



### **How I work in Supervision and what I need from you**

**My initial concern is to build a relationship with you in which we can get to know each other, feel secure enough to explore the work, make the space so large that anything that needs to be explored can be, and that we both bring our energy, creativity and thoughtfulness to our conversations.**

**In order to build our working agreement we may use the guidelines built in to The Blueprint of WE. For information on this please see:**

**<http://www.blueprintofwe.com> Collaboration Document templates**

**The theories and models I work with are many and varied depending upon the needs of the moment, basically I would include at least some of the following: a systemic approach at several levels, a transpersonal and a gestalt perspective, psychodynamic, some TA, neuroscience, especially interpersonal neurobiology, philosophy, humour, (is that a model, I hope it just is what it is!), and a Mindfulness approach to the work we do.**

### **How I work in our calls and meetings**

**I regard each call or meeting as an opportunity to explore your work with you in a supportive and reflective way. I may challenge you at times and I trust you will challenge me too.**

**I trust we will develop the kind of working relationship that has a great deal of space in it for new learning, especially the kind that is unexpected. I have a playful part of my personality and am likely to call on this at times.**

**We can learn how our respective ideas throw light on your work, and I am happy to share any new material that I think you will enjoy hearing about and that informs and develops you in your work.**

**I have a strong preference for experiential learning during the call, for example we may experiment with a new tool such as focusing or working with an image. It is my practice to email articles and suggest reading at times, and I welcome any material you have found valuable and that you think would be interesting for me to see.**

**I welcome hearing your celebrations of work that has gone well; and your concerns about yourself as a coach as well as any concerns you may have about your own wellbeing, and that of your clients. I have a background that includes mental health work and may be able to assist with any concerns in this area.**

**The relationship we develop in supervision may well mirror that between yourself and your client. We can learn from this, and I trust we will share responsibility for being aware of this dimension.**

**I expect to learn from you in ways that will enhance my work as a coach as well as a supervisor.**

**Should either of us feel any concern about our working relationship I trust that we can raise this in a spirit of appreciative enquiry.**

**When I am tired and stressed I can get lost and talk too much! Please let me know if I have not been aware of this. I can also give mini lectures at times as I can get carried away if I am on a favourite topic. Please stop me if I go on too long.**

**Should you wish to send me notes you would like me to read before a call, please do so at least 48 hours beforehand.**

**We will decide when and how to review our work and be prepared to change how we work if necessary.**

**Beginning Phase.**

**I would like to hear about your current development as a coach and where your learning edges are. We can then find the best focus for you as we proceed. It would be helpful to know about your learning style and if you have done any 360's or psychometrics.**

**We can discuss fees and length and frequency of calls at our first call.**

**Fiona Adamson  
[fiona.csa@ntlworld.com](mailto:fiona.csa@ntlworld.com)  
01923 492600, or  
07960 624648  
Skype: fionacoach**