

Supervision is essential for me.

I was asked, 'are you supervised on a regular basis?'

One of the necessary requirements for me, when asked, and when I took up the engagement with a number of Emergency Service Organisations in the area of Critical Incident Stress Management, Mentoring, Coaching was, 'am I supervised on a regular basis?'

I was able to say yes.

Why have I chosen to be supervised ?

Simply, I need to be accountable within the areas of my expertise. Plus it was about personal responsibility.

I chose my supervisor very carefully.

I deal with people's lives, it is my firm belief that when one deals within the fabric of the lives of others, it is so important to have someone external, who is professional, skilled and a damn good listener.

Supervision for me, allows the opportunity within total confidentiality, to bounce questions asked and answered, decisions made for better or worse, a sounding board of how I dealt with certain issues, problems, with someone who has approached me within the areas of my work.

Supervision gives me the opportunity to creatively deal with the issues that impact on me within life and work. It's not counselling, but an opportunity to explore how I deal with:

- a difficult work colleague
- a team issue - learning new skills on how to motivate an individual/team.
- development of my professional life in the areas of dealing with conflict, identifying my own behaviours within the context of self awareness, and having the courage to change a negative behaviour into something positive and worthwhile.
- personal and professional development – being accountable for my actions/decisions/advice given/ better outcomes.

Overall, Supervision keeps me honest, proactive, open and accountable. It is a chance to stop/reflect/review/engage. It is a time to identify anything that could prevent successful follow through and completion in all areas of my work. It challenges me to make sure I am a person of integrity.

'Let the person who wants to move the world, first move him/herself' – Socrates

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