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| **Personal and Case Supervision pro-forma** |
| Name:  |
| Review actions from previous supervision: |
| What would you like to discuss within supervision today? |
| **Health and Wellbeing (How are you doing?)** |
| You the person/ You in your role |
| Annual Leave/TOIL: |
| Out of 10, how does work feel right now? (10 being high stress and 0 low level and relaxed state) See the source image000 |
| **Reflective Practice – thinking about relationships**  |
| What has gone well since the last supervision? Anything you want to discuss that’s not gone so well?  |
| **Learning & Development (CPD, training needs, career progression)**  |
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| What has gone well since the last supervision? Anything you want to discuss that’s not gone so well?  |
| **Case Discussion (This section needs to be recorded on Mosaic)** |
| I. What is Happening/What Happened (Experience)1. Update on Previous Actions (if relevant)
2. Case Update since allocation/last supervision
3. Experience of the child/children

  II. Summary of Reflections and Analysis |

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| **Agreed SMART Actions from supervision discussions**  | **By Whom** | **By When** |
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| --- | --- | --- | --- |
| **Supervisee** **Signature** |  | **Supervisors Signature** |  |
| **Today’s Date:**  |  |
| **Date of next Supervision:** |  |



