

Preparing for Pastoral Supervision

Notes for Supervisees

As a supervisee you are responsible for what you present in supervision and for identifying what makes it important enough to spend time on.

Anything is appropriate that arises from actual experiences and can affect, or is affecting, the quality of your ministry. For instance, your role in a particular situation, priorities, time management, insights, people, committees or institutions, changes, pressures, needs.

Any one of the following may be useful in deciding what to choose for the supervision session:

- The most significant event in my work since my last supervision is
- This incident/concern keeps pushing itself back into my mind
- I am aware of very strong feelings about something that has happened....
- When [this] happened it seemed to be a pattern repeating itself...
- I am so [tired, miserable, elated, inspired, challenged, worried]
- I want to clarify where I stand on a particular issue
- I want to stop something like [this] happening again
- I want to get something like [this] to happen again
- I seem to keep avoiding/putting off ...
- It is time to establish or review or evaluate my Ministry Agreement ...

When you commence a supervision session, you need to be able to say:

- In ministry at the moment, I feel ...
- This specific pastoral incident occurred ...
- This is my question or challenge ...
- This is what I want as an outcome ...

Supervision works best if:

- Supervisor and supervisee are open and honest
- We report our behaviour, observations, reactions and feelings accurately
- We accept feedback
- We monitor our feelings and responses (including our need to justify, explain)
- We remember that what happens in supervision is our responsibility

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