

Linda Aspey

Supervisor of executive coaches, facilitators, therapists and OD consultants

Coaching for
Leaders
Think • Inspire • Deliver

Supervision supports good practice, enriching people both professionally and personally, for the benefit of both the supervisee and their clients.

My aim as a supervisor is for us to build a relationship in which you feel supported and secure enough to fully explore your work and stretch your skills, without fear that you are being judged, dictated to, patronised or smothered!

Most particularly, I provide you with a **Thinking Environment**. An easeful place and an interrupted space where you can generate your own thinking. Where I am your equal and not your superior, and where you can seek input from me when you think you want it, not when I do. Where if I do challenge, I do so with the specific intention of encouraging fresh thinking in you, not to impose mine. Where I ask a question because I am interested in what you think, not to make a point.

Together we can create an alliance that will help you to develop and consolidate your practice and grow your capability, skills, presence and confidence.

Qualifications & Credentials

- Diploma in Integrative Supervision of Groups and Individuals
- Time to Think Faculty, and Time to Think Consultant, Coach, & Facilitator
- BACP Accredited & Registered Counsellor
- Former APECS Accredited Coach and Supervisor
- Diploma in Psychodynamic Counselling
- Certificates in Systemic Work, Stress Management & Solution Focused Coaching
- Fellow of BACP and CMI
- MA in Strategic HR Management
- Chair of Coaching at the New Entrepreneurs Foundation
- Professional member of the Professional Speaking Association.



I offer:

- Telephone or Skype meetings during the day and evening
- 1:1, face to face supervision in Buckinghamshire for coaches, facilitators, consultants, trainers, and therapists
- On site group supervision for internal practitioners based in Greater London or Buckinghamshire
- Session frequency to meet your needs – fortnightly, monthly, quarterly, or ad hoc
- Supervision on any aspect of your work, be it coaching, therapy, consulting, facilitation, training, teaching or professional speaking.

And I offer supervision for those who are:

- new to this work, or seasoned practitioners
- applying for accreditation with any of the professional coaching or therapy bodies
- Time to Think practitioners at any stage of their Thinking Environment journey.

What clients say:

“Thank you for the two years we've had together. It requires real skill and open-heartedness to do this work and you have it in spades. Thank you.”
SR: Internal coach, professional services firm (monthly small group supervision).

“Working with you is and has been everything I could have asked for in a supervisor. Non-judgemental, fear and shame free, and supportive yet thought-provoking, stretching, and energising. I have grown so much as a practitioner.”
JK: Independent coach (monthly 1:1 supervision).