

## Reflective Supervision Toolkit for Home Visiting Programs in Oregon



### Key Principle #1

*Supervisors Need and Deserve on-going Training and Support*



If you could receive training on any topic, what would it be?



### Key Principle #2

*Reflection is a lifelong developmental process*



What kind of learning is best for you? Auditory, Visual, kinesthetic?



### Key Principle #3

*Reflective supervision occurs within a relationship that is created over time.*



Thinking about your favorite supervisor, what quality did they possess that impressed you most?



### Key Principle #4

*Reflection requires slow and intentional stepping back.*



What do you do to intentionally slow down during your day?



### Key Principle #5

*Feelings matter.*



Share a one minute version of a time you experienced a vulnerable emotion.



### Key Principle #6

*Parallel process is explored; the child is always held in mind.*



Share a tip that you use to keep the parallel process in mind during reflective supervision.