

Unlock your potential: coaching and supervision services



Investing in quality supervision or career coaching can transform your professional journey—whether you're launching a new career, re-energizing mid-career growth, or seeking to elevate your expertise. At Positive Solutions, our external coaching and supervision services offer a range of benefits tailored to individual professionals:

- **Boost your confidence:** Cultivate self-assurance in your abilities and decision-making.
- **Clarify skills and competencies:** Identify and articulate your unique strengths.
- **Mitigate burnout risks:** Address compassion fatigue and vicarious trauma proactively.
- **Enhance professional development:** Focus on Continuous Professional Development (CPD) and strategic career planning.
- **Confidential reflection space:** discuss ethical dilemmas in a safe, supportive environment.
- **Assess training needs:** Identify opportunities for growth and development.

Professional supervision or coaching

Coaching and supervision both provide essential support for professionals seeking to enhance their practice and well-being. Coaching is typically goal-oriented, empowering you to develop your own action plans. In contrast, supervision offers collaborative action planning, often centred on specific casework and professional themes. Both services prioritise confidentiality, ensuring a safe space for open discussions. Supervision may also leverage the supervisor's expertise, offering valuable insights.

Further information

For further information or to make a confidential appointment, contact Positive Solutions:

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Our offices are located in Hobart, Launceston, Burnie and Devonport. Attendance by telephone or online can be organised if required.

Positive Solutions' Supervisors facilitate a professional partnership, helping you reflect on your work practices, professional identity, values, work-life balance, and aspirations. Importantly, supervision is not counselling; we can connect you with appropriate services if needed.

Supervision sessions can be conducted statewide via Teams, phone, onsite (your office/workplace), or at our offices, ensuring flexibility to fit your needs.

Why choose Positive Solutions?

As a Tasmanian not-for-profit since 1991, Positive Solutions provides high-quality services to individuals and organisation. Our qualified, accredited supervision team boasts extensive industry experience across government, non-profit, and private sectors. We offer tailored workplace support packages and services, including Employee Assistance Programs (EAP), training, and workplace mediation.

Discover the right fit for your journey with our expert coaching and supervision services. Together, let's unlock your potential and achieve your professional goals!

Other services

Positive Solutions offers a number of other services, including:

- Family Dispute Resolution (Family Mediation)
- Private individual and couples counselling
- GP referred Mental Health Care Plans
- Community and workplace mediation
- Workers Compensation Counselling

