

## Supervision for Emotional Literacy Support Assistants (ELSAs)

### Why is on-going supervision important?

ELSAs have received specific, enhanced training to develop their capacity to meet the social and emotional needs of children and young people. Supporting vulnerable children and young people requires enormous skill, knowledge and emotional resilience. For this reason, supervision forms an integral part of 'containing the container.'

### What is supervision?

The purpose of **supervision** is to provide a safe and confidential space for staff to reflect on and discuss their work and their personal and professional responses to their work. The focus is on supporting staff in their **personal** and **professional development** and in **reflecting on their practice**.

**What are the benefits?** These supportive sessions will help ELSAs:

- Develop their resilience and sense of wellbeing
- Keep working practices safe
- Keep ELSAs aware of key initiatives and research
- Develop their problem-solving and solution finding skills
- Increase their feelings of competence
- Reduce their stress; avoiding 'burnout'

**NOTE:** If you are a practising ELSA, accessing supervision is **integral** and **essential** to your continuing professional development and role as an ELSA. Guidance from the ELSA Network states that ELSAs should access on-going supervision from qualified Educational Psychologists in order to continue to be able to offer ELSA support in their settings. **ELSAs who do not access supervision will be at risk of being de-registered.**

- **Supervision sessions:** 6 x 2-hour sessions
- **Times and Dates:** sessions will be 13.00 – 15.00
- **Venue:** Cottesmore Academy, Kendrew Barracks, Nr. Oakham, LE15 7BL (Please bring photo ID for access to the base)
- **Cost:** £295 per place

Rutland PM Sessions
1. 28th September 2023
2. 7th December 2023
3. 1st February 2024
4. 21st March 2024
5. 16th May 2024
6. 27th June 2024



**Go to our website for bookings – <https://futuresinmind.org/elsa-courses/>**