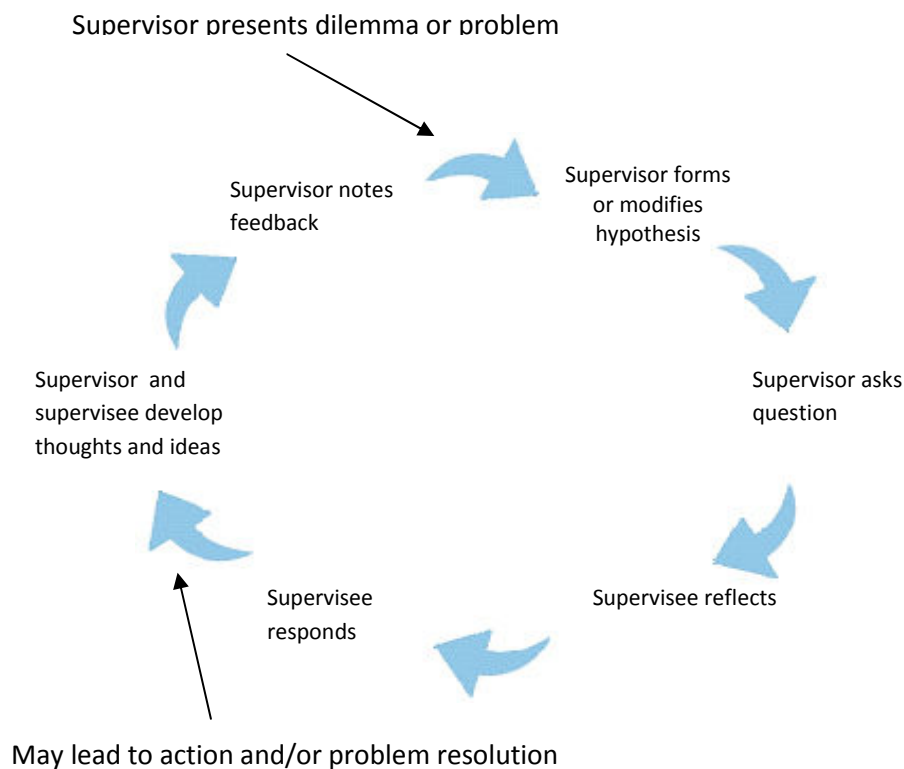




Chapter Six: Supervision

Supervision is a very important part of effective mentoring. Supervision gives you the opportunity to raise concerns, report behaviour and incidents that could be used in a negative way in the future. It can also give you the opportunity to seek advice on training courses. Training courses help develop personal skills and qualities to ensure good practice at all times for the mentee. Whilst in supervision you can offload any personal issues and also receive good advice and guidance on case loads for example. Supervision is an opportunity to receive advice on referrals and raise concerning issues about the mentees that we work with. Supervision also provides personal support and guidance.

The Circular Process of Supervision



(image from www.faculty.londondearner.ac.uk)



Negative Supervision

- Bad supervision happens when supervision is not on a regular basis and is inconsistent. Also when the supervisor does not empathise with you and try to see where you are coming from. When the supervisor is disinterested and sets negative behaviour it is hard to be the best mentor you can be due to not being able to look up to someone for help and guidance. When the supervisor does not address issues talked about during supervision it is hard for a mentor to move forward with their work.



Good Supervision

- Good Supervision – In order to have good supervision there needs to be good active listening skills and room to empathise with one another. Supervision sessions must be consistent and offer an environment that is safe and confidential. In supervision you are given feedback on your work and performance. This enables us to work on areas needed to be improved. The supervisor should provide you with training opportunities to improve skills and self development.



(SEE VIDEO FOR GOOD AND BAD SUPERVISION)