

How do you use YOUR GPS?



Today many of us travel with a GPS that shows us the way to our destination. Some have names and have almost become a friendly travelling companion that we rely on to get us through traffic, road blocks and through the robots.

Sometimes we take a wrong turn or don't listen to them but they never give up on us constantly getting us closer to our location.

Think about your supervisor as your coaching GPS.

You set your objectives for supervision areas where you want to explore or improve your coaching skills or practice. Your supervisor will support you through the exploration process and assist you in uncovering alternative perspectives and developing new options (they will use some familiar coaching skills too!).



Your supervisor will help you navigate the cul de sacs, high roads and gravel roads of your coaching experiences providing support and guidance to get you back on track towards your destination.

Supervisors have no agenda and no set location in mind for you. You are the driver of your own vehicle. They are there to keep you from getting lost, helping you to read the map effectively so that you can enjoy the journey and the scenery of your coaching practice while you discover the most direct route to your destination.

Julie Hay quote: 'To me, it (supervision) is the process of helping you to step back metaphorically, from your work so that you take a meta-perspective, or broader view, of your practice'. Hay, J, 2007, *Reflective Practice and Supervision for Coaches*, Open University Press.

So why would you be without one on your coaching journey?

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