Skills and Manners for Supervision

Summary Sheet

Supervision Manners:

- *Being Prepared*: Putting in some time before the session can allow you to present your case or issue quickly, leaving time for discussion. It shows you are more interested in the group's input than hearing yourself talk. You have a very clear idea about what exactly you want to get from the discussion so your group can focus their input.

- *Consider What is Helpful*: If a member is bringing a case or issue to supervision, consider their learning needs and try to tailor your input to what is requested. E.g.: A new graduate may have many things to learn, consider what might be one or two things that might be useful to start with.

- *Offer Useful Feedback* : Sometimes we can be hesitant to offer input that could be challenging or offers a different point of view. As a result, supervision can be very polite and not very helpful. We'll talk more about this next week.

Skills for Supervision:
It's a natural instinct to try to help people, often by offering advice or suggestions but there are some practices, like LAVS (see box on the right) that help get group members in a Reflective Supervision mindset.

Listen
Ask Questions
Validate Experiences
Share something from your own experience