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| **Supervision Self Reflection Guide** | | | |
| **Supervisee Name:** |  | **Date:** | **Comments** |
| Practitioner: | Professional Conduct |  | Any issues you want to explore? FCVic, FCA, Internal Agency, ASIC  Have there been any legal, ethical, professional issues (eg duty of care) that need to be considered today? |
| Professional Identity |  | What are you most pleased about in regards to your professional identity?  What networking opportunities have you been able to attend?  What contacts did you make?  How will this help you?  What plans do you have?  Do you believe you have the expertise to implement the plan?  How does this fit with your values / world view? |
| Planning, Skills and Knowledge |  | What is your plan for the next month? Six months? Year?  What skills or knowledge do you wish to improve?  How did you identify this growth opportunity>  How will you achieve this?  Who else can support you?  How will this help you with future clients? |
| Self |  | What feelings have you been having about your client work?  How does who you are affect you?  In what ways is this work triggering you?  In what ways is this work impacting on you? |
| Relationships | Professional Relationships | ) | What needs to happen to strengthen your alliance in the industry?  Who can help you with this?  Who is your mentor?  Who can you debrief with?  What subject matter experts do you have access to or need access to?  What contacts would you like to make?  What would be the purpose of developing that alliance? |
| Work Relationships |  | Who are the stakeholders?  Who is influencing the work?  In what way does this affect you? |
| Systems Relationship |  | Who are the stakeholders here?  Have they been involved appropriately?  What are their cultural needs?  In what ways is their influence helpful / not helpful  How does this affect you personally and in your work? |
| Systemic Patterns |  | In your relationships are there any patterns?  Eg: victim / rescuer, unintelligent / intelligent, disabled / able,  How does this affect you personally and in your work?  In what ways are these patterns helpful / unhelpful |
| Self-care and Wellbeing. | Impact of work |  | How does any of the above impact your work  Are there any other issues impacting on you?  How does this affect your well-being?  What is your plan to deal with any issues?  What are the relevant admin, file and reporting issues? |
| Self - exploration |  | What have you done to ensure you well-being (eg: mediation, mindfulness, yoga, exercise, walking, coffee with friends, coffee with team member) |

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| Platform and Supervisor Feedback | Identify issues / challenges |  | What did you find most interesting or helpful in our conversations?  What aspects are you most interested in focusing on? |
| What are you most pleased / satisfied about going forward? |  | What are you most pleased / satisfied about?  How can a supervisor support you better? |
| What would you do differently? |  | What would you like to do differently?  What have you done differently?  What else  Are any guidelines applicable here? |
| Potential Feedback from Supervisor |  | How could you have done things differently?  What does X look like?  In what ways is that helpful or not helpful for your clients?  In what way is that helpful or not helpful to you?  What do you want to do about…? |
| Wrap up and consolidation |  | What have you found most helpful or interesting in our conversation?  How will you refine your practice theory?  What impact will this have on your actions?  Why do you need to make this change?  How do you plan to put it into practice?  What the restraints and how will you deal with them?  What are you ready for now? |