

## Supervision for Head Teachers, Senior Leaders and Teaching Staff

Providing a safe, confidential and protected space.

Time and support to review and reflect on your practice and reflect on your personal and professional response to work related challenge.

An overwhelming majority of the UK's education professionals have suffered mental health issues as a result of their jobs (YouGov, Education Support Partnership, 2017). The COVID 19 pandemic has brought an incredible level of additional demand, with the teaching profession called upon to make frequent systemic adjustments, to adapt to a constantly changing landscape and cope with long term uncertainty. This requires huge amounts of stamina and emotional resilience. As an EP team, we are acutely aware of the importance of access to a "protected space" where educational professionals can safely explore work related challenges and support their own emotional wellbeing.

**Clinical Supervision** offers a solution whereby Head Teachers, Senior Leaders and Teaching Staff can access the support they need to manage work-related stress, in order to develop and maintain high levels of resilience.

**We offer:**

**Individual supervision** where Headteachers and Senior Leaders can receive the tailored support they require. Individual Supervision can be scheduled in accordance with the needs of the individual, with meetings typically of 1 hour in duration.

**Group supervision** provides an opportunity for Teaching Staff to gain emotional support for the challenges experienced in their roles, through reflecting on and reviewing their practice, discussing individual children and young peoples' needs in depth, and exploring how to change or modify their own practise, within the context of a supportive group. Group Supervision is of 90 mins duration with a closed group of a maximum of 4 staff initially, with the possibility of this group size increasing to up to 8 members for established supervision groups.

Babcock LDP Educational Psychologists offering supervision have received additional training and are skilled and experienced within this field.

### OUTCOMES

- Emotional support and improved wellbeing
- Reduction in stress levels
- Increased resilience to manage work-related stressors
- Supporting you to support others – colleagues, parents and pupils.
- Development of professional practice

### CONTACT US

We are able to provide supervision either remotely or face-to-face depending on current Government guidelines and individual preference.

Supervision can be provided through your Educational Psychology Service Level Agreement or purchased as an additional package.

For more information please contact Babcock LDP Educational Psychology Service on 01392 287233