***Education staff Guide to***

Reflective Practice Support

What is it? You and your colleagues have been invited to attend a group Reflective Practice Support session. Reflective Practice Support is a space to discuss any emotional wellbeing concerns which you have about your learners with a MindMate Support Team practitioner. The session provides a reflective space to find solutions together and consider the emotional impact of the work you are doing. Reflective Practice Support complements the support you are already receiving and is not the same as, nor should it replace existing, supervision.

Who is it for? Reflective Practice Support is for any staff member in your educational setting who has direct interactions with young people and learners.

What happens in a Reflective Practice Support session? This sessions will be facilitated by a MindMate Support Team Practitioner initially however, discussions, suggestions and comments from the group will be encouraged. Each group member will be invited to bring any concerns or questions, and time will be allocated to ensure each is addressed. Anonymous feedback on the session will be collected at the end.

* **The young person will not be present for these sessions.**
* **The discussions will be confidential unless there are concerns about yours or a young persons safety.**