

QC60 Introduction to Supervision

Connection (video 10)	
Vimeo link	https://vimeo.com/757827051/056d7c57a1
Francesca	<p>It is a caring profession, peer work. At the core of peer work is connection. Consumers and families are not attention-seeking. Consumers are looking for connection to another human being.</p> <p>Isn't that what supervision is? We're looking to connect? That we're looking through that connection, and supervision is that connection through our discipline. And like our bond, and like you said earlier, I like that. It's like we're connecting as humans.</p> <p>And it's, yeah-- and we're coming with COVID, supervision is more important than ever. And having that choice and finding a good supervisor and having that safe space, that sacred space to just unpack and just bring these experiences of your practise and just grow and to become the practitioner or peer worker or OT. And even professionally, where do you want to go? You might not want to stay in that profession.</p>
Emma	This is all part of the journey, isn't it?
Francesca	Yeah.
Emma	This is why we do what we do. This is it. So it's a holding container over time.
Francesca	Yeah. I think I know when I was speaking with my supervisor last week, one of the victories for me was looking back and seeing my own growth, which without-- I wasn't led. I could actually reflect back and see my own growth in supervision. I was like, wow, I've come a long way.