

Supervision Diary: BMPF7013F

1. **11th January (30 minutes)** - first meeting to have an initial sync and discussion about the assignment, rough idea of what to do/write about. We discussed roughly my experience in the last assignment, challenges in getting back into an academic mindset and writing, using Gibb's model of reflection. Which model did I want to use for this assignment? Talked through the experience in the Coaching Skills course and which methodologies I wanted to use (GROW, Emotional Coaching, contracting, ethics, NLP). Discussed a client I wanted to work on and what that experience was like, what was my journey since the course. This session helped me to synthesize all of what we learned, what my journey has been since then, and therefore roughly what I wanted to write about in the assignment.
2. **20th January (30 minutes)** - aligned on structure, case study with my client CK, discussed the portfolio matrix and next steps. Elaborated on the case study content and theories (as outlined in the Portfolio Matrix) and relevant reading material.
3. **2nd Feb (60 mins)** - run through 1st rough draft of the 4500 word assignment. Went through structure, content and where to pad it out. Added some books for further reading. Discussed the need for referencing my own material from the past assignment and updating the portfolio matrix where I have already evolved since commencing the assignment back in January. Focus for the next session is to have submitted the first draft to Lyndsey for review. I also received feedback on my previous assignment which has given me guidance on where I need to improve (word count, structure so the reader can follow logically, use of headings and diagrams, less description and more critical evaluation and compare/contrast of theories using relevant reading material and not just websites).
4. **10th Feb (30 mins)** - discuss the first draft of the assignment. Not enough critical reflection, too much detail. Discussed the structure of the assignment using Rolfe's model of reflection and how I would structure the flow better. Had to reformat and cut alot of 'what' content. Deepened my reading to more reading material from books, websites, online literature, and videos.
5. **15th Feb (60 mins)** - feedback around depth of reading and references. Definitely on track and better flow/structure. Focus now is on fine tuning referencing and word count. Finding it difficult to cover my experience across the entire course thereby referencing multiple methodologies and keep within the word count. Was feeling very zapped of energy. Imposter syndrome - can I do this? But after the session I threw myself back into the PCS manual and read

through various models that started to inspire me about the 'so what' and 'now what' of how I can incorporate this into my practice.

6. 20th Feb (30 mins) - Progress from the beginning is 'leaps and bounds'. Some areas still need to be expanded on and fine tuning of references. Feeling much more positive about the outcome and overall learning. Final hurdle will be condensing within 4500 words whilst going deep on theories and what next.