

Workplace Support Services

We are a comprehensive staff support service and nationwide employee assistance provider offering a wide range of professional support for your workplace.

With our range of support specialists, Workplace Support offers the following professional services:

- EAP Counselling
- Alcohol & Other Drug Brief Intervention
- Professional & Clinical Supervision
- Leadership & Management Coaching
- Wellbeing Workshops
- Training, Development & Facilitation
- On-site Staff Support
- Critical Incident Support
- Career Direction
- Financial Mentoring



Workplace Support

Level 1, 575 Princes Street
PO Box 1534
Dunedin

Free phone 0800 333 200

Phone: 03 477 8065

Email: office@workplacesouth.co.nz

Website: www.workplacesupport.co.nz



Professional Supervision



**Independent EAP Provider
PH 0800 333 200**

Enhancing Workplace Wellbeing

www.workplacesupport.co.nz

What is professional supervision?

Professional Supervision offers a safe, supportive and confidential environment to regularly reflect on one's work practices, professional relationships and wellbeing.

Professional Supervision assists the supervisee in identifying and resolving any stress, fatigue or conflict issues that may arise within the workplace.

For both larger organisations and smaller businesses, Workplace Support can provide professional supervision to staff, either individually or in groups.

Professional Supervision provides the opportunities for the **supervisee** to:

- explore, establish and maintain a personal professional work ethic
- reflect on issues related to the working environment and relationships
- develop personal management skills related to the workplace
- maintain personal and professional boundaries

- review of work practices, attitudes and interpersonal interactions
- have a safe and supportive environment in which to unpack difficulties and to off-load accumulated case material
- affirm achievements and build on them
- set goals based on own learning and develop strengths
- take responsibility for their work and personal growth

What is a professional supervisor?

- is a health professional who is a member of and is verified by, their professional body
- has the experience and skill to maintain professional boundaries
- Ensures that professional supervision does not get confused with counselling or mentoring
- gives full attention, provides feedback and raises relevant questions
- guarantees confidentiality
- enables a supervisee to come to their own conclusions and decisions
- enables the supervisee to accept responsibilities

How can I access professional supervision?

Your organisation can request professional supervision for one of their staff members and they will meet the cost of the supervision sessions.

The service contract between your organisation and Workplace Support does not change the confidentiality agreement between the supervisor and the supervisee, which is discussed and signed at the first session.



All you need to do is:

- Before accessing supervision you will need employer approval
- Once you have approval, call our **free phone**

0800 333 200

to arrange an initial appointment with a supervisor