

Appendix 1

SCOPING A SUPERVISION AGREEMENT

THE USE OF MAPPING TO SUPPORT PREPARATION OF SUPERVISION AGREEMENTS

Process of using the mapping – taking one question at a time

1. Start in the what's worked well column
2. Move to the what's not working column
3. Then move back and forth the two columns to complete the questions
4. Use scaling to judge effectiveness of contract
5. Move into what needs to happen column to create a supervision goal
6. Agree steps that you will both so your time together will be well spent

| What's not working? | What's worked well? | What needs to happen? |
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| <p>2. When you look back at the supervision you have received in the past what would you say did not work for you?</p> <p>What was it that did not work for you?</p> <p>What did you see, notice, feel that made you realise it was not working?</p> <p>4. Tell me about your worst experience of supervision? What contributed to that?</p> | <p>1. Thinking back on the supervision you have received in the past, what was your best experience?</p> <p>What was your favourite thing about that?</p> <p>How did you contribute to the situation?</p> <p>What skills did the supervisor use to provide you with that good supervision?</p> | <p>11. What would be the most ideal supervision look like to you?</p> <p>What would you see or notice in those sessions to make you feel it was the best it could be?</p> <p>What would you be doing in the supervision?</p> <p>What would your supervisor be doing?</p> |

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| <p>6. <i>If you could image a future bad supervision session, what would be happening that you did not like-want?</i></p> <p>8. <i>Are there things you feel would lessen the supervision experience, or make it less constructive, less valuable?</i></p> | <p><i>What research did you talk about?</i></p> <p>3. <i>What else has worked well for you in the past?</i></p> <p>5. <i>Have there been other times when you felt that you were receiving helpful supervision?</i></p> <p><i>What was happening in that supervision?</i></p> <p>7. <i>Have you ever scaled a supervision session at a 10- best?</i></p> <p>9. <i>If you were a supervisor what strengths would you rely on to provide the very best supervision?</i></p> | <p>12. <i>What steps can I as your supervisor take to make this happen?</i></p> <p><i>What steps can you take to make this happen?</i></p> |
| <p>10. <i>On a scale of 0-10 with 10 being that this conversation has been a helpful way of building a relationship for supervision and you feel hopeful and confident in your supervision agreement and 0 being it's been a waste of your time, where would you rate it?</i></p> | | |