

Helen Astill ASK (Dip), IEB (Dip), ITEC (Dip), IIHHT (Dip& Cert)



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SUPERVISORY/MENTOR/ADVISOR SERVICE



I am offering my services as a Supervisor/Mentor/Advisor to Kinesiologists whether at Foundation or Certificate/Diploma level.

What Are The Benefits Of Supervision?

Many healthcare professionals have regular Supervision, which enables them to gain confidence and experience whilst working with their clients and building their business.

It gives a chance for practitioners to go through with a Supervisor who has relevant client and business experience, any issues that they need guidance on with case histories and the business side of running their clinic.

Having regular Supervision can be a selling point for you, because I have been approved by ASK to be a Supervisor, you will be able to state that you have regular Supervision on your website and literature. Clearly stating this on your PR material gives your clients the confidence that you are regularly getting support and guidance in the work that you do.

My Experience

I feel I am well trained, having attained the ASK Diplomate (Dip. ASK) practitioner level in kinesiology. I trained and qualified with the School of Advanced Kinesiology (SAK). I have 15 years experience of working with clients (15 years complementary therapy clients; 11 years kinesiology clients) both in clinics and from home. My father: Christopher Astill-Smith D.O., DIBAK of Epigenetics Ltd and step mother: Alison Astill-Smith D.O., DIBAK of Metabolics Ltd are both qualified in Osteopathy and Applied Kinesiology. My mother when she was alive, was a Craniosacral Therapist, Reflexologist, Remedial Masseuse and I have therefore been very fortunate to have had the benefit of experiencing all these therapies throughout most of my life.

What I Am Offering You:

As a Supervisor/Mentor/Advisor I will offer a Kinesiologist support and guidance with client case histories and running a business. With the aim of helping to improve the Kinesiologist's personal confidence and success with working with clients and building their business.

Meeting sessions will be done over the phone or via Skype for an hour at a time.

How Does It Work?

I would offer two bands of support to choose from:

- A Supervisory session that would be requested by the Kinesiologist as and when at any point they feel they need support. This would be charged at my hourly rate.
- A block of 4 supervisory sessions over a year, one every 3 months, to keep the momentum of support going throughout the 12 months. This would be charged as a discounted block fee.

My Role As Your Supervisor/Mentor Will Also Entail:

1. Personal availability
2. Record-keeping
3. Confidentiality
4. Awareness of limitations in knowledge
5. Being ethically astute and upholding professionalism, working within the ASK Code of Ethics and Practice.

I Will Make Sure I Am:

1. Available: open, receptive and trusting
2. Accessible: easy to approach and speak freely with
3. Able: having real knowledge and skills to transmit to the supervisee
4. Affable: pleasant, friendly and reassuring.

Testimonial

"After just two supervision sessions with Helen, already her support is showing great benefit in the way I work. She has a very clear and insightful approach, backed by her significant experience both working as a practitioner and as a patient herself using many different healing modalities. The support received has helped me feel more confident, especially with more challenging clients and when working with less familiar health issues. It has also helped me to focus my business, prioritise and really value my time. I have clear goals now and more tools to help me achieve those goals. With Helen's support I am feeling much more positive and motivated to take my business to the next level." Catherine Bowen (cert. ASK)



For further information on fees or any other questions you may have, please do not hesitate to contact me.

Kindest regards

Helen Astill