

# Reflective Supervision Notes

...facilitating reflective practice

## Hands OFF



*Becoming aware: what strategies can be used to gain more information. How can the listener sit back and allow the presenter time and space to tell his/her story or thoughts.*



## Hands OUT...

*Deepening understanding: How is perspective gained? The listener may begin to ask questions that will help the presenter clarify thoughts, feelings, needs, etc.*



## Hands ON...

*Reaching out: Identifying issues and exploring next steps. Offering support, resources, strategies in response to what the presenter has shared.*