



What to bring to Supervision?

In talking with leaders about supervision I sometimes hear the comment, 'I'm not really sure what to bring to a session'. As a supervisor, I have also experienced the opposite, supervisees using a good part of a session to describe all the issues before them before being able to narrow down what they would like to use the session for.

You can make the most of a supervision session by focusing on and exploring deeply one concern or issue. It's good practice to take 15 minutes to reflect on the themes, challenges or questions that have risen for you over the past month before a session. To help me keep track, I like to keep a page in my journal with the heading supervision – throughout the month if something arises, I note it there. When it comes time to prepare for my supervision session, I review my list to determine which of these issues is still 'at the top' for me, either unresolved, carrying the most weight in my soul or having the biggest impact on my practice.

I recently surveyed colleagues to see what issues they were bringing to supervision or hearing as supervisors, this list might also serve as a helpful prompt when preparing for a session:

- *Dealing with difficult people*
- *Responding to betrayal and conflict*
- *Challenges with faulty systems/policies*
- *Complexity in handling disputes/complaints etc*
- *Developing communication strategies and tools*
- *Objections to personnel appointments and working with that person*
- *Disappointment from core families leaving the church*
- *Challenges with succession planning*
- *Navigating ministry and marriage*
- *Debriefing crisis situations, heavy cases, disclosures*
- *Self-care strategies*
- *Emotional depletion .*
- *What to do with Anger*
- *Experiencing Isolation/Loneliness in leadership*
- *Vulnerability and communication within a team*
- *Leadership and ego*
- *Balancing life and boundaries in leadership*
- *Dual relationships - personal and pastoral/ professional*
- *Questioning and doubts - theology and church forms*
- *Exploring strengths and gifts*
- *Vocational direction, discernment and transitions*
- *Identifying, reviewing and celebrating goals*