

Coaching Individual Supervision for Individual Coaches:

Background

Coaching supervision is a space where coaches can find support, compassion, reflection, and ultimately growth, on their practice and well-being. It is when we, as coaches, take a moment to pause and look back, in order to provide in the future, the best support we can. It is when we, as coaches, acknowledge that only through sharing, and being seen in your vulnerabilities, we are going to advance in our development. It is when we, as coaches, act on our ethical responsibility to provide the best quality we can. It is when we, as coaches, walk the talk, and taste our own medicine.

As last year, we are collaborating for part of this offer with Lise Lewis, EMCC Global Ambassador, and former President. Lise is an EMCC Accredited Coach Supervisor and has an EMCC-accredited training program for Coach and Mentor Supervisors, you can find her profile [here](#). She has a network of coach supervisors that have completed her training program and offering pro bono supervision hours to us at MSF.

The offer

- **Individual Supervision:** you bring topics from your coaching experience to discuss one-to-one with the Supervisor. No need for sending a recording for that but if you want you can agree with the supervisor to listen to a recording of a coaching session you did.

For whom

- The offer is for all of you as coaches in our pool of internal coaches.
- The EMCC recommends that coaches have a minimum of 4 hours of supervision per year. Ideally one hour per quarter. Please check this [link](#) for more information about your accreditation requirements.
- The supervision offered qualifies for the supervision hours requirement set for those that hold an EMCC Global Individual Accreditation (EIA).
- This offer extends to all MSF coaches who (actively) coach individuals.

Feel free to sign up for multiple Individual supervisions!

Sign up:

- Individual Supervision: We ask you to contact the supervisor directly, as follows:

Coach	Contact via
Iris Baloglou	Iris.baloglou@gmail.com
Albéric Augeard	Alberic_augeard@yahoo.com
Helen Amos	coach.helenamos@gmail.com
Nena Veber	Veber.nena@gmail.com
Marilena Shakalli Maroudia	Marilena.maroudia@pwc.com
Evija Vascenko	Evija@openmind.lv

Should you have any questions about this offer, please don't hesitate to contact (Afraa.Qahtan@oslo.msf.org)