

Supervision Diary

Professional Coaching

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POST GRADUATE DIPLOMA NEURO COACH

Supervision diary

26.9.2022 Monday

I emailed my supervisor, Lynsey, to make an appointment to get some assistance regarding my third paper.

28.9.2022 Wednesday

Lynsey replied to my e-mail, and we exchanged a few emails agreeing to meet on Zoom on the 17th of October at 10.00 a.m. UK time.

17.10.2022 Monday

We met on Zoom, and we got straight to the point, meaning that we started talking about issues related to the assignment. Lynsey said that I must justify why I have chosen to use NLP in my coaching instead of just coaching. I had never thought about this before, and I had never questioned my choice. However, the question was relevant and during the writing process I became aware of the reasons that had influenced my choice.

We agreed on the days when I would send her the 1st and 2nd drafts of my assignment. At this point, when I had had two different supervisors, I understood to ask how reading drafts of assignments and giving feedback fit into Lynsey's schedule.

I sent Lynsey my previous papers and Lynsey sent me Guide 5 where I could find all the requirements for my assignment. She also sent me the marker sheet for the recording and transcript regarding the coaching session. Lynsey reminded me that it is important for me to remember to tell the client that our coaching session is confidential. Another thing she mentioned was that I should also tell the client that I use NLP, social panorama, and Clean Language when coaching.

This was a very good reminder because I had previously believed that my clients knew that I used different approaches, and our conversation would be confidential when they made an appointment with me.

29.11.2022 Tuesday

I contacted Lynsey after I received confirmation that I had gotten a month's extra time for writing, and the due date of my assignment was on the 6th of February 2023.

I suggested to her that I would send the 1st and 2nd drafts of my assignment on the 9th of January and the 23rd of January and asked how this suits her schedule.

30.11.2022 Wednesday

Lynsey responded that the dates I had suggested suited her well.

16.12.2022 Friday

I was having a hard time trying to choose a reflection template for my assignment and thought I would combine 3 different models. I messaged Lynsey to see if this was allowed.

I had thought of combining John's, Driscoll's, and Atkins & Murphy's reflection models. But in the end, it was too confusing and hard to figure out. I thought my supervisor was on vacation because she did not answer my question and I came to the conclusion myself that it is better to choose one model that I would use to reflect on what I have learned. I chose Driscoll's model because its questions fit my process best. At first glance, the model looked simple, but it helped me reflect deeply on my learning and experiences.

9.1.2023 Monday

I sent the 1st draft of my assignment and the Matrix to Lynsey as we had agreed.

I let her know that I had started my assignment too late, again, and therefore it lacked some theory and the summary. I also was not sure if I had written all the references correctly.

I do not know why it is so hard to start on time and why I still have not learned because this is the 3rd time during this program that I have made the same mistake. On the other hand, when I look at what I do in other areas of my life, I recognize the same procrastination. I know that I can get things done under pressure, but at the same time I get stressed and it affects my sleep, for example.

12.1.2023

Lynsey sent a brief response and suggested I could reflect on what changes I have made with drawing up contracts and boundary setting as a result of the coach training.

She promised to send more feedback the next day, and she did.

13.1.2023

Lynsey sent me the Harvard Referencing Guide that she had used when she was writing her dissertation and guided me to amend the references under my tables and diagrams to reflect the ones in the guide.

She asked if I had a coaching session in mind that I will be transcribing in the assignment. She suggested that if I did not have one yet, it would be great if I could write about a coaching session where I am using Clean Language and therefore link that to my written assignment.

Lynsey also wrote that it would be good to reflect on why I did not use contracts which is a coach requirement under the ICF and the key difference in NLP. She asked me to think about the impact of not writing a contract for potential clients, or what the consequences of that might be.

I started thinking about the possibility of writing an agreement with individual clients that would clarify responsibilities and expectations and make both parties feel secure.

18.1.2022 Wednesday

We met on Zoom for 20 minutes and I asked for clarifications on the questions that the feedback had brought to my mind. I got an answer to my questions and was able to continue writing. In writing this assignment, I have learned how to add appendices, glossary of terms and abbreviations. I do not know if I can cite sources correctly yet, and this is something I will discuss with my supervisor before the next assignment.

23.1.2023 Monday

I sent the 2nd draft of my assignment to Lynsey.

25.1.2023 Wednesday

Lynsey sent me feedback and told me what she thought was good and what I still needed to pay attention to.

I replied to Lynsey to ensure that I had understood correctly how the word count of the assignment is calculated. I had not understood what Lynsey meant when she wrote, "You could extend your glossary of terms if you need to create more space", and I asked her to clarify what she meant.

26.1.2023 Thursday and 27.1.2023 Friday

We exchanged a couple of e-mails regarding whether I still need to talk with Lynsey or I would be fine. I still did not understand what she had meant when she wrote that I could extend my glossary of terms, as I did not know what terms I could move. Since I did not know how to explain myself in any other way, I wrote that I would be fine.

What I learned during the process:

During this task and while reflecting on why I had chosen NLP instead of coaching, I learned a lot about myself and what had been influencing my choices.

- An unpleasant thought occurred to me that I have never learned purely to coach, because I have always been able to rely on NLP interventions.
- In the last 10 years, I have learned to regulate my emotions and know myself better and that makes learning easier.
- I recognize that I fall into confirmation bias easily and I am unwilling to give up my own beliefs.
- I started to think of advantages of writing a contract with individual clients. It would clarify the framework of coaching and the respective responsibilities of the coach and the client. It would also make both parties feel more secure.
- I have learned more things related to academic writing, such as adding appendices, glossary of terms and abbreviations. I also recognize that I still have things to learn with referencing.
- Returning drafts on time gives peace of mind towards the end.