



Finding a Professional Supervisor Guide

Here are 10 qualities worth considering when choosing a professional supervisor. Keep in mind that you might find some more important than others, and you don't need to find someone who can tick all the boxes, just someone who feels right for you.

1. The right qualifications and experience

- Are they more qualified than you?
- Do they have experience in both working with people and supervision?

2. Understanding that supervision is different to counselling

- What do they plan to do in your session? Does this sound like supervision?
- Do they talk about developing skills and theory, as well as reflecting on practice?

3. Being able to see situations from different perspectives

- Do you think they can help you explore an issue from different perspectives and work out a plan forward?

4. Generosity in imparting their knowledge

- Do you get the sense that they can share new ideas in a way you can understand?
- Do they seem knowledgeable to you? If someone recommended them to you, did they say they "know their stuff"?

5. An ethical approach to their own practice

- Can you tell from their website or information whether they have a good understanding of ethics?
- Do they belong to a professional association?

6. An understanding of my work context

- Have they had experience in my field or workplace?
- Do they have qualifications in my area of work?
- Do they continue to work in this area?

7. Use my time wisely

- What can I expect to do in a professional supervision session with them?
- Are they expecting me to do something to prepare for my session? If so, am I realistically going to do this?

8. A focus on my agenda more than their own

- Do I get the sense that I will have some say in how the session goes, but they'll also have a plan for when I don't know what I want to talk about?

9. A personal connection

- Do I feel comfortable with them?
- Do I get the sense that we have some things in common?
- Do they seem friendly and encouraging?

10. A sense of humour and hospitable nature

- Do I get the sense that sessions with them will be enjoyable most of the time?