

# Lifestaging® - a supervision format from an artistic and narrative metaphor

Supervision is seen as a *separate topic*, as its own topic. Knowledge and experience in *the art of supervision* is thus in focus in this book.

Lifestaging® is a format that gives attention to information beyond words and is also counting on personal experience. Both the group, as well as the single group member, becomes richer and bolder in using the format.

The overall aim of Lifestaging® is to let go of psychological language and explanations, dominant knowing and thin inscriptions but activate a more emotional and playful atmosphere where metaphors and poetry can emerge to vitalize and heal.

Lifestaging® wants to contribute to develop professional skills by freeing and vitalize the supervisee (professional), the supervisor and the group. Activate slumbering skills, knowledge, feelings and thoughts in each participant, to awake the courage to express oneself even more.

The format focuses on improvisation skills, resonance, courage and trust. In believing these are professional qualities that are important for good meetings and in helping people deal with their dilemmas.

The format is about *knowledge-in-the-making*. It can't be repeated and it cannot be generalized. It can only "be" here-and-now. Lifestaging® is about taking action and learn from the embodied and contextual experience that has occurred, in ways that are helpful for the supervisee.

The format focuses on *connection*, according to the idea that *connection is solution*<sup>1</sup>. Unless we feel connected we will have difficulties to live a good life and deal successfully with the upcoming dilemmas of life.

The professional's (and supervisors) most important talents, as I see it, is thus about getting to and maintaining a good working relationship, a relationship of trust that gives one hope that together you will come up with something helpful.

Due to my thinking of important professional skills I believe development can come about by extensive training in courage and creativity. Focus and opportunities to train these qualities are therefore offered in this supervision format.

The *richer* we become as professionals, in the sense of seeing, hearing and meeting different people and problems and use more of ourselves, the better we will be in improvising and adapt our approach based on each unique context.

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<sup>1</sup> *Connection is solution*® (Elisabet Wollsen 2011)

The supervisor has an important role and the responsibility to sculpture and push the participant into an empowering and creative, non-prejudicial mode of dialogue. Further, to create a trustful context where nothing is either right or wrong, where all outcomes of the session are respected, all voices are heard and all participants are involved in the way they want.

Lifestaging® can better be described as a *performance* being a production of stories created together by the activities and experiences we share. Thereby this supervision format can be seen as *a piece of art*.

The *performance metaphor* will assist us to travel in a language and in metaphors of *art* rather than in a language and metaphors of technique, methods and problem solving.

Lifestaging® is a dance, a system in movement, both as action and in that it moves away from dominant ideas and taken-for-granted knowing and travels in a way that will move the participants, physically, mentally and emotionally.

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