with new comments and pointed out that the last two comments were the same and were relevant throughout my case study. In his comments Denis reminded me again I should refer to how the Gibbs model had been used to assist with the reflection and arrival at new understandings and suggested it would be good to replicate the Gibbs model in diagram form. He also pointed out a couple of places where referencing was missing. He also guided me to link my opinions as well as the reflective framework I was using to the theories. At the end of the message, he wished me luck with the submission.

I thanked him and continued writing my assignment.