**NAME OF COACH**

Supervision Paper:

Date of supervision:

Client:

Age:

Sessions: e.g. Set 1 Session 2

**LEARNING FROM LAST SUPERVISION**

**TRI-FOCAL CONTEXT**

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| --- | --- |
| **Emergent Self:** | *Using your heart write about your sense of these questions as you feel your way into them* |
| Who is this being most essentially?  Who do I see when I open my heart? |  |
| What do I sense is emerging for this being? |  |
| Why has the Self brought them to me? |  |

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| --- | --- |
| **Where is the coachee now:** | *Write about all the stuff they bring in terms of their dilemmas what they are struggling with personally and professionally* |
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|  |  |
| --- | --- |
| **The Big Trifocal Gap** | *Ideally as you write about this gap it should give you/coachee some sense of the 6-session Goal* |
|  |  |

**GOALS**

**After 6 sessions:**

|  |  |
| --- | --- |
| **Next Small Step/GAP/Goal for e.g. session?** | *What you are reaching for here within the overall 6-session goal is the next realisable small step (small gap) where there is readiness / willingness – there should be some stretch – so a 4/5 is too easy* |
|  |  |

**SMALL GAP/NEXT STEP - READINESS SCORING – (0-5)** *This is a key assessment each session*

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| --- | --- |
| **Session Description** | **Reflections** |
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**Goals and Homework for the coachee**

**Challenges with the process I face as a coach**

**Questions for the group**