



Group Reflective Supervision with The Thinking Academy

Reflective Group Supervision is a non-judgmental and collaborative process where education practitioners are supported as individuals and as a group to reflect on their values, practices, relationships, educational demands of their work and the impact of these on their psychological wellness. It can contribute to improved practice, effective relationships, enhanced well-being and professional and personal development.

Group Reflective Supervision is suitable for:

Deputy Headteachers, Assistant Heads, SENDcos, Pastoral Leads, DSL/DDSL, Mental Health Leads and Inclusion Leads, Teachers and Learning Support Assistants.

Benefits & Impact

One of the key beneficial outcomes of group supervision is that it decreases the feeling of being alone when managing a problem or challenge and can reduce the 'weight' of the issue. Having the opportunity to be open and share thoughts and feelings in a safe space can be incredibly cathartic for individuals and the group. It allows more people to access the supportive and resourcing space of supervision. Group Reflective Supervision creates a safe space to:

- Offload, process and make sense of emotions, thinking and behaviours
- Reflect on things that are going well and celebrate good practice
- Learn, through reflecting on experiences and hearing fresh perspectives
- Gain honest feedback on issues so assumptions or unhelpful thinking can be supportively challenged
- Explore the skills, processes and dynamics needed in work with children and families and to influence organisational culture from the 'bottom-up'
- Build strong supportive relationships and reduce isolation
- Develop a shared language, values and culture
- Improve the well-being of the individuals and wider school culture

Structure & Strategy

Group Supervision sessions focus on exploring practices, relationships and emotions and the impact of these on individuals and others. This can be through dialogue or activities that facilitate the work in a way that is of value to the individuals and the group. Typically, a session will involve:

- Contracting the confidentiality, structures and purpose of the session
- A brief check-in and opportunity to present current issues
- An opportunity to share challenges or issues and celebrate success
- An exploration of specific issues, stimulating reflection to provide new insights
- Sharing of new ideas and perspectives to support colleagues
- Identification of any potential actions or changes needed
- A review of the process and group dynamic

Costs & Details

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

The cost for group supervision £1800+VAT for six sessions running half-termly, each session is 2.5 hours. Group supervision is for up to 6 practitioners.

Buttons

Ready to start?

Got a question?

BOOK HERE:

CONTACT