

I outline two examples and my NeuroSupervision-three-phase approach here, which I will gladly explain in depth at a first meeting.

It is seldom that we ourselves are able to analyze our own actions adequately. We – in business or privately – usually keep following our own known patterns. If they are no longer successful, we often notice that too belatedly. The result? Wrong decisions – often enough with drastic consequences for affected individuals and/or groups.

A while ago, a very dedicated geriatric nurse asked me for support. He loved his profession, especially forfeiting his free time to those who were rarely visited. He had recently spent up to 70 hours weekly (as he said:) "... on the job. That's just the way I am – I'm just fulfilling my calling." He smiled with sad helplessness. The consequence: he hardly had time anymore for his friends and hobbies. The man hardly took any time for his friends and hobbies, and it became increasingly difficult for him to switch off after his job. Instead he would "pore over how to become more effective". His will to help was immense and so he didn't realize that this was only possible if he himself was balanced and healthy. The geriatric nurse suffered from burnout – and could not help anyone for quite a while.

A lawyer, set on becoming partner in a top law office, had a somewhat similar situation: She, very capable, won one complicated case after another. Due to her long-term goal, she accepted a super-heavy load, which also made for many billable hours. The pressure grew and she had less time for each task. Suddenly she was confronted with the fact that one of her defense strategies failed: lack of focus had caused her to muddle two similar cases. The client was found guilty – definitely her fault.

Not all occasions for supervision are so dramatic. Nevertheless, regaining an overview (*super-vision*) remains a life-long project. In SYSTEMICSTTM NeuroSupervision, you and I develop successful strategies, which are geared to your specific situation and which will improve and secure the quality of your performance over the short and long term. Thereafter, you yourself invest only 3-5(!) minutes daily.

How will we approach this? My solution consists of three phases:

1: Introduction

- A preliminary, open conversation allows a first impression of the life you lead and the goals you have. You and I will determine the individual, social and professional interests involved.
- We will close in on whatever triggered your question and/or crisis.

2: Supervision (abbreviated version)

- We will meet 12-15 times @ roughly 2 hours each incl. a final report.
- In the first third, we will analyze and understand your solution capabilities, especially when you are under pressure.
- In the second, we will concentrate on bringing them up to par.
- In the third third, they will become your automatic response.
- Together we will develop a checklist that supports automation and which you will consult regularly.

3: Securing Results

- In a final meeting, you will instruct me as to how to implement the checklist and will agree to use it yourself regularly.
- We will discuss the possibility of optional updates.
- If appropriate, qualification as an in-house supervisor is possible.

Individually or in small groups, we identify strengths, optimize processes and offer neuropsychological advice. These guarantee you permanent security for action even in difficult times by learning to adjust your feelings and your thought patterns to your goals. You yourself need to invest only three to five (3-5!) minutes daily.