

# Self-Supervision template

## See chapter 29 on supervision

1. What went really well? (Reflect upon 2-3 areas of strength, using the coaching competency framework I was trained in (e.g. ICF) which competencies really showed up in my coaching?)
2. Which competencies were less evident, could have been evidenced more?
3. What else could I have done more or less of?
4. Were there any missed opportunities on my part?
5. Deepening my reflection – how do I notice this piece of work through the lens of 1 or 2 models that I am familiar with? (e.g. PAC, Drama Triangle, Life Positions, Hogan or other profile, Psychological distance, 7-eyed model, cycles of change, cycles of learning and others etc)
6. What are any ethical considerations within the piece of work?
7. How was my doing/being balance and my coaching presence with my client – how was I being? Where was I personally in this piece of work?
8. What conscious bias do I notice or what unconscious bias might be outside of my awareness?
9. What might have been the parallel process and what did that mean for the work?
10. More generally in my coaching work – do I notice any patterns?
11. What are my own takeaways from my work? What am I learning about myself as a person, as a coach, about my work?
12. What difference does that learning make? What and how will I integrate this into my work?

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