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**