For me supervision is…

**A torch** – which illuminates my work.

**A container** – where I feel safe and held.

**A mirror** – that helps me to see myself and my work more clearly.

**A playpen** – where we play with ideas, feelings, intuitions, hunches, theories.

**A dance** – where we learn to work together in harmony.

**A journey** – where we decide where we are going, what we want to take with. us, and what to leave behind.

**A sculpture** – where I am being fashioned into something yet to be.

**An oasis** where, shielded from the harsh sun I can contemplate my experiences calmly and leave refreshed and renewed.

**A confessional** – where I can admit to and learn from my mistakes in confidence and without judgement.

**An observatory** from which I can both focus on important details and survey the bigger picture.

**A sitting room** - where I can talk honestly about my work in the presence of mindful friends.

*(Adapted from Michael Carrol and Maria Gilbert 2011).*