



Reflective Safeguarding Supervision

With June Brade

What is Reflective Supervision?

Reflective supervision gives Designated Safeguarding Leads protected time to step back and reflect on their practice in a safe, confidential space, whether that's in a one-to-one setting or as part of a group.

It supports clearer thinking and professional judgement, while also recognising the emotional demands of the role. By providing space to process experiences, it helps strengthen wellbeing and build resilience over time.

It's not about being assessed or managed, but about supporting you to think, process and sustain yourself in a complex role.

Who is it for?

Designated Safeguarding Leads

Family Support Workers

Safeguarding Teams

Senior Leadership

Who is June?

June is an experienced therapist with over 15 years in practice, specialising in anxiety and stress. She has 9 years' experience working in the education sector, supporting individuals and groups.

Her qualifications include NLP Practitioner, Coach (ABNLP), Psychotherapist, Clinical Hypnotherapist, and accredited Mindfulness Teacher.

