

Supervision Timeline with Lynsey Weir

Mon 16th May 2022 – 7pm – 60 mins

Focus of discussion was around understanding what was required in the two assessments. I had read in detail the assessment instructions and the information provided in the orientation; however, I was still uncertain what I was required to reflect on in the assessments. I said I was not certain if I was required to reflect on a particular coaching technique or issue, I was interested in, or if it was to be a reflection on one of the courses. I had completed the Graduate Certificate some years ago, along with the Diploma of Professional Coaching, NLP Practitioner and Diploma of Advance Professional Coaching. Lynsey explained I was required to reflect on the learning I got from one of the courses and said that given where I was up to, that I should reflect the Diploma of Advance Professional Coaching for me. Lynsey said she would confirm this for me. I felt relieved to know the focus of the assessments. It felt much more doable.

We then discussed the Advance Professional Coaching and its content. This course and its content had changed a little since I completed it. I outlined what my program covered and what I remember about it, having completed it a few years ago. Fortunately, I had the training manual to refer to. Lynsey outlined the different ways I could go about my reflection. So, I was then able to follow up after the supervision session by reviewing the course training manual, my notes of the course and my reflective journal. This was helpful supervision session as it enabled me to know what to focus on. With this I would have been second guessing myself. Following this supervision session, I then went and reviewed the Advance Diploma training manual, and my notes of the course; re-reading all the information about the assessments; and to begin researching and writing the Assessments.

We also discussed the coaching session recording and transcript to be submitted. I discussed some of the logistics around the coaching session length and the recording process and the length. I also asked how the coaching session would be marked. Lynsey explained it would be based on the ICF markers and how this was to be weighted in the overall mark. Lynsey said she would send me the assessment tool and we discussed the changes in ICF competencies.

Lynsey sent me the information discussed. The agreement was that the focus of the next session would be to get feedback on the draft Assessment 1, outline of Assessment 2 and to send her a transcript of a coaching session I was happy to submit.

I found Lynsey to be very measured and clear in her response to my questions. The supervision session was enormously reassuring and helpful in focusing me.

9th June 2022 – 7:15pm – 30 mins

Discussed with Lynsey the challenges I was facing due to some key personal issues: having been very sick for over 2 weeks. As Lynsey was on holidays, the session was brief. We discussed what my options were if applying for a university extension was possible or withdrawing so I could have more time to optimise the learning without the added time pressures. She suggested I follow up with Douglas and the University to clarify. She also helped me re-adjust my timeline. We made a time for next session.

I followed up on what we discussed and found that I was not able to get an extension or withdraw. I had to find a way to complete. I “regrouped” and made a plan, including a time for the next supervision session. This situation tested my resolve.

Wed 15 June 2022 – 5:30pm – 60 mins

In this session with Lynsey, we discussed the Assessment 1 draft and the Assessment 2 outline I had sent her. Lynsey went through the Assessment 1 in detail. Overall, Lynsey said it covered everything required and said it was clear and concise. She made a couple of suggestions and I followed up on this.

We discussed the Assessment 2 outline I provided. In this I included the first 2 paragraphs. She gave feedback that the introduction paragraphs were on target though she did say that the topics I intended to cover in the outline may be too much, given what I had said about them. Lynsey suggested I focus on just two of the topics: supervision and team coaching as it sounded to her from what I had said that these were where the most significant learning was for me.

I found this supervision session incredibly valuable. I had completed the Advance Diploma of Coaching some time ago and so the discussion with Lynsey gave me an opportunity to become even more connected with my learning at the time, the learning journey I had taken along the way to now.

We discussed the coaching transcript. I had mentioned I was unsure if it was good enough and had another couple of coaching sessions coming up that I was also recording and may consider submitting. Lynsey suggested that she would review the transcript of my preferred session and so would wait till then.

Wed 22 June 2022 – 30 mins

In this session we discussed my transcript. To determine the suitability of the coaching session, I assessed my coaching self in the coaching session, against the ICF markers and put this in a document. Lynsey suggested I include with my transcript the self-assessment I completed against the ICF markers and some self-reflection notes about my learning, using one of the reflective model tools.

I discussed the essay. I had not been able to send Lynsey a draft of the essay for her to review in time for the meeting. Life had created a few more additional pressures on me in addition to the previous ones, making it extremely challenging. We discussed what was possible and my expectations. We discussed what would be involved with completing the Assessment 2 to cross the line at least, considering my constraints. This was helpful.

I walked away with renewed focus and confidence I could achieve this.