

Powerful Peers:

Sharing, Connecting and Collaborating for Growth

EXPRESSIONS OF INTEREST SOUGHT

ONLINE

(over 2 x 3 hour sessions – with break)

Semester 2, 2026

Peer supervision is a collaborative and supportive process where professionals of similar experience come together to reflect on their work, share ideas, and offer mutual feedback. It's a shared learning experience, a space to connect, build confidence and grow together as professionals. Unlike traditional supervision, peer supervision encourages equality, openness, and joint responsibility for professional learning. It focuses on creating a safe environment where participants can explore practice challenges, celebrate successes, and develop new perspectives through connection and collaboration.

Peer supervision provides a range of personal, professional, and organisational benefits. It enhances reflective practice and clinical reasoning while building confidence, communication skills, and ethical awareness. Participants often find that peer supervision improves self-awareness and helps maintain motivation and enthusiasm for their work. It also promotes wellbeing by reducing feelings of isolation and burnout, providing emotional support, and fostering stronger professional relationships. On a team level, it builds a culture of collaboration, shared accountability and continuous learning.

From a fiscal point of view, peer supervision can be a cost-effective model of professional development. It may reduce reliance on external supervision, support staff satisfaction, and help lower absenteeism and turnover, all of which contribute to more sustainable and efficient services.

This practical online workshop will explore how peer supervision can enhance your professional practice, wellbeing, and team culture. This workshop will provide practical tools and confidence to establish or strengthen peer supervision in your workplace; as a way to stay supported, inspired, and connected in your professional practice.

Learning Objectives

By the end of the workshop, participants will be able to:

- Understand what peer supervision is and how it differs/compliments traditional supervision.
- Recognise the benefits and challenges of peer supervision in allied health contexts.
- Explore practical models and frameworks for effective peer supervision.
- Develop skills in reflective listening, constructive feedback, and shared facilitation.
- Practice setting up and running a peer supervision session.
- Create a personalised plan to introduce or enhance peer supervision in your own team.

This workshop is suitable for allied health professionals

Workshop Delivery

- Participants will be expected to complete the workshop requirements via an integrated system of pre-reading material and participation in **two** 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 two 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**.

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. Register your interest by emailing Zi Mei Events on info@zimei.com.au