

What is professional supervision?

We offer funded professional supervision to school leaders and managers in Wales. But what is professional supervision and what is it not? Here is a guide:



What it is?

Reflective

Gives you space to discuss who you are, how you are, and what's going on for you at work.

About your professional identity

Focuses on your role within education and your connection to your purpose.

About your work as a leader

Looks at concerns about culture, team dynamics, staff members, students or yourself.

For roles with high emotional content

Helps you to acknowledge and digest specific issues, relationships and personal impact.

What it isn't

Therapy

Supervision is not about relationships with ourselves and our loved ones. It's about reflecting on your core purpose in the sector.

Counselling

It's not about your personal life, supervision focuses on what's going on for you at work.

Coaching

Coaching is goal orientated. The value of supervision is in the exploration rather than the destination.

Line management

Supervision is not about the day to day work of an individual employee or team. It provides a safe and confidential space to reflect on your work in education.

Leaders that have been supported so far have also reported improvements in their own mental health and wellbeing. [So sign up today!](https://www.educationsupport.org.uk/leaders)

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