

What is

Supervision

Consider what is going well in your health coaching practice, and what might be stretching you?

Reflect



Time to discuss in a confidential space, concerns about your coaching role and how you deliver skills and knowledge

Discuss



Time and space for you to feel heard in relation to challenges you may face in using your skills and techniques in practice

Listen



A confidential space for you to consider impact of coaching conversations on you and consider the impact on your wellbeing

Wellbeing



It's your journey

An opportunity to develop your own skills and competence in coaching patients in positive health behaviour change



Develop

An opportunity to explore your development and supports you to maintain good practice and high-quality care



Skills

Time to explore the skills you have and those you would like to gain as your progress



Knowledge

Space to evaluate your knowledge and celebrate what you know and highlight areas you want to grow



Confidence

Time to explore and reflect on what you bring to the profession. Confirm / inform an restore your confidence