

# Group Supervision The UCA Way

## -

## What is Group Supervision?

At its heart, **group supervision is a protected space for reflection, learning, and support**. Coaches come together with a trained UCA-accredited supervisor to explore their practice, challenges, and growth.

At UCA, we see supervision not as "policing" but as a **collegial partnership**. It is about building your capacity as a coach, safeguarding client work, and ensuring ethical, sustainable practice.

As Michael Carroll puts it:

"Supervision is a forum where supervisees review and reflect on their work in order to do it better."

## The Purpose of Group Supervision

UCA Group Supervision serves three functions:

- **Supportive** restoring energy and resilience, especially when facing client challenges, ethical dilemmas, or the emotional demands of practice.
- **Educative** deepening learning through shared reflections, case discussions, and facilitator input.
- **Normative (Ethical/Professional)** upholding high standards, professional codes, and best practice guidelines.

## **How UCA Group Supervision Works**

#### Safe & Confidential

Everything shared stays in the group, with only two exceptions: risk of harm or legal obligations.

#### Reflective & Creative

The focus is on *you as a coach in your work* — what you bring, how you show up, and how you grow.

#### Support & Challenge

Supervisors balance empathy with healthy challenge, encouraging fresh perspectives and deeper insight.

#### Professional & Ethical

All UCA supervisors and supervisees commit to UCA's Standards and Codes of Ethics.

#### Practical Rhythm

Sessions usually run monthly or bi-monthly, online or in person. Regular attendance keeps learning and development momentum strong.

## What You Can Expect from Your UCA Supervisor

Every UCA-accredited supervisor brings their **own professional background, models, and methods** — from humanistic psychology and systemic thinking to creative reflective techniques.

What unites them is a commitment to:

- Creating a safe, respectful, growth-oriented environment.
- Encouraging ongoing professional and personal development.
- Offering multiple lenses and approaches to expand insight.
- Upholding ethical standards and confidentiality.
- Giving feedback that stretches and supports.

## What's Expected of You as a Participant

- **Commitment** arrive prepared, ready to engage fully.
- Confidentiality respect what's shared by others.
- Reflection bring your cases, questions, and insights.
- **Openness** be willing to stretch outside your comfort zone.
- Collaboration support both your own learning and that of the group.

### The UCA Difference

What makes UCA Group Supervision unique?

- Grounded in international standards of best practice.
- Delivered by accredited supervisors, each with their own distinctive expertise.
- Part of a global professional community, ensuring your supervision experience is connected, ethical, and future focused.

At the Universal Coaching Alliance, we believe group supervision is not just about "checking the box" for accreditation - it's about building a reflective practice that sustains you, your clients, and the wider coaching profession.