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Hilary Cochrane has been a leader in the field of coaching and coach supervision for more than 20 years. She supervises, coaches and develops individuals, groups and teams both in organisations and working independently.

Trudi Newton is an educational trainer and supervisor in transactional analysis with a passion for supervision as a resource and means of co-created learning. She works worldwide in a wide range of learning contexts, including as a coach supervisor.

Cochrane and Newton offer coaches a new way to approach supervision, by first asking 'what is supervision?' and then by identifying what goes on during the process. Using accessible language and with case studies from the authors' practice, they explore the inter-personal dynamics and developmental perspectives of supervision, using transactional analysis (TA) and other models to understand and discuss its psychological basis. The book incorporates current theories of adult learning and includes sections on working with groups and as external supervisor for internal coaches.

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