

Top Tips for Participating in an AC Group Supervision Experience Call



What are AC Group Supervision Experience Calls?

These are one-hour small group (up to 5 participants) supervisions held via a free video call or a low cost telephone conference line, led by experienced hosts. These supervisions are available as an exclusive benefit to AC members.

AC Group Supervision Experience calls are designed to encourage you to experience group supervision in practice and to discover the benefits of reflecting on your coaching practice. The experience also connects you with other AC members in a shared learning experience, the intention is to explore the coaching issues that each of you bring. These sessions are particularly useful for those members who are not yet in regular supervision.

When and how do they happen?

AC Group Supervision Experience calls take place on the third Thursday of every month. There are several time slots to suit members from multiple time zones. They are accessed via video-conferencing or a low-cost telephone conference line.

Why Supervision?

AC Group Supervision Experience sessions offer a unique opportunity for you to reflect on the work you are undertaking, facilitated by an experienced coach or coaching supervisor. The group setting gives the added benefit of learning from others' ideas, experiences and perspectives as well as making sense of your own.

Coaching supervision is strongly advocated by the AC and most professional coaching bodies. It is a requirement for AC Coach Accreditation.

Participation in AC Group Supervision Experience counts towards your annual Continuous Professional Development (CPD). Even the most experienced coaches need help to regularly re-examine their practice, to continue to develop their skills and self-awareness and to avoid being drawn into their clients' systems. The calls are designed as a supervision taster and are not intended to replace full professional supervision.

How does a AC Group Supervision Experience Call work?

Each group session has its own unique feel, style and pace evolving from the individuals attending and the issues explored. However, there will be some common patterns in our approach:

- **Arrivals and Introductions** – encouraging everyone to be present.
- **Contracting** – confirming/agreeing ground rules.
- **Practice Review** – this is the core of the session with each person having about 10 minutes to reflect on and receive input into their coaching practice.
- **Consolidating Learning** – each person briefly reflects on their main 'learning' point and take away.
- **Departures and journeying on** – transition from the often intense experience of supervision to preparation for 'back to the day job'.

How do I get the most out of an AC Group Supervision Experience call?

To help ensure everyone has the opportunity to discuss the issue they bring, it's important that the whole

group starts promptly at the scheduled time of the session. The whole group should be aware of time, although the host takes primary responsibility for this. However you can help ensure that time is shared equally by observing the following 'etiquette':

- Organise your schedule so that you can dial in or connect over the internet at least 5 minutes in advance of the start time, so that you are ready to begin the session on time.
- Aim to bring just one issue for discussion with the group.
- Consider in advance what support you would like from the group to help you present your issue succinctly and clearly. (Of course sometimes our work is highly confusing and it's exactly that which you want to bring!!)
- When you are on the call, please remain mindful of your own and others' time; each person has roughly 10 minutes to present and discuss their issue.
- Sharing experiences is the core of group supervision. Always remember that your role is not to judge another's practice, rather to approach their work in the spirit of curiosity. Please aim to be open, in all senses, to your own and others voices.
- Arrange to be in a place where you can fully concentrate and contribute without disruption. If background noise is unavoidable, find out how to mute your line and let the host know that you have done so. If using a computer, you can mute the microphone on the screen. If using a telephone handset, find out how to toggle 'mute' on and off. For example, many handsets use *6 or #6
- Make time after the call to reflect, make notes, and record ideas, thoughts and feelings to help you gain full benefit from your experience.
- Note: if you would like to connect with your fellow coaches after the call, this will need to be explicitly agreed whilst on the call. The AC will not share members' contact details with other members.

What do I bring to talk about on an AC Group Supervision Experience Call?

If you do not have a specific issue to bring to the group you may find it useful to consider the following questions about your current coaching practice:

1. Is there anything that has gone well that you would like to build on?
2. Is there anything that you have got stuck with that you would like to explore?
3. Is there anything you would like to prepare for?

You may also have more general questions about your coaching practice, for example:

1. Do you need to decide whether to invest in more training?
2. Do you want to talk through how you articulate your coaching approach to clients?
3. Do you need to decide whether to become accredited?
4. Is there something you would like to discuss and don't know where else to talk it through?

Note: the Group Supervision Experience calls are all about reflecting on your coaching practice not on your coaching business. For this reason, we would ask you not to bring topics that are related to pricing or marketing strategies or any other commercial issue.

What happens after the AC Group Supervision Experience Call?

Shortly after the Group Supervision Experience call our administrator will ask you for feedback. This is really important to us, because we use your feedback to continue to develop the service. Our hosts also appreciate your comments about what you found helpful, and what might have made things even better.

Should you have any queries after the call, please contact Naomi Jordan, accreditationoffice@associationforcoaching.com

www.associationforcoaching.com