

Coaching supervision dialogues with Amanda Ridings

As my prospective client, you are likely to be...

...an executive coach working with clients in complex leadership roles. You are aware of your professional responsibilities to be in supervision and expect your coaching supervision arrangement to provide you with purposeful time, space and support to explore and reflect on your work. You are open to co-creating supervision sessions that liberate you to be your best as a coach and to keep you in touch with the reasons you choose to do this work.

As your prospective partner in coaching supervision, I am...

...incisive yet warm, with keen antennae for the heart of an issue and for parallel process. I am an astute and experienced executive coach and, as a supervisor, I will ask courageous questions whilst respecting your own standing and experience as a coach. In working together, we will pool, and draw on, our joint wisdom and expertise to contemplate your work with clients and client systems.

I bring a calm presence to my coaching supervision sessions and my practice draws on my varied working experience in employment, as an executive coach and as dialogue practitioner. Where appropriate I use principles and approaches from martial arts to support you in developing your coaching presence. My experiences combine to provide an informed perspective of organisations in which to understand your coaching client and your work with them.

Working with me...

My coaching supervision practice takes the form of a purposeful dialogue in which we create the conditions that support you, the coach, in:

- Gaining perspective, reflecting on your practice and accessing your deeper wisdom to think creatively about your impact as a coach;
- Affirming your good practice and developing your capacity to acknowledge and celebrate work that delights you;
- Continuing to develop your self-awareness and exploring the potential to make positive changes in your coaching practice; and
- Examining your practice, holding yourself to account and choosing to be honest and courageous in service to your client.

My over-arching frame is to support you in fostering a sense of mindful self-belief so that you can be free to be fully yourself in service to your client. As we work, I will be learning from you, as a peer coach, and continuing to extend my own self-awareness and practice. Jointly we will aim to balance gaining a deeper understanding of a presenting issue with developing capacity and resilience for the longer term. And, along the way, we will laugh together and keep ourselves in touch with the reasons we choose to do this work.

I am accredited by The Coaching Supervision Academy – for details see www.coachingsupervisionacademy.com

Forms of supervision...

I undertake supervision work with individuals and with small groups of 4-5 coaches. We can meet face-to-face or work by 'phone. With overseas clients, we work by 'phone. I will be creative and courageous in my approach in either medium in service to you and your clients.

Commitment to my own learning and development...

My commitment to my continuing personal development deepens with age, expressed as a growing resolve to stretch myself, to walk on the edge. Each year I participate in a significant personal development programme and I seek to be adventurous in the choices I make.

I read widely and seek authentic feedback on my work. And I am, of course, in on-going supervision.

Confidentiality...

I maintain the highest standards of confidentiality and our coaching supervision dialogues are confidential. I am in supervision for both my coaching and my supervision practices.

What my clients say...

A Head of Organisational Development who commissioned, and participated in, group supervision for a cohort of internal coaches wrote:

"I really appreciate the calm you bring into the room. It creates a serenity and sense of safety which for me is important in working with a bunch of coaches. I felt you worked with us not only as a group of coaches, but also as the individuals we are, tapping in to everyone's uniqueness, and this was very rewarding to see, hear and be part of. You held the space lightly, and I was reminded of the leading ballet dancer catching the ballerinas, with strength and softness."

An experienced coach wrote:

"Amanda's approach to coaching supervision is completely different to my previous experience, and is thoughtful, gentle, person centred, and at the same time, stretching and challenging. My best analogy is that is like being pinned to a chair with a butterfly touch, while she asks you the most challenging of questions with a beatific smile of her face. While her careful contracting ensure that she doesn't go to places without invitation, there is also very little wriggle room, to ensure that the coach does the best they can in the interests of their clients."

An executive coach wrote:

"Experimenting by phone in a car, WOW! just shows what is possible, and whilst may not be the best regular way of working, shows what can be done if both parties are keen. Loved the in the moment feedback re voice/pace etc as I changed seats."

Another wrote:

"You have laser beam perception, light years faster than anyone I know. You are fearless and persistent and yet ask questions with care, generosity and empathy."