



**NEW!**  
Creative Reflections Group Supervision Series on  
Zoom from Elaine Patterson and Karyn Prentice from  
PattersonPrenticeDesigns

Starting late Spring 2023

*Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep.*  
Scott Adams

### Join Us!

We are starting our 3<sup>rd</sup> Series of Creative Reflections Group Supervision again! Do join us!

We meet for 6 x 3-hour creative sessions over the course of a year on Zoom to work together in order

- to illuminate our blind spots,
- to cultivate our gratitude practices
- to nurture our own innate wisdom,
- to be both vulnerable and graceful,
- to be able to experiment in a safe place,
- to find the joy in exploring our own learning edges and
- to nourish heart, body, and soul for the work ahead.



as we take a deep dive into our case work and/or take the lid off our own personal and professional development.

*You can't use up creativity. The more you use, the more you have*  
Maya Angelo

## Our Design!



We will use a variety of approaches including mindfulness, reflective writing, inspiration cards, poetry, movement, drawing, art-based approaches, and creative methodologies in order to take deep dives into our own areas of curiosity and interest in the company of like-minded practitioners.

And we believe that one when person works, we all work as learning can be explored and that resonance and insight arises in many multi-dimensional as well as unexpected and surprising ways. We don't have to always travel somewhere to go far!

## Your Investment

Your Investment is £720 for the entire Series with 50% payable at the start and the remaining 50% payable half way through the programme.

## Testimonials

*"In each session I've attended you have created a wonderful space for us to explore our work together – a place at once safe, serious, and playful. I love the combination of skill, experience, and gentleness that you bring to the group. It has led to some really quite deep conversations, at the still-learning-edge of my experience, with a lovely group of coach-supervisors who are themselves hugely experienced, supportive and generous in what they are willing to share."*

**Des O'Connell: Partner, Sherwood PSF Consulting Ltd and Faculty Member, Meyler Campbell Ltd.**

*"I am the first to admit that I am not a fan of group supervision. Yet, Elaine and Karyn have an incredible warmth and create a wonderful container for exploration. They are a fantastic duo who bring real humanity into the supervision space, keeping things focused whilst injecting a lightness and humour that really works for me. They facilitate the group dynamic to enable deep exploration of any issues we wish to bring to supervision, and always host a creative reflective session that is usually loads of fun and encourages mindful practice. These activities nearly always provide me with some inspiration for techniques to use with my own supervision clients, so I go away enriched, invigorated, and with additional insight and tools under my belt. I feel incredibly safe with Karyn and Elaine; they encourage vulnerability, offer gentle but incisive challenge, when need be, share their experience and wisdom when helpful, and work without judgement. I thoroughly recommend working with them – even if group supervision is not your thing, I think you'll love working with them."*

**Jane Sullivan, Insight: Coach | Consult | Research Ltd**

## About Karyn and Elaine

Karyn Prentice and Elaine Patterson are Senior Faculty at the Coaching Supervision Academy International Ltd. They are seasoned coaches, supervisors, creative reflectors and writers.

Together they are PattersonPrenticeDesigns - an award-winning team - bringing their love of reflection and creativity to the world of leadership and professional practice. They launched a ground-breaking EMCC Global EQA Accredited Diploma programme called '**Cultivating and Choreographing the Rich Tapestry of Whole Hearted Creativity**' which is now in its third year and the focus of their latest book. Their other published works - "*Nature's Way, designing the life you want through the lens of Nature and the Five Seasons*" by Karyn and "*Reflect to Create!*" - *The Dance of Reflection for Creative Leadership, Professional Practice and Supervision*" by Elaine - reflects their deep commitment and connection to all forms of creative endeavour. Their new book is called "*Weaving the Rich Tapestry of your Creativity*" – A Companion Guide to 18 Weeks of Adventure" and is due out in 2024.



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