

An agenda for the first supervision session: a checklist

Introductions and agreeing a plan for the session

Establishing a contract for supervision

Confirming practical arrangements

- How often and for how long will we meet?
- Where will we meet?
- What will we do if one of us needs to cancel a session, what are good reasons for cancelling, and how will we reschedule sessions?

Establishing expectations and boundaries

- What do we each see as the purpose of supervision?
- What roles have we each got in supervision? What sort of relationship do we want and what can help this happen?
- How is this relationship different to other relationships we might have?

Planning for sessions

- What will we focus on in sessions?
- How will we draw up an agenda?
- What can we do to help each other learn?

Resolving difficulties before they happen

- What are the issues of power in this relationship and how will we deal with this?
- How will we try and deal with any difficulties and conflict that arise between us?

Evaluating supervision

- How will we know that supervision is going well?
- How will we check that it is not going wrong?

Focusing on practice: exploring a process recording

Summarising and reviewing the session

Agreeing action and planning for the next session