



# Coaching Supervision: A Practical Guide for Supervisees

By David Clutterbuck, Carol Whitaker, Michelle Lucas

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Just like the coaching relationship, supervision is most successful when it is a collaborative endeavour, with both parties clear on their roles and the process. *Coaching Supervision* is an intensely practical book providing guidance on when, why and how to seek supervision, and on how coaches can make the most of the supervision they receive.

Written by experienced supervisors who have a deep understanding of the field, and drawing on research into good practice internationally, this book:

- Explains what supervision is and how it differs from other 'helping conversations'
- Provides a step by step approach to choosing a supervisor
- Advises on how to structure the coach/mentor development journey
- Explores a breadth of activities that enhance reflective practice
- Shows how supervision is an integral element of professional coaching and mentoring

This practical guide will be vital reading for all established and trainee coaches and mentors participating in the supervision process, either as supervisors or

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## **Editorial Review**

### Review

**‘Clutterbuck and colleagues offer a highly practical guide full of case studies, examples, personal insights and tips. This guide is an excellent resource for those new to supervision, those looking for a supervisor, as well as the more experienced coach who wonders how they can get the most from their supervision sessions.’ - Professor Jonathan Passmore, University of Evora & MD of Embrion, Portugal**

**‘An excellent resource for coaches, coaching supervisors and supervisees, that offers a thorough and comprehensive exposition of the supervision process. This book will contribute to our increased understanding of the instrumentality of coaching supervision in the 21st century.’ - Ioanna Iordanou, International Centre for Coaching and Mentoring Studies, Oxford Brookes University, UK**

**‘A splendid addition to the current literature on coaching supervision. It is informed and comprehensive - a must read for anyone who wants to find the best supervision for themselves and engage fully in this powerful learning process.’ - Edna Murdoch, Director of Coaching Supervision Academy, [www.coachingsupervisionacademy.com](http://www.coachingsupervisionacademy.com)**

**‘This book is timely and highly relevant for those who care about our emerging profession and provides a real and practical insight into the key dimensions within coaching supervision, and I hope that it becomes a standard on many coaches' bookshelves!’ - Peter Welch, Independent coach, mentor, and coaching supervisor, taken from the Foreword**

**'At last, a book that explores the supervisee's perspective on coaching supervision and promotes the essential nature of reflective practice! It is a must-read for anyone involved in the practice of coaching.'** - Dr Julie-Anne Tooth, Australasian Community for Coaching Supervision ([www.coachsupervision.com.au](http://www.coachsupervision.com.au))

**'Coaching Supervision is a key aid to any coach in relation to understanding the coaching process, mitigating the effect of working with others on the coach and developing coaching excellence. A book which considers all of these needs and a worthwhile read not only for coaches, but for those who wish to become coaching supervisors' - Gladeana McMahon, Chair Emeritus, Association for Coaching UK and Co-Director, Centre for Coaching**

### About the Author

**David Clutterbuck** is co-founder of the European Mentoring & Coaching Council, Visiting Professor at Sheffield Hallam, York St John and Oxford Brookes Universities in the UK, and practice lead for the global community of Coaching and Mentoring International.

Carol Whitaker MBA, FCIPD, is Director at Whitaker Consulting specialising in Executive Coaching, Team Coaching, Supervision and Mentoring. She is Associate Lecturer for the Business School and a Coach/Supervisor for the MA Coaching and Mentoring Practice at Oxford Brookes University, UK.

Michelle Lucas MBA, FCIPD is Director at Greenfields Consulting Limited specialising in Executive Coaching, Coaching Supervision and the training of internal coaches, mentors and supervisors. She is an Associate Lecturer and Coach Supervisor for the Oxford Brookes University MA in Coaching and Mentoring Practice.

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#### **Regina Schubert:**

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