|  |  |  |
| --- | --- | --- |
|  |  | Supervision Technical & Reflective |

Date & Name:

# opening ritual

[Start---End Times]

Priority List: PTO/Training/Hours/Attendance

 Project Work

 Caseload Misc.

 To-Do/Follow-Up

## [Start-End Times]

## Reflective Supervision

* What’s coming up for you this week? What are you noticing about your patterns at work? With peers? With staff you supervise? Etc.
* What parts of your identity were most salient this week? When?
* In what ways were you invited to include preferences in workflow or process that are different than yours?

# Ending ritual

|  |  |  |
| --- | --- | --- |
|  |  | Coaching Adaptive |

Date & Name:

# Attend to self first

## [Start-End Times]

What am I feeling?

What are these feelings trying to tell me?

How can I anchor in my compass/values/assumption that support this work?

How do I anticipate the role that my own identity will play in my ability to coach today?

Who can support me in this process?

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## Surface. Recognize. Explore. Create.

**Surface**: Name and acknowledge current situation in organization, classroom, workplace, interaction between X&Y.

**Recognize**: Impact. What is currently driving the current surface and how am I contributing? Mental models? Identity? Storytelling?

**Explore:** Emotions. Name/Acknowledge, Explore/Understand, Except/Release.

**Create**. New practice. Co-plan, role-plan, support additional capacity building.