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Wellbeing is your natural state.

Supervision Tracker

Name: _____ Date: _____

With regard to today's supervision, tick the box that best describes your experience.

	Not at all	A little	Moderately	A lot	Extremely	
You felt understood.	0	1	2	3	4	
It was focused	0	1	2	3	4	
It was helpful	0	1	2	3	4	Total Score

If you wish, write down what you like about supervision and what might make it even better.

Experience wellbeing every day.

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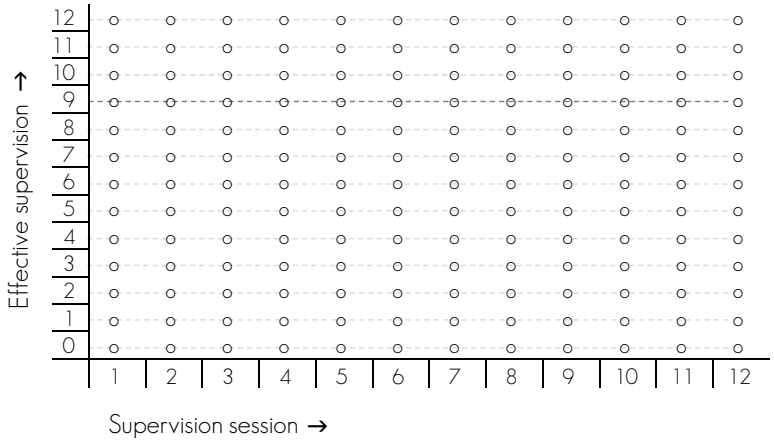
Wellbeing is your natural state.

Supervision Tracker

Name: _____

Start Date: _____ (session one)



Feedback is a safe conversation about something important.

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IMPORTANT INFORMATION

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Instructions

Step 1: Answer the questions on the Tracker.
Step 2: Add up the total score.
Step 3: Plot the total score on the chart.
Step 4: Reflect on the chart and think of a small, practical step to improve the score for the next session.

Tips

1. If you feel your score is in between two of the options then place a mark between them and score it as a half point. For example, if you feel the choice that best describes your experience is in between "Moderately" and "A lot" then put a mark between them and score it as "2.5".
2. The most important thing is that whatever way you use this Tracker use it in a way that feels good to everyone involved – that's the key!

Wellbeing and Recovery Trackers

Empowering Communities. Creating Wellbeing.

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