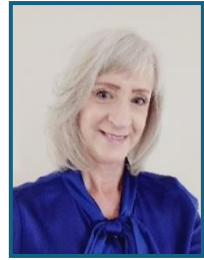


Jan Brause – Executive Coach and Coach Supervisor

Supervisor training with [CSA](#) – qualified 2010

Jan started her journey into Coaching in the late 1980s when coaching was relatively new in the UK market and became instantly hooked. It spoke to a part of her that she didn't recognise at that time but that she has got to know well over many years of coaching and supervising – that of connection, collaboration and deep inner knowing.



As a Coach Supervisor Jan works collaboratively and invites vulnerability with the intention to co-create a safe space for rich and deep connection, where what is present and emerging can be explored with a sense of curiosity.

“We will engage with stories and narratives that have created how we show up in the world. Holding space for what emerges is central to my practice whether in group or individual supervision. Sessions can be joyful and uncomfortable as we sit at the growing edge of learning. Always it will be from a place of open heart and supportive challenge.

My hope is that this will lead to new insights that may shape new habits and ways of being in the world in which we support others.”

LinkedIn Recommendation

“I clicked with Jan right away, her blend of calm and respectful space holding and curiosity coupled with a sharp insight and deep knowledge and understanding was just exactly what I was looking for.

Jan was always warm, professional and flexible to my needs but, more than that, she made me feel safe. We spoke about client work of course, but Jan also offered me a deep level of personal support and a space where I was able to process my own complexities as my working world became increasingly challenging and uncertain.” Cami Rose.