**VALUES AS SUPERVISOR EXERCISE**

Example script that you might like to use when doing supervision for supervisors, or perhaps to engage in your own reflection from time to time.

This activity will ask you to think about you as a supervisor and what your values are in relation to being a supervisor. At the end of the activity, take some time to write down some of your responses to the questions.

Take a moment to sit back and settle into the seat you are in… and if you are willing, close your eyes, or you can drop your gaze to the floor. As I’m asking questions, just notice what shows up…

First, take a few deep breaths, letting your lungs fill and exhaling the air out…as you exhale see if you can settle in the chair a little more…dropping your shoulders if you are sitting up…relaxing your eyes and face… and bring your attention back to the inflow and outflow of breath… And if you find yourself thinking forward to what we’re doing, gently let go of that and notice again that in the midst of all that mental activity, your breath continues. No matter how busy you get, your breath is there. Allow yourself to follow a breath…on the inflow … into your lungs and then as it flows out past your lips or out your nose.

I’m going to ask you now to think about what it means to you to be a supervisor…notice what comes to mind…what is important to you about supervision? What qualities do you want to bring to life in your supervision? And take a moment to breath…Bring to mind a recent experience of providing supervision (and if you haven’t yet supervised someone just imagine the following)…with your recent experience…who was in the room…what was the essence of your discussion…what qualities were at play…imagine stepping into your supervisee’s experience, what is their understanding of you as a supervisor…who do you want to be in the eyes of your supervisee? And breathe…

And slowly bring yourself back into the room you are in, slowly sit up in your chair…stretch your arms out, maybe step out of your seat and stretch your body…if you haven’t already, open your eyes…and now take some time to write about what you noticed when hearing those questions…what are your values in relation to supervision?