

Supervision Diary

POST GRADUATE CERTIFICATE NEURO COACH

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11.7.2022 Monday

I emailed my supervisor, Rabiya, to make an appointment to get some assistance regarding my second paper.

13.7.2022 Wednesday

Rabiya replied to my e-mail and suggested a meeting on the following Monday, 18th of June and inquired about the time difference. I was booked at the time she suggested, so I put forward a couple of other times and let her know that there is a 2-hour difference between the UK and Finland and that Finland is + 2 hours ahead.

Rabiya replied to me on the same day, and we agreed that our first meeting would be on Friday, 22nd of July at 9.45 UK time.

I confirmed that the time suited me, and I asked if we could meet on Zoom or if she had any other suggestions.

14.7.2022 Thursday

Rabiya replied that Zoom would be fine for her. She also asked me to write down and send to her in advance, any bullet points I wanted to talk about during our meeting.

16.7.2022 Saturday

I sent Rabiya a Zoom link although I was worried that it might not be a good idea because she was a supervisor. I sent it anyway because I wanted to get everything settled. I also sent her some bullet points I wanted to cover during our first meeting. The bullet points were related to my worries and confusion about how to use a reflective model in my assignment. I wanted to know if she could give me some examples to help me understand better. I also wrote her that I had been thinking about writing the social panorama model, but it was difficult to find any articles related to that topic, therefore, could I write about something else? I also asked if the structure of the matrix and the assignment were the same as in the previous task (NLP Practitioner).

22.7.2022 Friday

We met on Zoom at the agreed time on Friday. Rabiya asked me to tell her something about myself and I was surprised and found it a little difficult, as usual. As I am writing this

diary now, I find myself interested in my own surprise and I am thinking about what kind of beliefs I have related to someone asking me to talk about myself. In my experience, people don't often ask about me and I notice that I don't ask other people about themselves either. I may ask targeted questions, but never an open-ended question where I let the person choose what they say about themselves. I wonder if it's because I'm not interested or because I find it intrusive or challenging because I myself find it difficult to answer such a question.

I've also noticed that I'm very often more task-oriented than people-oriented and I like to get straight to the point. I recognize this in myself and still must take this into account when training, for example. Anyway, after the introductions, we got down to business, which was a relief.

Rabiya explained and drew me a picture of how I could structure my assignment including theory, discussion with a theory and the reflective model in it.

We also discussed how we will handle the supervision relationship in the future, and I told her that I had met with Denis once on Zoom and after that we communicated via email because it was easier for me to understand when I had time to process written text. Rabiya said she preferred to meet on Zoom so that we can see each other. I got the impression that we can meet both on Zoom and write emails. I was satisfied with this because I felt good about how clear everything we discussed was with Rabiya. And I think that I might understand some things better in a Zoom meeting than through e-mail only.

At the end of the meeting, Rabiya told me she would be on vacation in August and asked if that was a problem for me. I thought about it for a while and realized that I always start writing so late that I probably would not need any urgent help during August. I promised to send her date suggestions for the next Zoom meeting.

After our meeting ended, I checked my calendar and sent her some potential dates for the next meeting.

1.9.2022 Thursday

I sent Rabiya a new e-mail with new possible dates because she had not replied to my previous message. My interpretation was that she did not answer because she was busy before the vacation and during the vacation, she knew how to relax and not worry about work matters, which I can personally appreciate.

5.9. 2022 Monday

Rabiya replied to my e-mail and suggested a meeting on Thursday 8th of September at 1 pm UK time if I was still available then. The time was still available in my calendar, so I replied to Rabiya's e-mail and sent her a Zoom link. I was still wondering if it was okay for me to send her the link to our meeting and decided to ask her about it when we saw each other.

8.9.2022 Thursday

We met on Zoom and Rabiya asked what I had done so far. I told her that I had struggled throughout August when I could not decide which model or theory to write about. I had ended up writing about the social panorama model for my assignment even though the last time we spoke Rabiya had said it might be a bit too complicated.

Rabiya listened to me and asked if I had thought about any other ideas besides the social panorama model. I told her that I had gone through the NLP Master Practitioner folder several times and considered writing about time, but I could not find a clear model or theory about it, so I gave up on that idea.

Rabiya asked what I thought about writing about modelling. I told her that I think it is too broad and difficult a topic, compared to my thoughts that the social panorama model was compact and clear in my mind. Rabiya asked if I had done a modelling task during my NLP Master Practitioner course. I said that I had but I really could not do it very well at that time. Rabiya told me that it did not need to be great as it was my first time doing modelling, that I was practising and learning how to do it. During our discussion I realized it would be a great idea to write my assignment on modelling. I am very interested in modelling, and it excites me so it would be easy to write about it. I also realised what the point of writing the assignment was.

Rabiya reminded me that I was supposed to learn to write a critical review. She also gave me a couple of tips that I should consider when writing the assignment.

We also agreed on the next meeting time, and I checked with Rabiya when she wanted to get the first version and the second version of my assignment. She told me that she would have preferred to have my final draft 2 weeks before the submission day and I was shocked. Once again, I had left too little time for writing and reading. We agreed that I would send her the first draft of my assignment no later than the 21st of September, and

the final draft a week before the due date, 26th of September. What I learned from this is that in future, I will consider that my own deadline is 2 weeks before the official due date for tasks. I also need to practice scheduling and starting on time.

During the conversation, I asked Rabiya if she minds if I send the links to the Zoom meetings. I told her that I had thought about it and that I wanted to ask how she felt about me doing so. Rabiya said she did not mind, and I was relieved.

We arranged the next meeting for Friday, 23rd of September at 11:00 a.m. and after our meeting I sent her the link to Zoom again.

Rabiya told me she still couldn't see the marks or feedback on my previous assignments. She sent an inquiry about it to Douglas, and Douglas replied that it might take a while because it was vacation time. I emailed Rabiya the comments and marks because I wanted to help her to help me as much as possible. I also sent her my previous and current matrix because I was worried there was too much similar information in them.

19.9.2022 Monday

I sent Rabiya an incomplete draft of the assignment and asked if we could talk about it on Zoom on Friday.

21.9.2022 Wednesday

Rabiya sent me an e-mail thanking me for the first draft of the assignment. She asked if we could meet next Friday at 9:15 or 12:15 instead of 11:00. She also asked if I would send her the matrix. Unfortunately, my Friday was busy, so I suggested meeting her either before 9:00 or after 15:30. I also told her that I would be available on Thursday, 22nd of September, from 11:00 to 14:30. Regarding the matrix, I wrote to her that I had sent her both matrices immediately after our last meeting and that I would send them to her again.

Rabiya confirmed we could meet on Thursday at 13.30 UK time, and I sent her the updated link to Zoom. I also let Rabiya know that I would send her the second draft of my assignment in a couple of hours as I thought it would be nice to get some feedback on my latest version. I also thought that she might not have time to even glance at my writing, but I considered that it would at least be ready for the next day's meeting.

22.9.2022 Thursday

We met on Zoom at the agreed time and started going through my assignment. Rabiya suggested some changes and additions, which I wrote down for myself. After this we looked at my matrix and Rabiya immediately said that I had too many details in the text. She showed me what format the matrix should be in. I was confused and wondered how I was supposed to know what a matrix is when I have never done one before these studies. In the previous assignment, I did not get feedback regarding the format of the matrix, and I did not even know what to ask, so the matter had remained unclear to me.

After our meeting, I felt that my assignment had to be rewritten from the beginning and I was stressed about it. I wrote the matrix again and I found it easier than the previous way and I even remembered one new thing that I had forgotten to mention.

24.9.2022 Saturday

I sent my matrix to Rabiya by e-mail.

26.9.2022 Monday

I sent the second draft of my assignment to Rabiya and told her I would appreciate any feedback.

28.9.2022 Wednesday

I resent my matrix and assignment to Rabiya because I was not sure if she had received them.

29.9.2022 Thursday

Rabiya sent me my matrix with comments. I needed to add more details. I found it confusing that the matrix is supposed to be 2 or maximum 3 pages but so many details are required. That is something I still do not understand.

I asked Rabiya if she could comment on my assignment, and she promised to do that which I appreciated.

What I learned

- Different supervisors are different when it comes to giving feedback and schedules. In future, I will discuss this with my supervisor in the first meeting.
- Thinking about the next assignment, I will aim to complete my assignment two weeks earlier than the official due date.

- I must think about how I will ask for clarification on things I do not understand in the future, such as what a matrix is and what it should look like.
- I still get trapped in my own ideas and cannot find a way out without my supervisor's help.
- I will remember that diagrams, charts, and tables are important in academic writing.
- I understand things better and get more insights when meeting on Zoom with my supervisor instead of just writing e-mails.
- That my traumatic childhood would be obvious in my writing to someone who is trauma informed.
- While I was writing my assignment, I realized what kind of journey I had been on since starting the NLP Master Practitioner. Back then, I did not understand it was about emotional regulation and not only anger management when I modeled my friend.