

Professional Supervision is a regularly scheduled, private and uninterrupted meeting with a professional facilitator who is a sounding board, with a range of tools to help you reflect, work differently, manage change and increase self-awareness.

It gives you time to examine current methods, future strategies, and ways to recover from the impacts of your work, with someone who is confidential, objective, and external to your workplace.

Professional Supervision has a 100 year history, originating in Social Work and Nursing, where accountability and reflection processes are vital to maintain the wellbeing: of the worker; the people they work with; and the organisation.

It has preventative, operative, and debriefing measures well suited to managers, team leaders and workers whose work impacts on a high number of people, such as in social services, health, education and business.

Individual Supervision is typically held monthly or six weekly, with approximately eight to ten sessions per year. My base rate is \$80 per hour, with variances made for venue hire and travel.

I also offer a two session critical reflection process, which is designed for teams wanting help to analyse a programme or project.

I value trust- it underpins and affects the quality of every relationship.

Let's try an experiment- I want you to think of a person you have a high trust relationship with. It could be a partner, colleague, friend or child. With this person in mind, answer the following questions..

How well do you communicate?

How quickly can you get things done?

How much do you enjoy this relationship?

In a workplace, high trust equals positive relationships and increased productivity. That's what I want to offer you.

Work life balance is important to me.

We all need quality time out to reflect on our own values, which shape our identities, and to critique the messages in the world around us. Getting some personal plans and plan B's, helps you to prioritise, and keep you grounded and strong.

If you are interested in my services, I could come to your workplace, we could use an alternative venue and even skype.