



Professional Supervision

A confidential space to reflect and progress your work with confidence

Today's workplaces can be demanding. Professional supervision provides dedicated time to step away from the pressures of your role and focus on your professional development, decision-making and wellbeing.

Unlike counselling, professional supervision is work-focused. It offers a structured and confidential space to reflect, navigate challenges, strengthen capability, build confidence, and gain fresh perspective.

Professional supervision can help you:

- Navigate complex workplace situations with confidence
- Strengthen your ability to manage interpersonal challenges
- Strengthen your skills for improved work practices
- Build confidence in your role and decision-making
- Develop strategies to manage pressure and prevent burnout
- Enhance resilience, wellbeing and career satisfaction

Make time for your wellbeing.

Is your business already signed up? Simply call 1300 364 277 and ask to book a supervision session. To enquire about a supervision arrangement for your organisation, email eapservices@reltas.com.au

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