



COACH SUPERVISION

Growing your adaptive capacity: noticing, sense-making, responding, grounding

Why supervision matters

I experience my own supervision as a vital source of self-care, learning and development. Whether I am supervising others or being supervised myself, I find it a moving, revealing, thrilling experience full of discovery, packed full of what it means to be a living, breathing, vibrant human being.

As a Coach and Supervisor, I consider my ongoing personal supervision a crucial investment. It is about taking seriously my responsibility to, and care, for my clients. Through it, I trust I become better equipped to serve.

Supervision by its nature, helps us to visit deeper, sometimes more tender, scary and limiting places. I have been there enough to know that beyond these horizons, seeds of my transformation are sown. With such benefits, why wouldn't I want it?

Finding the right Supervisor

Supervision helps us to see and understand what is out of our awareness; and to develop our capacity to 'hold' our own process as well as that of our clients in the moment as we work with them.

Uniquely, I bring into the supervision process a depth of knowledge and experience in growing the adaptive capacity of individuals, groups and organisations - drawing on the pioneering field of Human Systems Dynamics.

Finding someone with whom you have resonance and in whom you have confidence is not always easy. When you find the right Supervisor for you, you will know it.

1-2-1 Supervision:

The first time I work with you as a new supervisee, I ask you to commit to a series of six 2-hour sessions, payable in advance. This is especially important if you are new to supervision as it gives us time to establish a firm foundation for learning and exploration. Thereafter, if you choose to continue with me, I am happy to have you book session by session.

Group Supervision:

I start new Supervision groups on demand. Groups consist of up to 4 people and each monthly session will last 2 hours. I ask everyone to commit to a series of 10 sessions over a 12 month period, paying in advance. This is about making a commitment to the group and the group learning process that unfolds over time. We travel a journey together, sharing challenges, discovering insights, supporting each other to integrate our learning.

Call me for a chat, if you are interested in finding out more. I'd love to hear from you.

Eilidh Macdonald-Harte, WeightShed International Ltd: Louie's skill, wisdom and insight is exceptional as a supervisor and coach. I would recommend her to anyone looking to transform how they currently do things to get better results. I believe I have developed on so many levels because of the power and context of this supervision. I value it more now, than I could have guessed. I didn't anticipate noticing what the context of supervision creates; not just the change that happens in the room. It is an opportunity not only to evolve myself; I also get to witness other's evolution. I can't put my finger on it yet, but there is a level of learning that you get from embarking on a committed course, over a period of time within a settled membership, that has another dimension.

If you are a small business based in Scotland you could get up to 50% of your fees refunded by Skills Development Scotland