



WHAT I NEED FROM SUPERVISION

Exploring what helps me feel safe, supported and able to learn



1. TO FEEL SAFE

What helps me speak honestly, ask questions or say when I am unsure?

☐ time to think☐ clear questions☐ gentle challenge☐ direct feedback☐ reassurance☐ practical ideas☐ space to reflect☐ written notes☐ examples☐ permission to disagree

Things my supervisor can do...

Things that can make it harder...

2. TO FEEL SUPPORTED

When I am worried, stuck or affected by client work, what helps?

☐ time to think☐ clear questions☐ gentle challenge☐ direct feedback☐ reassurance☐ practical ideas☐ space to reflect☐ written notes☐ examples☐ permission to disagree

I feel supported when...

I may need help to...

3. TO BE ABLE TO LEARN

How do I learn, process information and receive feedback best?

☐ time to think☐ clear questions☐ gentle challenge☐ direct feedback☐ reassurance☐ practical ideas☐ space to reflect☐ written notes☐ examples☐ permission to disagree

I learn best when...

Feedback feels most helpful when...

I may need...

4. PLEASE NOTICE

Signs I may be overwhelmed, holding back or struggling to find words...

5. OUR CONVERSATION

One thing I would like my supervisor to understand about me is...

One thing we could agree to try is...

At our next review, I would like us to check...



There is no 'right' way to need supervision.
This page is an invitation to begin a conversation.



Name (optional):

Date: