



## **SUPERVISION SKILLS FOR HELPING PROFESSIONALS**

**3 Day In Person Workshop facilitated by Dr Helen Austin**

### **UPCOMING WORKSHOPS 2024 IN HAMILTON AND CHRISTCHURCH**

**Hamilton 07 to 09 August 2024**

**Christchurch 06 to 08 November 2024**

This 3 day programme is based on Margaret Morrell's "Supervision: A Reflective and Developmental Approach" Workshop. It is suitable for both new and experienced supervisors and provides what you need to know to provide quality supervision. Attend this workshop and you will learn how to provide excellent reflective supervision and how to improve the supervision experience you provide.

You will be provided with:

- An enjoyable workshop with colleagues from a variety of professional backgrounds
- A safe and reflective environment in which to learn
- Practical frameworks, models and skills
- The opportunity to learn from others
- A comprehensive handbook
- A Certificate of Attendance upon the completion of the three day workshop

You will learn:

- What quality supervision looks like
- How to establish and maintain a trusting and collaborative supervisory relationship
- The value and purpose of an individual supervision agreement
- How to structure supervisory discussion
- Tools to use in supervision sessions
- How to model and promote reflective practice with supervisees
- How to engage supervisees in the supervision process
- How to create a climate where supervisees feel safe to discuss ethical dilemmas

***Helen is a medical practitioner who has worked in general practice and forensic psychiatry. She has a passion for the role of supervision in the helping professions and has been involved in the provision of supervision for a number of years in DHBs and in private practice. She also has an interest in professional wellbeing and burnout and has run workshops and weekend retreats for health professionals.***

**Cost: \$865 plus GST**

**Registration: Please contact Helen at [helen@mindfix.co.nz](mailto:helen@mindfix.co.nz) for a registration form or to express interest.**