

## QC60 Lived Experience

Learning in supervision	
<b>Vimeo link</b>	<a href="https://vimeo.com/798593667/9a7f377041">https://vimeo.com/798593667/9a7f377041</a>
Debbie:	<p>People employed in lived experience roles in a professional capacity, we as employers, we are actively encouraging them to consider and share their personal life on a daily basis in a professional setting, but whilst maintaining boundaries.</p> <p>And that, when you say it like that, it's complex. It's not a natural-- it takes really conscious consideration, even if they're already strong and healthy, it's going to take intentional and regular reflection. And I think supervision is a really essential component in that process. No matter how strong, no matter how good that person's got that nussed out already, this is essential to make sure that that's maintained.</p> <p>I think normalising vulnerability is a really, really good thing. I think it's a safe thing too, because the more people feel like they can be vulnerable and that it's encouraged, I think the more people are going to take those really tricky complex situations to supervision, be comfortable to be vulnerable, and then learn from that, which is going to benefit everybody they work with, benefit themselves. So I think it's really important, yeah.</p>