

# Sensational Supervision

Building better supervision relationships

Expressions of Interest Sought

ONLINE (over 3 x 3 hour sessions)

Semester 2, 2024

Clinical supervision is a formal process of professional support, reflection and skill attainment that contributes to an individual's professional development. The supervisory relationship is one which allows direct opportunities to work with clinicians to guide their knowledge acquisition, plan and facilitate learning opportunities and provide feedback on their progress. The outcomes of effective supervision are effective, efficient and improved employee performance, client satisfaction and service delivery.

While understanding the fundamentals of the clinical supervision process is an essential component to any supervision relationship, to be a "*sensational supervisor*", it can take more than formal process to create a learning environment which nurtures supervisees and supports them to grow and thrive in their professional roles.

This workshop will help you to elevate your role as a supervisor so that you can incorporate impactful coaching techniques and strategies into supervisory sessions. This training will empower you to use a strengths-based, relational, and goal-oriented approaches to applying supervisory practice skills, as a way of establishing meaningful connections with supervisees that fosters a learning environment which facilitates reflective practice and professional growth.

This supervision training is designed to be pragmatic and practical, allowing you to apply newly acquired skills through video case studies and role plays of supervision sessions.

## Workshop Content/ Objectives

The workshop aims to provide participants with an introduction to core supervision skills including:

- An introduction to supervision
- An understanding of how models of supervision can help to structure and guide sessions
- Conducting formal supervision, e.g., contracting, facilitating sessions, and documentation
- Managing difficult conversations and supervisory boundaries

As well as enhanced supervisory skills that to incorporate coaching techniques, participants will learn to:

- practice supervisory skills using a strengths-based, relational, and goal-oriented approach
- establish meaningful connections with supervisees to foster a learning environment that facilitates reflective practice and professional growth
- support supervisees to develop practical strategies to enhance self-care and resilience to deal with the emotional demands and challenges of their work

## Workshop Delivery

- Participants will be expected to complete the workshop requirements via an integrated system of pre-reading material and participation in **three** scheduled group presentations/workshop sessions. Participants will need to allocate **1 -1.5 hours per week for self-study** outside the online group sessions. Participants will be responsible for having access to the Internet for some or all of the workshop content.

- **Workshop Manuals** participants will be mailed a hard copy of the workshop manual which will include:
  - presentation notes, covering the online presentation content
  - resources to assist with implementing workshop content into supervision practice
- **On line group presentation** – using Zoom videoconferencing, participants will have the opportunity to link into three weekly presentation sessions (with 30 min break mid-session). Sessions will include interactive components (ie group discussions, case studies and Q&A sessions) to assist with integrating participants newly acquired knowledge and skills. Participants will be emailed the link (including password) to the workshop presentation sessions one week prior to the session. Participants will need to have access to internet facilities including Zoom and webcam to ensure that they are able to download and view workshop content, as well as actively participate in the on line group tutorials and agree to the [online T&C](#). To fully participate in the interactive components of the group tutorial sessions, participants are encouraged to log on using a tablet, laptop or desk top computer. While utilising a mobile phone to access these sessions, the functionality of the device may limit participants ability to fully engage in the interactive components of the session.

### Workshop Recording

Please note to safeguard the copyright of material presented, maintain the confidentiality of case discussions and the privacy of participants, **this workshop WILL NOT be recorded.**

This workshop is suitable for allied health professionals

### About the Presenter



**Dr. Áine O'Dea PhD** – Radiance Consulting – Limerick, Ireland

Áine is an occupational therapist, with over 20 years' experience across public and private sectors, spanning clinical, research and leadership positions. She is an experienced supervisor who holds a postgraduate certificate in Clinical Supervision; and has co-authored several chapters on the topic of supervision\*. She is passionate about education and training to support and empower others to engage in their chosen activities and goals.

When a serious car accident impacted on her ability to continue her clinical practice as a paediatric Occupational Therapist, Áine pivoted her skills to research and leadership roles. Her business - *Radiance Consulting Services* provides premium consultancy and supervision services to professionals in leadership across allied health; assisting them to implement practical, evidence-based strategies for professional and personal growth.

Áine enjoys public speaking and has presented at both a national and international level. She enjoys delivering training to a wide range of audiences, and is a certified Occupational Performance Coaching trainer. Áine is a mother of two children, aged 11 and 8, and enjoys long walks on the nearby Atlantic coast (Limerick) in her spare time.

\*Supervision for Occupational Therapy: Practical Guidance for Supervisors and Supervisees". Dancza, K., Volkert, A., & Tempest, S. (Eds.) (2023).

**Expressions of Interest** for this workshop are now being sought – please email [info@zimei.com.au](mailto:info@zimei.com.au) to express your interest. Further workshop enquiries can be directed to Zi Mei Events on [info@zimei.com.au](mailto:info@zimei.com.au) or (07) 3847 8375