**Self/peer/supervisor/supervisee Inquiry**

We believe at the heart of supervision is the relationship. The aim of this inquiry is to invite you both to engage in exploring the relationship, how it is co-created and how it serves all the stakeholders and your work. What we are most interested in is the quality of conversation that you have together and offer the questions below as a way in.

**Relationship**

How would you describe you relationship, both literally and metaphorically – using an image? or using the questions from Mode III such as if you were two animals or if this were a dream for example?

**Strengths**

What do you think are your strengths? How do you bring them into the relationship?

What do you see as the other’s strengths? Give some concrete examples.

**Values**

What values are important to each of you and how do they show up in your work?

**Scope/Focus/Purpose**

What is the scope/focus/purpose of your supervision? How was/and is currently negotiated?

**Core beliefs**

We all have core beliefs. Examples might be, “ I should always know the answer” or, “I must be helpful”. Share some of your core beliefs with each other.

**Boundaries**

How do you manage the boundaries and the contracting in your relationship?

Is there any part of the process you might find difficult or avoid (e.g cancellation policy)?

Has it changed over time and in what ways? We believe much learning happens on the boundaries and through ruptures. What has been your experience?

**Safety and Challenge**

We believe that good supervision embodies safety and challenge and that each supports the other. How do you think that safety is created in your relationship? Can you think of an example of a challenge which might have deepened the relationship?

**Power and Deference**

How is this operating in your relationship? What leads you to move towards each other and what leads you to defer or retreat? How easy is it to talk about what is going on between you and use this as a resource for the work with clients? (a way into this is for each person to write down what I can’t say in this relationship is….. and I can’t say it because…. and choose how much of that to share).

**Difference**

How is difference handled in your relationship and how much is it available for comment?

**The Wider System**

How are other stakeholders and ghosts in the system brought into the room?

**Use of Self**

How confident do you feel in using yourself as data? Is the concept of parallel process used in your work?

**Vision**

It is a year hence. Imagine you have both made changes to deepen and develop your relationship. In what ways did you contribute?

**Final Reflection**

Consider how this conversation you have just had contributes to your work and your work with your clients.