

**A guide for Participants**

**What is reflective supervision?**

Reflective Supervision sessions differ from normal workplace supervision in that the main focus is on you and your resilience rather than simply on the issues you work with. It is about the impact that carrying out a challenging role can have and ensuring you feel supported with an opportunity to ‘offload’ and put things in place to promote your wellbeing in a confidential setting. The aim is to help you to be a reflective practitioner who can work safely and competently with several challenging situations whilst being equipped to deal with the demands you face.

The sessions will help you develop your own professional standards of self-care needed to fulfil your role.

GHLL in partnership with Gloucestershire County Council’s Occupational Health team is providing access to Reflective Supervision for TWO members of staff from each of the Trailblazer schools during the academic year 2022/2023. This allows greater access for schools to the Reflective Supervision sessions that are normally provided only on a traded basis.

Each participant is entitled to FOUR reflective supervision sessions over the course of the school year, each of which is an hour in length.

**What are the benefits for me?**

The Reflective supervision sessions will be delivered by a suitably qualified Occupational Health practitioner who has either additional training in supervision or who has in-depth knowledge of staff wellbeing within educational settings.

They will offer you an opportunity to discuss the nature of your work and the heavy responsibility of your role with someone impartial who can help you identify the emotional and psychological impact of your work in school, and how to support the mental health needs of pupils effectively.

The OH practitioner’s role is NOT to assess you. Instead, their role is to get alongside you and help you to feel better resourced and equipped to carry out your duties.

**What Head Teacher’s and other school staff in Gloucestershire have said** **about Reflective Supervision from Occupational Health.**

1. ‘’It allowed me the time and headspace to step back and reflect and process elements of my life, work and home.  It helped me work through issues and find solutions to a few problems I was dealing with.’’

2. ‘’It helped me manage my stress levels and gave me a sense of control over all I was dealing with. Being able to offload to someone in confidence is essential’’

3. ‘’A lot of the challenges and the demands of the role are still there but since the sessions I do feel more resilient. I have got some strategies that I can utilise to help manage this and to make sure I look after myself.’’

To discuss any of the above and receive an application form please contact [ohu@gloucestershire.gov.uk](mailto:ohu@gloucestershire.gov.uk)