

Reflective Supervision Notes

...facilitating reflective practice

Hands OFF



Becoming aware: what strategies can be used to gain more information. How can the listener sit back and allow the presenter time and space to tell his/her story or thoughts.



Hands OUT...

Deepening understanding: How is perspective gained? The listener may begin to ask questions that will help the presenter clarify thoughts, feelings, needs, etc.



Hands ON...

Reaching out: Identifying issues and exploring next steps. Offering support, resources, strategies in response to what the presenter has shared.