



Benefits of Group Supervision

please find below 4 reasons why group supervision is good for your teams and organisations

Reason One: Sharing & Connection

We can learn a lot from sharing about clinical and professional experiences when we are doing this within a group environment. It gives us an opportunity to utilise the experience of the entire group. There is often a wonderful richness to the sharing through the insight of individuals and their contribution as a whole. It can be invaluable for normalising and validating our own workplace experiences.

Reason Two: Professional Development

It goes without saying that perhaps one of the most important aspect of group supervision is skill development. Having multiple listeners for the one event helps pool skills, experience and knowledge, improvements to the capability and of both individuals and the group can happen concurrently. This includes developing a range of workplace roles like clinical skills, case management, problem solving, team dynamics, work planning and setting priorities.

Reason Three: Team Cohesion

Group supervision offers a purposeful space for teams to develop stronger cohesion. For some teams this is the most important part of meeting together and a way to forge a shared vision through recognising the diversity, strengths and successes of individuals. It's also space where working through difficult communication, workplace relationships and conflict can be aired and amended.

Reason Four: Personal Development

There are a number of aspects to group supervision, like social networking, peer feedback and observational learning that also supports the personal growth of individuals. This can vary greatly for each member and is often based on the culture of the group and the overall group goals. For some, a group space will have a therapeutic benefit and support emotional growth and personal insight. It could include for instance developing more empathy. For others, the benefits can include practising public speaking or positive communication.