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 **Co-Supervision Space: Participant Guidelines**

Our Co-Supervision Space is a unique environment where, working in triads, we prioritise the learning of the Practicing Supervisor. This is an opportunity to practice and experiment, not a training session and so there will be no input or direction about, modelling or summary of the techniques. Please make sure you set aside some time to read through this document and the three techniques provided, to set you up for success. You are also able to join the session 15 minutes early to check-in and connect with the other participants or ask about a particular technique.

Each technique we offer is suitable for 1:1 coaching supervision. We are not able to offer the opportunity for practicing group supervision techniques here. We will give some information on how you might access this for your development on the session.

Here are some preparation suggestions so you derive most value from each of the three roles you will play: time is tight and showing up ‘cold’ may impact your learning partners.

**Triad introductions:**

You will have about 10 minutes at the start to contract with your triad – we suggest using the following three prompts:

1. How would you describe your typical supervision client?
2. What’s important to you in creating a space of psychological safety today?
3. What order will you work in, and which technique do YOU want to practice as the Practicing Supervisor? (It doesn’t matter if you all practice the same technique or different ones. What’s important is that you can experiment and learn about a relevant technique for you.)

**The role of the Practicing Supervisor:**

* Decide which of the three techniques you would like to experiment with when you are the Practicing Supervisor.
* Look at the suggestions at the start of the technique to consider what kind of supervision issues would help you replicate your use of this technique in your actual supervision practice. This can inform the triad discussion on “who supervises who”.
* Feedback is often most useful (and easier to offer) when it has a focus. Consider what you would derive most value from receiving observer feedback on: something you are already familiar with or something that you have no prior experience of for example? What specifically you will ask for feedback upon? Feedback could relate to the technique, a supervision competency framework, or alternatively you might seek more general appreciative and developmental feedback.
* In the closing plenary debrief, be mindful of triad confidentiality and ensure you share only your own process and not unintentionally the content or process of the supervisee.

**The role of the Supervisee:**

* Regardless of which technique you want to practice in the role of practicing supervisor, consider what material you could bring when you are the supervisee for **EACH** of the three techniques. Bear in mind the Co-Supervision Space prioritises the learning of the Practicing Supervisor so he/she/they will choose their practice technique. We ask you not to ask for a technique you would like him/her/them to use with you. Remember this is not a substitute for your own ongoing coaching supervision. While it may be useful to bring a “live” issue, you could also bring something that you have explored previously and from which you would benefit from another perspective. Whatever topic you choose, please share with the Practising Supervisor the extent to which you have processed the matter to date.
* While we hope you will derive value from receiving co-supervision, the experimental nature of the co-supervision space may mean that you do not reach a sense of resolution with your matter. Please ensure you have access to your own ongoing coaching supervision post the co-supervision session.

**The role of the Observer:**

* The underlying principles of AOCS are “client centred” and in the context of the Co-Supervision Space the “client” is the Practicing Supervisor. Therefore, please check what he/she/they would like from you with regards to feedback.
* From time to time the Practising Supervisor may not have identified a focus for feedback. We see this as an invitation for you to decide what would be useful and helpful for your own development and to observe from this perspective.
* Whatever the focus for your feedback, our intention is for all participants to hold each other in a space of psychological safety. Keep your feedback balanced – for example identify one thing that you can appreciate and one thing that you see as an area for further development.
* Always bear in mind that this is an international group with different training, experience, and cultural values. We invite you to notice difference with a spirit of curiosity and an appreciation of diversity.

We hope you enjoy our Co-Supervision session. We encourage you to consider meeting again with your triad to extend your practice – perhaps a deeper dive into one technique or to experiment with the ones you didn’t personally practice on the day.