

Reflection Guide: Endings in the Supervisory Relationship

Purpose

To honour the supervisory journey, acknowledge emotional responses, and support growth through transition.

1. Looking Back: The Journey Together

Reflect on the development and key moments of the supervisory relationship.

- What were your initial hopes or concerns at the start?
- What have been the most significant learning moments?
- What challenges did you face, and how were they navigated?
- How has your confidence or professional identity evolved?

2. Emotional Responses to Ending

Explore the emotional landscape surrounding the ending.

- What feelings are present as this relationship comes to a close?
- Are there any surprises in your emotional response?
- What are you saying goodbye to?
- What might you miss?

3. Internalisation and Integration

Consider what has been internalised from the supervisory experience.

- What values, skills, or ways of thinking will you carry forward?
- How has the supervisory relationship shaped your approach to your work?
- What aspects of your supervisor's style or support have become part of your own practice?

4. Transition and Continuity

Support the shift toward independence and future growth.

- What are you looking forward to in your next phase?
- What support structures will you draw on moving forward?
- What do you need to feel confident in this transition?

5. Mutual Appreciation

Create space for gratitude and closure.

- What would you like to thank your supervisor/supervisee for?
- What has been most meaningful about the relationship?
- Is there a symbolic way you'd like to mark the ending (e.g. a card, a quote, a shared ritual)?