


# Professional Supervision in Wales – school leader and manager feedback



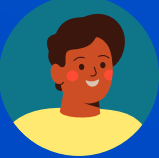

“I really benefited from the opportunity to reflect. Having the space and dedicated time to think is invaluable to my wellbeing and for the benefit of the school community.”



“These sessions provide a dedicated space to reflect on challenges, process emotions, and gain clarity amidst the daily demands of the role. Sharing experiences with a compassionate supervisor has helped me develop resilience and navigate complex situations with greater confidence.”

“I was unsure about what the sessions would entail but have found them to be an incredibly valuable time to share whatever is on my mind. The support and advice I have received has been so valuable and has initiated positive self-reflection and growth. I would wholeheartedly recommend supervision.”

“I really believe Professional Supervision was pivotal in helping guide me through what’s been a very challenging term and kept me from making rash decisions.”



“It’s the only dedicated time I have to reflect at length and have a mirror held up to me - celebrating good stuff and thinking about how to move forward on areas that need development.”



“We spoke about challenges in work and keeping mentally healthy. We also chatted generally about the things that are important to me, particularly my family and friends. I looked forward to the sessions and always felt better afterwards.”