

Understanding Past and Current Supervisory and Mentored Relationships

MOVING FORWARD WITH PURPOSE REQUIRES REFLECTION

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“A GREAT SUPERVISOR CAN SERVE AS A MODEL FOR FUTURE GREAT SUPERVISORS AND, UNFORTUNATELY, AN INEFFECTIVE SUPERVISOR CAN SERVE AS A MODEL FOR FUTURE INEFFECTIVE SUPERVISORS.”

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Reflecting on past supervisory relationships allows you to:

1. Be an active participant in your own learning
2. Have increased gratitude for your “influencers”
3. Have an increased understanding of the models you’ve observed
4. Identify examples and non-examples
5. Identify your professional development needs and new areas of interest

Reflection allows us to purposefully cultivate helpful repertoires and prune unhelpful repertoires acquired from our supervisors.

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abatechnologies.com/products/building-and-sustaining-effective-relationships

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