



Bravely Mindful Working Course

Intervision Guide

Intervision session week 0: A preparation intervision

- Goal: Connect to the other participants of the intervision group and get you ready for the start of the Mindful Working Course next week
- Duration: About 1 hour
- What you need:
 - Your full attention
 - An intervision leader (somebody willing to keep track of the time for today's session)
 - Pen and a notebook you will be using during the entire Mindful Working Course
 - This intervision guide
 - Agreement to respect and confidentiality: whatever is discussed during the intervision with your intervision group remains confidential



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Intervision session week 0: A preparation intervention

Welcome to your first Mindful Working Intervision session!

Let's get started! These are some important points for all intervention sessions these next weeks:

- Please make sure you're all on time
- Reserve this time to focus, don't plan meetings, calls etc during this time
- Make sure you're in a quiet, calm spot
- Mute/turn off distractions such as slack, email, your phone etc.
- One of you will be the Intervision leader (decide on who that is) today - all you need to focus on is keeping an eye on the time and an occasional task as described in the guide. It can be useful to try and stick roughly to the times per step, but don't get too hung up on it. It can be nice to rotate the role of Intervision leader - we leave it up to you guys to determine what works for you
- Stay respectful and curious in your attitude
- Confidentiality: whatever is discussed during the intervention with your intervention group remains confidential. This allows you to speak freely. If there is ever anything you need to share or discuss that you cannot resolve or discuss within your own intervention group, please feel free to get in touch with us: hello@meetbravely.co

As Psychologists, we uphold our Ethical Code and you can come to us in confidence. We will together seek a solution from that point on.



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Now let's get going, step by step:

Optional: Get to know each other (5-10 mins).

If you haven't all met each other before, take a few minutes to introduce yourself. You can skip this step if you're well acquainted with each other. Otherwise, answer these questions about yourself:

- Tell something about your role in the company
- Share three things that make you smile
- Tell something about yourself nobody in this group knows yet

Step 1 (10 mins).

What's your inner weather?

All participants take a few minutes to check in and tell the others about their 'inner weather' today. How are you feeling today; right now? Is anything holding you back from fully being here? Is there anything you'd like to share before we get started?

Step 2 (10 mins).

What do you expect from these intervision sessions?

Everybody takes 1 minute to write down keywords of what they expect from these sessions. Share them with the group and discuss.



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Step 3 (20-25 mins).

What do you need as a group to make these intervisions as useful, interesting & successful as possible?

The Intervision leader keeps a list of all ideas which will then be shared with the participants of this intervision group.

Step 4 (15 mins).

Baseline Mindful Working

How do you score on these statements when you think back to the last two weeks? Score on a scale of 1-10, 1 being the lowest and 10 the highest score. Note these in your notebook. They will provide you with a baseline of some of the intended learnings for the Mindful Working Course.

1. I feel confident in handling the stress of day to day challenges and difficult situations
2. Overall, I feel calm and balanced
3. I feel motivated to get up in the morning and start my day
4. I know my role in the company
5. I know how stress works and how I can reduce my negative stress
6. I feel energized
7. I am clear about my values in life
8. I know when and how to set boundaries to protect my balance and energy levels
9. I feel confident setting realistic and attainable goals
10. I have the skills to communicate efficiently with others, also in difficult situations

Share some of your thoughts about the current base line with the others in the group.



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