

Bravely Mindful Working Course

Intervision Guide

Thanks for joining our Mindful Working Online Course! In order to deepen learnings, encourage knowledge exchange and promote continuous growth and connection, we have provided this Intervision guide.

It is meant to be used with the participants of the Mindful Working course during the duration of the course.

Intervision is a form of knowledge development in a small group of professionals, managers, or other peers who share a common challenge or problem. Professionals and colleagues can consult the expertise of others to help them gain valuable new insights.

Practical steps:

- Intervision during the Mindful Working Online Course can best take place on a weekly basis when the online modules of that week have been completed by all participants (so in total 4-5 intervion sessions).
- It can make sense to plan the intervion closer to the end of the week so participants have time to complete the online module and assignments
- We advise to create intervion groups before the start of the course; participants will remain in these groups for the duration of the course to increase safety and openness
- The ideal group size consists of about 4-6 participants
- Ideally, start the intervion cycle with the Week 0: Preparation intervion to prepare participants for the course
- It can be useful to block placeholders in all participants' calendars before the start of the course to ensure their availability for intervion sessions
- The duration of an intervion session is about 1 hour at a time
- An intervion leader is appointed (can be the same, or a different person every time) who keeps an eye on the time and an occasional small task (keep a list etc, as described in the individual intervion guides per week)
- This intervion guide can be used as a starting point, however own initiative is certainly to be encouraged



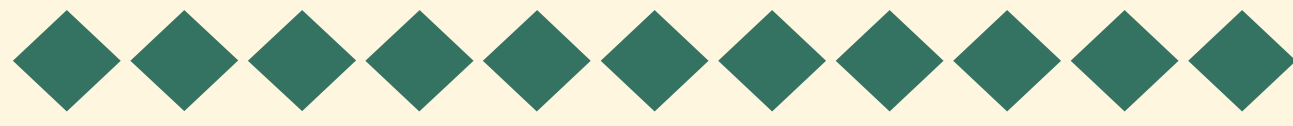
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How does an intervision work?

- The intervision guides provided for the Mindful Working Intervisions differ from a general intervision session in that they provide clear tasks, questions and themes in line with the modules. Therefore, no intervision experience and knowledge is required to get the most out of it.
- Every intervision session provides a step by step guide with time indications to get the most out of the 1 hour intervision session
- The intervision groups agree to confidentiality. Whatever is discussed in the group remains confidential amongst the participants. We advise that If there is ever anything a participant needs to share or discuss that they cannot resolve or discuss within their own intervision group, to get in touch with us. As Psychologists, we uphold our Ethical Code and they can come to us in confidence. We will together seek a solution from that point on.



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