

Peer Supervision Template for a Group of 4-6

Supervision agreement

Before starting the peer supervision session, it's important to establish a clear understanding of the group's purpose, expectations, and confidentiality.

1

Group Purpose

Our peer supervision group is committed to creating a safe and confidential space for professional growth and development. We aim to provide support, share experiences, and collaboratively find solutions to challenges we encounter in our work.



2

Confidentiality Agreement

All discussions and information shared within this group are strictly confidential. Members agree not to disclose personally identifiable information about cases or individuals discussed during the session.

3

Respect and Constructive Feedback

We commit to providing respectful and constructive feedback to help each other grow professionally. We understand that our feedback is intended to support, not criticize, one another.

4

Meeting Schedule

- We agree to meet [frequency, e.g., bi-weekly or monthly] on [day of the week] at [time] for approximately [duration] minutes.
- At the beginning of each meeting assign one member the role of timekeeper to ensure that the session stays on track.
- The timekeeper will help manage the agenda, allocate time for each agenda item, and remind the group when it's time to move on to the next topic.



5

Check-In (10 minutes)

Begin each session with a brief check-in round. Each member shares their current state of mind and any personal or professional updates they'd like to share.

6

Case Presentation and Discussion (10-15mins/participant)

- Each group member presents a specific case or issue they would like supervision and feedback on for a few minutes
- Group discussion, questions and reflections on the issue – the group offers insights, and collaboratively generates ideas and seeks solutions to challenges presented.



7

Closing and Action Steps (5 minutes)

- Identify any action steps or commitments for individual members before the next session.
- Check-out Sometimes a one-word check-out is useful e.g. how are you feeling now? "hopeful", "challenged" etc.

8

Next Meeting Date and Time (2 minutes)

- Confirm the date, time, and location/platform for the next session.
- Ensure everyone has it marked in their calendars.

This template provides a structured framework for a peer supervision group of 4-6 members, ensuring that the session is focused, productive, and respectful of time constraints.