



Supervisee's goals - Example of exercise in supervision sessions

Such an exercise helps clarify the supervisee's goals and what is needed to achieve them. Self-care requires the identification of goals, strengths and at the same time, thanks to their identification, it is subsequently possible to monitor how the supervisee manages to achieve these personal/professional goals during supervisory meetings.

Exercise:

List 3 your goals and their characteristics according to the following questions:

Goal - What is your goal?

Performance measure - What tells you that your goal is being fulfilled?

Progress on goal - What progress have you made so far in achieving this goal?

Goal 1:

Performance measure:

Progress on goal:

Goal 2:

Performance measure:

Progress on goal:

Goal 3:

Performance measure:

Progress on goal:

State your Strengths:

State your Areas for Growth:

https://www.thenationalcouncil.org/wp-content/uploads/2020/05/TI_SupervisionNote-Template.pdf?dof=375ateTbd56