Description of Task: There are two parts to this reflective essay: 1) Reflect on your own practice as a supervisor, critically evaluating the usefulness of at least three of the mechanisms referred to by Thompson and Thompson (2008). You will demonstrate that you assessed the situation, made a decision about the nature and purpose of the required intervention or interaction, selected a mechanism, and evaluated its usefulness (1500) 2. Write a critical reflection (1500) examining some of the following areas. Consider which are most relevant to your experience as a supervisor. 1 The aims and objectives of the supervision relationship. 2 The role of reflective practice in CPD and professional supervision. 3 Challenges and areas of difficulty in supervision and you overcame these. 4 Organisational issues that act as barriers or incentives for learning through supervision. 5 Supervision techniques. 6 Evidence of your own planning, assessment and decision-making during your supervision practice. 7 The link between supervision, reflexivity and safeguarding young people. 8 The link between supervision, reflexivity and anti-oppressive practice. The workbook should be written in the first person. You are not required to give an introduction and conclusion. You are required to link to the National Occupational standards for Youth work (LSIS, 2012) You should include relevant theoretical ideas. You are required to evidence a minimum of three supervision sessions that they have facilitated (as an appendix). These must be anonymised