

PROFESSIONAL SUPERVISION



**WORKERS SUFFERING FROM:
WORK RELATED STRESS,
DEPRESSION OR ANXIETY
(NEW OR LONG STANDING)
IN 2017/18**

**15.4
MILLION**



**WORKING DAYS LOST DUE TO:
WORK RELATED STRESS,
DEPRESSION OR ANXIETY
IN 2017/18**



**ON AVERAGE,
EACH PERSON
SUFFERING TOOK
AROUND 16.5
DAYS OFF WORK**

**CALL TODAY ON
01254 692709
www.canw.org.uk**

Registered Charity No: 222533

When working in helping professions, it is vital that you look after yourself to reduce the impact of burnout and compassion fatigue.

The purpose of the supervision process is to provide a safe, supportive opportunity for individuals to engage in critical reflection in order to raise issues, explore problems, and discover new ways of handling both you and the situation.

Professional Supervision may include:

- Workload Management
- Performance Delivery
- Effective Communication
- Conflict Resolution
- Emotional Intelligence
- How to thrive with feelings of Stress, Anxiety, Low-Mood or Anger at work
- Assertiveness / Self-Confidence

Those who might benefit from Professional Supervision include:

- Health Professionals
- Family Support Workers
- Youth Workers
- Educators including Head, Deputy Head Teachers & Teachers
- Anyone person who believes it might be advantageous

The benefits of supervision:

- Better outcomes for service users
- Improved professional relationships
- Opportunities to reflect and link knowledge and practice
- Increased confidence / Greater awareness and understanding
- Reduced stress