

Supervision Diary

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The purpose of this diary is to reflect in the learnings from my supervision sessions.

1st Session

Feedback

Denis pointed out some points for me to reflect on it.

Like the volume of content, I was proposing to cover, it was half of the NLP Master Practitioner course.

He also said that some of the topics I have proposed they are dissertation, by themselves.

My reflexion

Because I am so passionate about these topics, I tend to connect them all, what causes the lack of focus in one specific topic. I felt like I could learn also from the feedback from my first paper.

Recalling my first assignment, now I concluded, that the way I wrote, and the content covered on NLP Practitioner, was more transactional and descriptive, what I mean by that is, that I kept the discussions and analyses mainly on capabilities/skills.

I intend to reach higher levels of thinking. If we use Robert Dilts Neurological levels of change as a model of thinking, I would like to spend more time in the higher levels, like beliefs/values, I feel that way I would be able to stay more on NLP Master Practitioner content.

What I mean by that is the flow of the paper should be on beliefs, and the reason we do what we do.

Figure 1: Dilts' pyramid of neurological levels of change



Lazarus (2019, p10). NLP Practitioner Manual

2nd Session

Context

I have been reading a lot of different sources of information and I was feeling overwhelmed with so much content, so I decided to create a plan to write the assignment. That is what I brought to our session today to discuss.

NLP Master Practitioner assignment Plan

Intro

- what are the different definitions/approaches of beliefs on NLP
 - Actual high level definitions here -Robert Dilts Beliefs book, Doug O'Brian Sleight of mouth, J. Lazarus NLP for business Success,

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- Presenting NLP tools that can change limiting/negative beliefs, what is different in their approach
- I will be discussing how:
 - Compare the NLP tools, including contradictions between their approach and the Gaps across them
 - Focusing on Sleight of mouth, belief structure and Why
 - How this has influenced my practice to date (what I have actually done in coaching) and how this will inform my future academic learning (what I am going to explore in my MA)

Middle

- Exploration of the NLP belief Change tools, NLP Master Prac level.
- Table for comparison – similarities and differences on the NLP tools, include what is the CBT approach
- I will be exploring in this essay, from each field will focus on how NLP changes a negative belief (limiting belief) using different tools and go deeper on the tools that I connected the most
- Gaps across the tools and potential sources of information to fill those gaps
- How this has influenced my own practice:
 - How have I processed learning about this (ref. learning models)
 - How have I been able to use these models?
 - How have I handled the gaps and contradictions?
 - Also discuss some aspects of my coaching session (will submit it)

Conclusion

- Summary
- How will this influence my future academic learning? What is the opportunity for learning here and what am I committed to exploring in my academic study?

Feedback

Denis saw the plan, he was able to mention some point that I should look at, like:
Use the funnel approach, starting with broader information and going more specific as I am writing more.

Keep the CBT topic small and I have agreed with him.

Reflection

Taking the feedback, I realised that I need to change some small parts in the structure, as it was suggested.

Overall, it was a useful session.

3rd Session

As I was developing the assignment even further, I felt like I wouldn't be able to cover all topics I had in my plan, so I rearrange the structure again.

At this point I have sent the Matrix to Denis.

Feedback

Most of the matrix was clear and covered the topics I need to cover. He reminds me that I need to pay more attention to spellings, grammar, and punctuation, that way I wouldn't lose marks.

The way I have answered some of the questions was confusing and another one needs more explanation.

Reflection

I felt like, I am started to understand the academic structure and writing better.

I have changed the points, that was suggested that needs improvement and made sure the structure and spelling were correct.

4th Session

Because the way a have planned the to write this assignment, we didn't manage to have our last session, I run out of time. Nevertheless, for the purpose of this assignment, I will act as if we had it.

Context

As I was further in my paper, I realised what would be more useful for my practice and clients, so I have reorganised the content of the paper.

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What I end up doing was:

The main purpose of this assignment is to apply the learning I have gained in my NLP Master Practitioner Course.

I will discuss the developments and challenges associated with coaching and the methods I used to improve my practice.

I will also identify the relevant theories and methodologies and critically assess them. Moreover, I will explore beliefs in the NLP context and why it is important to understand them when coaching clients, explain some types of beliefs, present some NLP tools that can change limiting beliefs, and discuss the importance of eliciting the full structure of a belief in a coaching session.

Finally, I will evaluate the impact of the methods used on my practice.