**NHS Leadership Foundation Coach Supervision programme – Day 3**

Workshop leader notes

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| Time | Activity | Notes |
| 9.30  9.50 | Check-in round.  Gather on flip-chart any issues or questions about supervision from their supervision practice that they would like to address during the day.  Seven-eyed model: overview on powerpoint  Select some of the Mode exercises to do – there will not be time to do them all! | Handout on seven-eyed model |
| 10.30 | **Mode 1 – the client**. Helping the coach develop their capacity to really observe what the client is actually presenting, rather than their filters and interpretations of what they are presenting. Pairs/three exercise. |  |
|  | **Mode 2 – coach’s interventions** – invite someone to share a recent intervention they made with a coachee (with just a small amount of context). Then go around the table and invite people to come up with alternatives. |  |
| 11.00 | Break |  |
|  | **Mode 3 – the coaching relationship** – each have a go at being supervised on a particular coaching relationship, using the suggestions on **Slide 17**. |  |
|  | **Mode 4 – the coach** – again in 2/3 explore as supervisor and coach what is their experience with a specific client – see **Slide 18**. As supervisor be very careful not to judge or interpret – help your supervisee come to their own understandings of what may be going on within them when working with this client. |  |
|  | **Mode 5 – supervisory relationship and parallel process**. Goldfish bowl with one supervisor and supervisee. Get them to start supervision as you would naturally. After a few minutes I will ask you to freeze in order for us to explore together what we are all experiencing and observing. Then I will invite you to continue supervising with those new perspectives in mind. |  |
|  | **Mode 6 – the supervisor.** In pairs supervisee talk a piece of coaching work. Supervisor notice what you are feeling in your body, notice any emotional responses, any images that come to mind. Feed these in as interventions – don’t try and fit in with what the supervisee is saying. Just see what emerges from this strange mixture! |  |
|  | **Mode 7** – **the context**. I don’t plan to look at this today as we spent some time on it last time we met. |  |
| 12.00 | Lunch |  |
| 13.00  13.15 | Remind them of their issues arising from their supervising practice. Can you address any of them as you supervise this afternoon?  Supervision skills sessions, with feedback. Go through each of the roles, timings and sequence for feedback.  4 x 30 minutes (20 supervision + 10 feedback), + break + review time as a group – back together in two and a half hours from now |  |
|  | Tea |  |
| 16.00 | Final 45 minutes – a plenary to discuss specific issues from supervising or other questions you have about supervising going forward.  Bring the programme to a close. |  |
| 16.45 | Close |  |