

SUPER-VISION

integrating regenerative, somatic and trauma-informed principles into your work and leadership.

www.megberryman.com

ABOUT

Super-vision is a one-one support space where I can help you integrate regenerative and somatic wisdom into your work - with clients, as a business owner, within teams, as a leader/manager or in your project or organisational work.

Unlike traditional supervision, this is not based on hierarchy. It is a safe, reflective space where you will be supported to take a decolonized, regenerative and trauma-informed approach to your work in the world. In this space, I support your regeneration, so you can seed regeneration through your own in the world. ,

HOW IT WORKS

You bring a question or current challenge to each session and together we unpack the root causes using regenerative, somatic and trauma-informed principles. We tend to any tender parts within using somatic coaching practice before establishing practical ways to move ahead that support regeneration on the inside and out.

Challenges or questions may be relational (e.g. a client is bringing up some old hurts), strategic (e.g. how do I prioritise workload), practical (e.g. how can I structure a talk or presentation, marketing-based (e.g. what is the best way to communicate a message?), self reflective (e.g. am I best using my strengths?) or philosophical (e.g. what does decolonizing and regeneration look like in my business).

BENEFITS

1. Prevent and recover from burnout

the aim is to help you find more stasis and to better respond to stressors so you can do your great work in the world without burning out.

2. Express your gifts authentically

Through our work together I will identify your strengths and gifts and help you find ways to express them in your work and life. The result? Enhanced confidence and self esteem.

3. Foster regeneration

ultimately through our work together you will feel more confident challenging systems of oppression in your work and leadership and seeding regenerative ways that benefit all of us.



AT A GLANCE

BEST FOR

- therapists and social workers
- socially conscious individuals
- regenerative business owners (service or product-based)
- neurodivergent folks

COMMITMENT

- 3 months of fortnightly 60 minute coaching calls

COST

- AUD 360 per month x. 3 months
- or once off payment of AUD 1000

APPLY NOW



MEG BERRYMAN

Regenerative Ways

neurodivergent author, activist, mother, trauma-informed facilitator, equine international experiencing professional, somatic coach, yoga and mindfulness teacher, consultant.