

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.
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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.
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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.
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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.
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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.