## WHY DO WE NEED SUPERVISION! - JULIE HAY



## **Resource Guide**

## **About Julie Hay**

Julie Hay is internationally accredited as a Teaching & Supervising Transactional Analyst with specialisms in organisational, psychotherapy, and educational application, and an internationally Licensed NLP Trainer.

She has been supervising internationally for many years, faceto-face and online, was one of the five original founders of the EMCC, and is the author of Reflective Practice and Supervision for Coaches (Open University Press) as well as several books on TA and an NLP Practitioner Manual.



Julie Hay

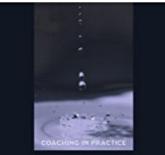


## **Event Details**

Some ideas from developmental transactional analysis that help us understand why we need someone else, with a different frame of reference, to help us develop a meta perspective of our practice, how to move from not knowing what we don't know through the steps to increased self-awareness and professional implementation, and how to get the best out of each supervision session.



## Reading



### Reflective Practice and Supervision for Coaches

Julie Hay

#### **MORE INFORMATION**

This practical book helps coaches to improve their practice through reflection and professional support in their work. It explains how these developments can be made alone, with colleagues or with a supervisor, utilising a range of tried and tested frameworks.

Starting with a section on the function of reflection and supervision in the coaching arena, the book moves on to discuss ways that the processes of reflection and supervision might be analyzed. Finally, the book addresses some specific models that coaches might like to try to improve their practice.

The book assumes that the reader has no prior knowledge of the theories used and contains concise summaries of them as well as giving references to further reading for those who are interested. It also contains activities which will help the reader to think carefully about how they are doing things in order to identify options for improvement.

Reflective Practice and Supervision for Coaches is a resource that can be used over time, with activities that can be repeated intermittently as needs arise. It provides key reading for professional coaches and supervisors as well as those who facilitate reflection upon working practices in the coaching profession.



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2

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What did you learn?

How do you intend to apply this in your practice?

Do you have any further action for your next CPD cycle?

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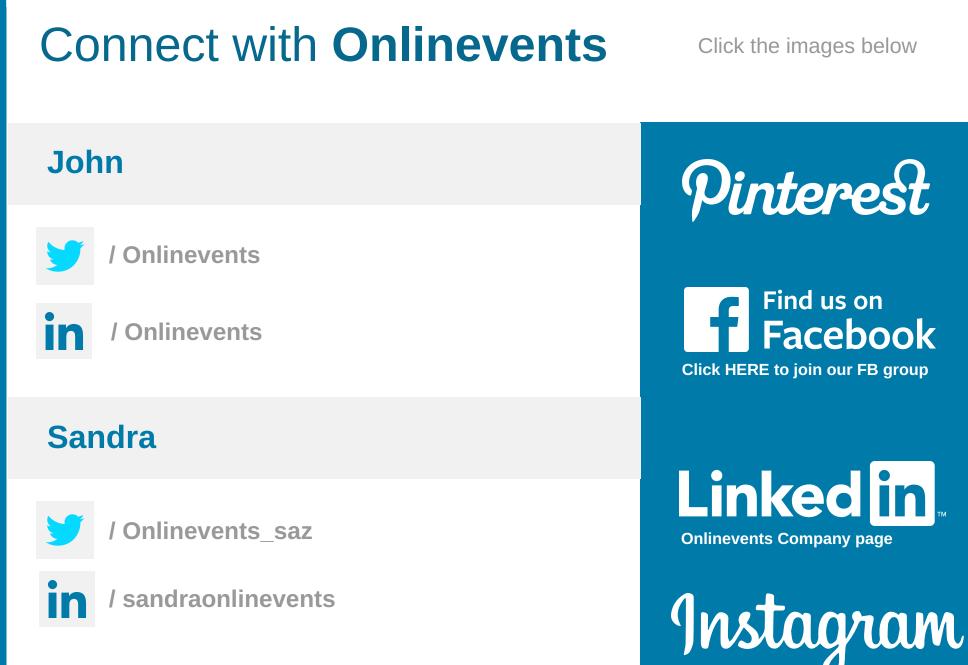


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