

# Jan Brause

## Coach Supervisor

### Who I am

I started my 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 me that I didn't recognise at that time but that I have got to know well over many years of coaching and supervising – that of connection, collaboration and deep inner knowing.



My initial training in supervision was with Manchester Institute of Psychotherapy and having engaged at a fundamental level with the learning that emerged I went on to train with the CSA and qualified in 2010. I remain a Faculty Member providing supervision and marking case studies. The learning from these two experiences has added such value and richness to who I am and how I practice both as a Coach and a Supervisor.

Having worked for many years in the corporate world both public and private sector in a range of HR and L&D roles I experienced extensive organisational change and was drawn to understanding the impact that this has on the individual. This initiated my interest in the world of human behaviour and a study of psychology leading to an honours degree in the subject.

The habits and patterns shaped by our history of origin and childhood stories hold a curiosity for me and shape the way I work with clients and a love of being in nature also plays a part in my practice. I am increasingly finding the wider topics of social justice, sustainability and ecological awareness acting as lenses that invite deep and generative conversations.

I have been fortunate to work with clients across the globe, which has given me an insight into some of the cultural nuances at play in how we connect with each other in this complex world.

### How I Supervise

As a supervisor I work collaboratively and invite 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.