

Tool 38: What works for me

Different supervisees will respond differently to different supervisory support. Supervision needs to be appropriate to your role, task and setting. It needs to be proportionate to your needs in terms of frequency and duration. It needs to be delivered by an appropriate supervisor (Carpenter et al 2013).

This tool helps you to identify what support you need as a supervisee.

You can use this tool to prepare for and to have a discussion with your supervisor about supervision. It can be used to support the creation of a supervision agreement or to review how supervision is going, including as part of appraisal.

My experience in social care

My experience in this role

The complexity of my work

My setting (e.g. multi-disciplinary)



What kind of supervision do I need (e.g. group)?

How often do I need supervision?

How long should supervision last?

What are the most important elements of supervision for me (see 4x4x4 model)

Who should be my supervisor?

Where should I have supervision?

How should my supervision be recorded and shared?