

SELF-RESOURCING FOR TEACHERS & MANAGERS IN EDUCATION



- Are the demands you are experiencing at work affecting your life outside of work?
- Does it seem like you are always trying to catch up but never quite get on top of it all?
- Are you finding yourself taking on more than you can and believe you have to say yes?
- Do you find it difficult to make sense of what is going on because there is so much to think about and so much to do?
- Are you stretched to your physical, emotional and mental limits but not quite sure when or how to resource yourself?
- Would you benefit from regular time to reflect in order to make better sense of how to meet the demands of working in education right now?

If your answer is **YES** to any one of the questions above then you might benefit from our **NEW Supervision Groups**.

The Supervision Groups

Each of our Supervision Groups will consist of up to 4 staff members and could be from your school or from a number of schools. The group will meet for up to 2 hours, two-three times per term and be facilitated by a certified supervisor who has experience of holding groups using a powerful, self-resourcing praxis grounded in doctoral research.



What you might gain by participating in this Supervision Group:

- Ability to reflect with others and on your own in order to make sense of what to do.
- To become more conscious of what is impacting you and what you can do about this.
- Greater acuity, clarity and agility in meeting the demands you are facing in all aspects of your life.
- Enhanced well-being.
- Channeling more of your skills, capabilities, dreams and desires towards your future.
- Supported opportunities to resource yourself in a way that nurtures your capacity to engage more effectively and joyfully in life and with others everywhere you are.

See [HERE](#) to read more about the evidence for Supervision in education.

Presence in Action Collective is a professional membership body dedicated to extending the self-resourcing capacities of people, personally and professionally, through the praxis of Presence in Action. As a social enterprise we channel income into bursaries for members to support other individuals or groups who might not have access to such opportunities.

“Ultimately Presence in Action enables me to understand ME. Every day I have the privilege to understand me a little bit more; what a gift! It’s not always easy, but I am shaping the me of my today and my future, and I feel exhilarated by that.”

Jo Mitchell , Specialist Teacher for Inclusive Practice

“Working with Presence in Action provides a safe confidential space to enable you to process what has been heard, following a disclosure, or sharing of sensitive information and, by exploring what is going on for you through supervision and reflection, the process ultimately supports you to support others. It is a truly self-resourcing approach that supports and empowers educators.”

Claire Macpherson ESMS Deputy Head and Director of Pastoral Care

Rhona Watt ESMS Head of Nursery

Self-funded and school funded rates available.

For further details on Supervision and PIA Reflective Learning Groups contact sam@piacollective.org