

applied·life

Peer & Supervision Groups for Coaches

team@appliedlife.is

www.appliedlife.is



monthly coach supervision group

Each month, Applied Life hosts a peer supervision group for ICF-trained coaches. The group offers a space for coaches to come together for support, guidance, practice, and community. Some of the activities we might engage in during supervision sessions include:

- Discussing recent coaching cases we've encountered
- Asking questions about current or past coaching cases
- Giving and receiving collegial advice on coaching situations or scenarios
- Taking part in or observing a new coaching technique (e.g., cartooning in coaching)
- Practice demonstrations of coaching with group feedback afterward
- And more!

We're excited about coming together each month to practice and share what we're learning. If you'd like to join us, please reach out to team@appliedlife.is!



**we're not here to
convince you;
we're here to
empower you**

peer support group for new coaches

This Applied Life peer group is specifically geared toward new coaches who are at various stages of development on their accreditation path. The heart of the group is focused on community building and a love for knowledge and continued learning. The group offers a safe space for new coaches to share their experiences, learn from each other, and reflect on the direction of their coaching practice.

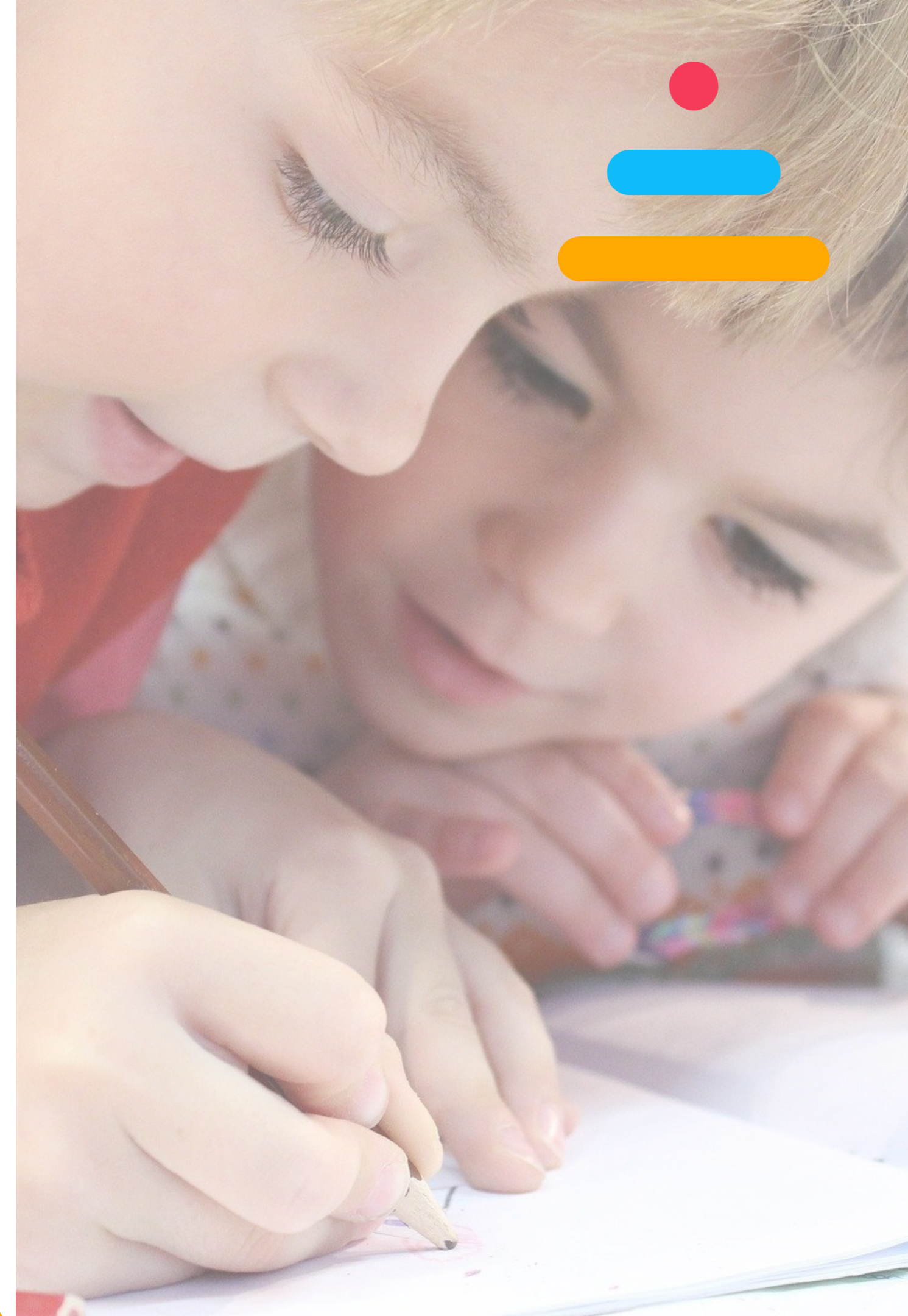
This group is perfect if you're looking for:

- A warm, inviting community of fellow aspiring or new owners of a meaningful and sustainable coaching practice
- A safe forum to explore your professional development as a coach, anchored in the ICF's Ethics Guidelines and Core Competencies
- Opportunities for knowledge sharing, personal growth, networking, discussion, and self-reflection
- Accountability in your development through regular, structured group meetings, follow-ups, and detailed notes and meeting recaps

The group is open to all coaches within the first few years of coaching practice and it is intentionally kept small to meet the intent for a tight-knit, connected and collaborative group.

The first cohort was designed to be a fun, co-created 3-month peer coaching program for 6-8 coaches. It began in May 2023 and will end in August 2023. While submissions are closed for the current cohort, we plan to run future programs in Fall 2023 or Spring 2024.

If you're interested in joining the waitlist for a future cohort, please email team@appliedlife.is!





contact us

Ready to join one of our upcoming groups?
Contact us at the email address below and we will
respond with next steps.

team@appliedlife.is
www.appliedlife.is