

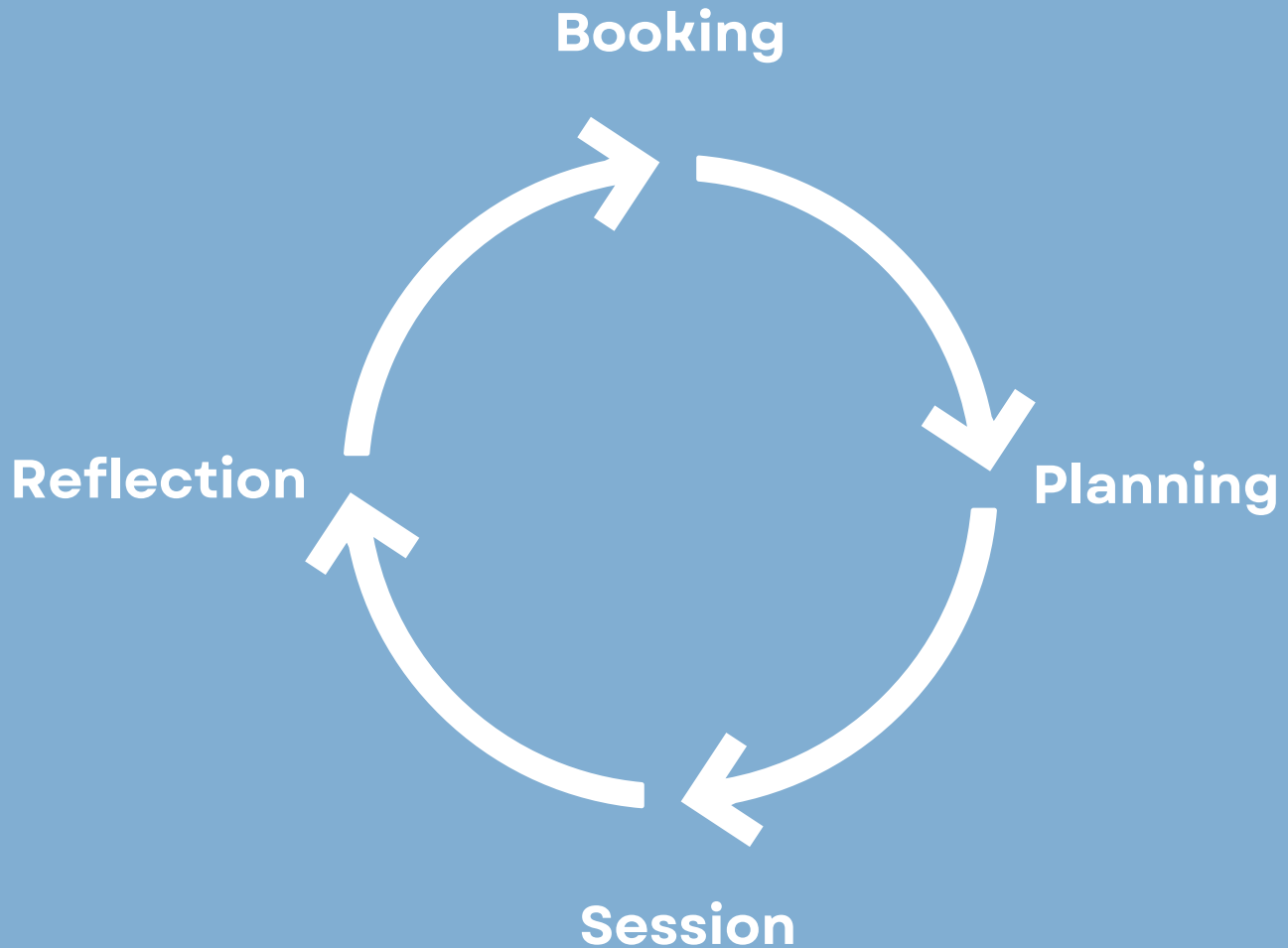
CYCLICAL SUPERVISION

A reflective resource for space holders



@womb_wisdom

Reflective cycle



This resource is intended to be used before and after sessions as a tool to help you prepare and debrief.

The prompts have been designed to help you reflect on your practice, nurture yourself and grow as a space holder.

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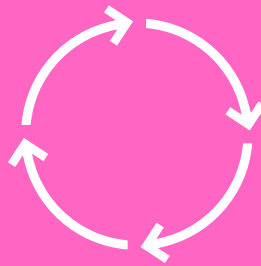
Post-session reflection

1 - What went well?

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2 - What could have been improved?

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3 - What needs to happen next?

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4- Did you use your cyclical superpowers?

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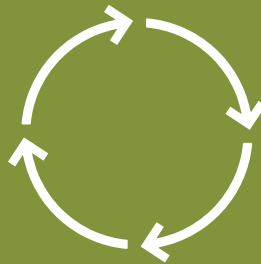
Post-session reflection

5 - Did any of your cyclical shadows arise?

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6 - What did you learn about yourself?

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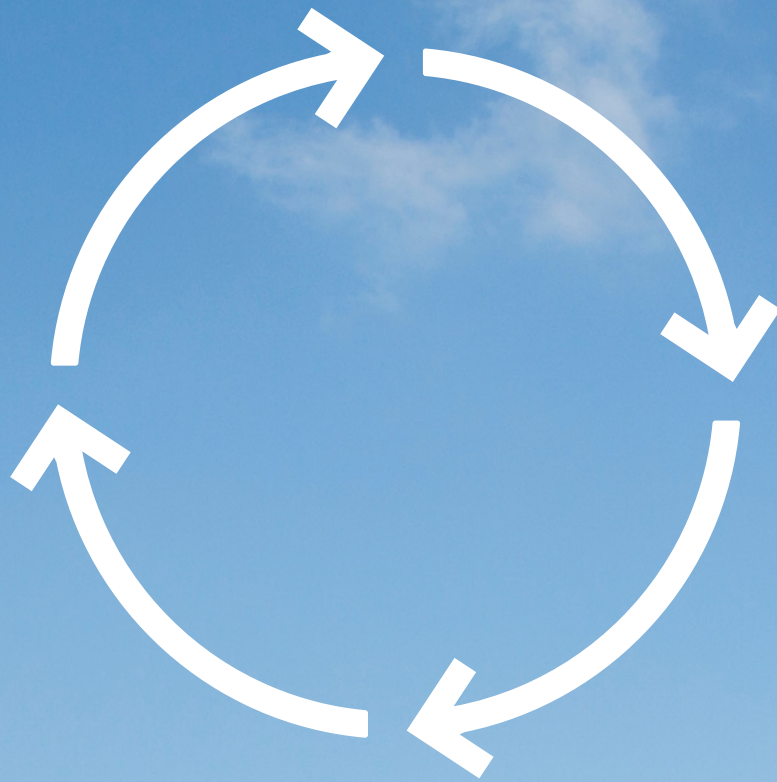
7 - What did you learn about your client?

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8 - What self care can you sink into post session?

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For more information about cyclical
supervision visit
www.wombwisdom.uk



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