

REFLECTIVE SUPERVISION/CONSULTATION

What is it?

An ongoing, collaborative, and relational process for professional well-being highlights strengths, perspective-taking, and curiosity. Intending to help professionals develop knowledge, skills, and key competencies to enhance the quality of support and services provided to children and families.



How can I benefit?

- Builds individual and group capacity
- Offset the forces leading to burnout
- Supports relationship-building
- Fosters team-building
- Enhances compassion, engagement, and reciprocity
- Increases ability to recognize, accept, and explore challenges

Examples of reflective questions to ask:

Tell me more...
What is your first response to this situation?
What do you think is the main challenge?
What have you tried?
What has worked?
What would you like to happen next?
Is there another way of looking at this?
How can you let this go?
How do you re-charge your batteries?
What do you need right now?

Observe

Pause

Curiosity

Perspective

Reflect

Self-Regulation

Relationships

Resilience

We do not learn from
experience...we learn from
reflecting on experience.
John Dewey

