



## Examples of Supervision Contracting and Typical Learning Objectives

### Fiona Adamson

*I want to find the right space in myself where there is calm, I can access my intuition and playfulness and be at my most resourceful for my client. I would really like to develop the quality of my presence for my client so they feel in a safe place and completely heard. JS.*

*I would like to examine the parallel process that may be occurring between the coach and the organisation. How the organisation interacts with you helps you diagnose some of the individual issues that your client might meet in the coaching relationship. I feel a systemic supervision (and coaching) model is just the right place to be practicing right now. JT.*

*Having been coaching professionally for the last 8 years, I am keen to take some time out and really consider where I am now, how am I coaching, what are my current styles and skills, and who am I now as a coach; opportunity to step out, to step back and to reflect on where I am, and who I am as a coach, and to explore the next stages of development for me; raising my awareness about coaching to enable me to be even more effective as a coach working one-to-one with my clients. KP.*

*I would also like to learn new and build existing tools so that there are a variety of approaches that I can use with clients. In terms of my learning I expect to be challenged in my thinking, explore who I am as a coach in more depth and strengthen my creative abilities as a coach. MW.*

*I want an opportunity to reflect on my practice across the board - coaching and supervision, individuals and groups with one person in one place; to particularly pay attention to me in my role as well as clients in their systems and for me to have an honest place where we can together pick up whether the pace I will be working at in the short term is healthy enough for me and my family and clients. CP.*