



## **Supervisee's goals of supervision - Example of exercise in supervision sessions**

Such an exercise is suitable for the supervisee to clarify what are the goals of supervision and what are expectations of supervision and supervisor. These goals can be monitored and discussed during the meetings. The supervisee may also keep notes and records regarding these objectives and consult them in supervisory meetings.

### **Exercise:**

At introductory session:

List your goals of supervision based on the following questions.

What are your supervision goals? What do you expect, what do you want to achieve and how?

What support do you expect?

State supervision goals:

State progress toward goals:

State your Strengths and Challenges:

State the expected support commitments from supervisor:

At the following meetings:

Evaluate the progress of supervision goals

State the Follow-up (or steps) from previous supervision session:

State what are the important topics today for you/for supervisor:

Notes:



Project Number: 2020-1-PL-KA202-082075

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