

## 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 09:30-11:30
- **Venue:** Virtual, Online Only
- **Cost:** £265 per place

VIRTUAL cluster – every Friday
1: Friday 10th October 2025
2: Friday 5th December 2025
3: Friday 6th February 2026
4: Friday 27th March 2026
5: Friday 15th May 2026
6: Friday 3rd July 2026

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