

Professional Profile

Michele Armstrong

The importance and value of supervision was brought home to me throughout my professional career as a community educator. Having a supportive, trusting and collaborative relationship with a supervisor who is there for you, is like gold. When I trained as a Coach (2001), my top priority was to find a supervisor to build that level of trust with to ensure I keep my coaching practice sharp.

Working Methods

I offer 1-2-1 supervision and group supervision. Both are based on a balance of support and challenge, encourage reflection in and on learning and require a commitment from all of us to engage fully in the supervisory relationship.

For 1-2-1 clients, we would co-create our working agreement and arrange to meet regularly at a time and place we were both happy with. (Covid restrictions have led to an increase in zoom or teams calls).

For Group Supervision, I tend to use an Action Learning methodology and support group members to engage with the action learning process. In this way, they benefit fully from the group dynamic and the commitment they all make to one another – as well as to themselves.

In both situations, the values of authenticity, connection and trust will underpin the work we do together. I believe in being open, honest and grounded and will draw on my knowledge and experience as a coach, trainer and supervisor to respond to the needs of the coaches who choose me as their supervisor.

Experience and Qualifications

Building on 20 years of experience in community learning and development, I see myself as a lifelong learner and continuously seek to bring fresh knowledge and insight into my current practice. This has included:

- Community Education BA (included supervisory training) (1992/95)
- Life Coaching (2001) and Business Coaching (2002) with Results CS
- Training as a Brain-Based Coach Trainer (2006) with Results CS
- Moray House College: Certificate: ComEd Supervisor (2004)
- Cert: Performance Coaching, Strathclyde University (2006)
- ILM L5 Diploma in Management Coaching & Mentoring (2007)
- Action Learning Facilitation with Action Learning Associates (2011)
- PG Dip Neuroscience of Leadership with NeuroLeadership Institute (2014)
- PG Dip Mindfulness with Aberdeen University (2017)
- Certificate in Principle Led Coach Supervision, Institute of Leadership and Management accredited and approved course (2021)
- Accreditation as a Supervisor with the Association for Coaching



Professional Roles

Executive Coach, Life Coach, Coach Supervisor, Coach Mentor, Trainer of Coaches and Supervisors.

Memberships

Association for Coaching
Mindfulness Association
Institute of Neuroleadership

Next Step

For further information, clarification, or a free, no obligation 30-minute chat then please contact me.

It is important to make sure that we are both suited to each other, and that my supervision meets your needs.

Contact Information:

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