

# REFLECTIONS ON BECOMING AND BEING A RELATIONAL SUPERVISOR AND SUPERVISEE

– FIONA ADAMSON



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# About Fiona Adamson

Now in my mid seventies, I realise that I have not only been a lifetime learner but also come to know, accept, and love myself as a person with flaws as well as strengths. I grew up in a turbulent family in postwar England. I love being in the personal and professional development field. I have been supervising since the 70's so have lived through the development of supervision, the many changes in how it is conceived and practiced by the different professions who acknowledge its value.



I love living with my partner of 30 years, being out in nature, sculpting with clay, stone, and plaster, painting a little, love French films and cooking. I worked with my partner on her book on Neurosomatics in relation to chronic illness, and am currently writing a book about relational supervision, reluctant to retire just yet.



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