



# One-to-one Reflective Supervision with The Thinking Academy

Reflective Supervision is a non-judgmental and collaborative process where education providers are supported to reflect on their values, practices, relationships, educational demands of their work, and the impact of these and the wider education system on their psychological health. Reflective supervision can contribute to best practices, effective relationships, enhanced well-being and professional and personal development.

## **One-to-one Reflective Supervision is suitable for:**

*CEOs, Headteachers, Deputy Headteachers, Assistant Heads, SENDcos, Pastoral Leads, DSL/DDSL, Mental Health Leads and Inclusion Leads*

## **Benefits & Impact**

The understanding behind supervision is that practitioners, whether they are stressed or fulfilled are more likely to grow professionally if they can access a supportive and confidential space to reflect. One-to-one Reflective Supervision creates a space to:

- Offload, process and make sense of emotions, thinking and behaviours
- Reflect on things that are going well and celebrate their achievements
- Learn, through reflecting on experiences and seeing fresh perspectives
- Apply their learning and explore how to deal with pressure and build resilience

## **Structure & Strategy**

Supervision sessions focus on exploring the supervisee's practices, relationships, emotions and the impact on themselves and others. This can be through dialogue or activities that facilitate thinking, and that work in a way that is of value to the supervisee. Typically, an example session will involve:

- A brief check-in and agreement on how to co-create the session, including contracting for confidentiality
- An opportunity to talk about what's on the supervisee's mind, reviewing any learning from previous sessions
- An exploration of a specific situation or case addressing any psychological impact, stimulating reflection, deep learning and perspective-taking to provide clarity and new insights
- Identification of any potential actions or changes
- A review of the supervisory process and working relationship

## **Costs & Details**

The Thinking Academy has full public liability insurance and adheres to the ICF code of ethics.

Costs for one-to-one supervision are £100+VAT per session. Ideally, these sessions would be held in person but can be a blended approach of virtual and in-person sessions. It is recommended that a practitioner would access ideally 8 sessions over the academic year.

## **Buttons**

Ready to start?

**BOOK HERE:**

Got a question?

**CONTACT**