

Tool 37: Person-centred approaches

Working in a person-centred way is based on the following values:

- > That people have the right to choose how to live their life and are able to do this with adequate support.
- > That power should be shared so that solutions are jointly produced
- > That people are experts in their own lives.
- > That planning should start with the positive aspects of someone’s life - the things they can do, their passions and interests.
- > That people have assets, strengths and capacities that they can bring to bear on their situation.
- > That communities can be built which are inclusive and recognise the contribution of all people.
- > That everyone can build meaningful connections.

(Sanderson and Lewis, 2012)

Supervision works best when it tailored to the needs of the supervisee and the supervisor.

This tool sets out how you can use person-centred approaches to develop your supervisory relationship.

You can use this to prepare for a discussion with your supervisor about how best to support you, or as part of your discussion or review of a supervision agreement. They can be helpful when you have a new supervisor to enable them to get to know you.

Sorting Important To/ For can be used to consider what matters to you and what is necessary for you as a supervisee. You can ask your supervisor to do the same and then compare what you have written. The similarities, differences or conflicts that you find can form the basis of a discussion about how to work well together.

Important to me	Important for me

The One Page Profile can be used by you and your supervisor to identify what is most significant to you. This enables you to identify how to work well together.

What people appreciate about me

What is important to me

How to support me