

## Reflective practice and supervision for coaches

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### Abstrak

Annotation. Why are reflection and supervision important for coaches? How might increased self awareness improve competence? What kind of activities might a coach consider to develop their own reflective practices? 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.