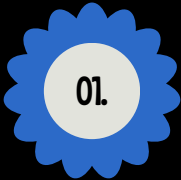




TRACK YOUR DEVELOPMENT



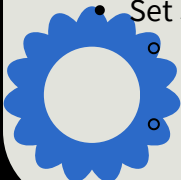
Making Supervision Work for You

Documenting progress helps you see growth, identify gaps, and celebrate achievements. By tracking your development, supervision becomes a powerful tool for reflection, accountability, and professional growth.



Practical Approaches

- Create a Supervision Log
 - Record goals, outcomes, and reflections after each session.
 - Use it as a living document to track your growth.
- Quarterly Progress Review
 - Sit down with your supervisor every three months.
 - Reflect on achievements, challenges, and set new priorities.
- Set SMART Goals
 - End each session with specific, measurable, achievable, relevant, and time-bound goals.
 - Review them at the start of the next session.



Framework: The Development Cycle

Step 1: Record → Capture goals and outcomes in your supervision log.

Step 2: Reflect → Review progress regularly with your supervisor.

Step 3: Refine → Adjust goals using the SMART framework to stay focused and realistic.

Step 4: Repeat → Continue the cycle to build momentum and long-term growth.



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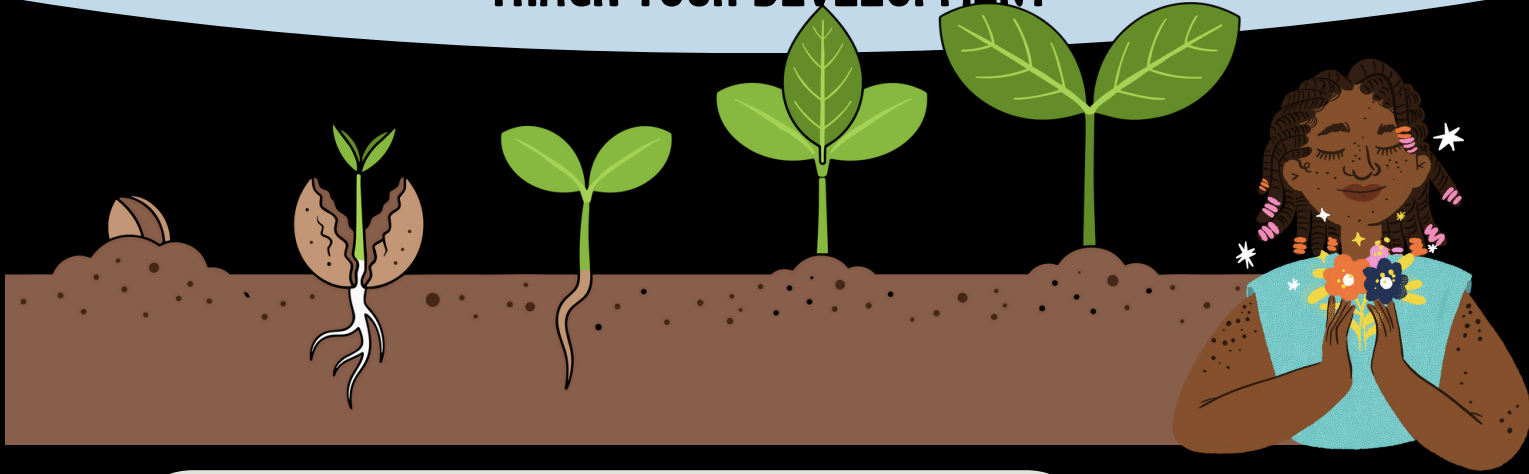
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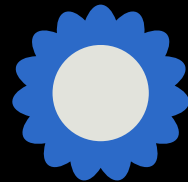


TRACK YOUR DEVELOPMENT



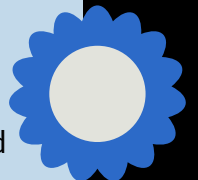
Planting a Garden

Goal setting in supervision is like planting a garden. Each goal is a seed you choose carefully, knowing it has the potential to grow into something meaningful. Supervision provides the soil; a safe, structured environment where seeds can take root. Support acts as the water, nurturing confidence and wellbeing, while challenge is the sunlight, stretching you toward growth. Over time, with consistent care and reflection, those seeds become strong plants, representing your professional achievements and development.



1. Choose Seeds → Write down 2–3 clear goals you want to grow.
2. Prepare Soil → Identify what support/resources you need from supervision.
3. Add Water & Sunlight → Seek encouragement (support) and constructive feedback (challenge).
4. Weed & Prune → Reflect on barriers, adjust goals to keep them realistic.
5. Harvest → Review progress, celebrate achievements, and set new goals.

🌟 **Key Takeaway:** By treating your goals like seeds in a garden, you create a vivid, structured way to nurture growth. Supervision becomes the soil, support the water, and challenge the sunlight — together helping you flourish professionally.



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