



# Slower Deeper Wiser

Professional Supervision and Mentoring

## MY STORY

I began receiving pastoral supervision in 2009 and it has had a significant impact on my ability not to just stay in ministry, but to grow, learn, and flourish over these last two decades serving others. It had such a positive impact on me that in 2017, I opened my private practice ~ Slower Deeper Wiser ~ in Professional Pastoral Supervision, mentoring, and consultancy. I currently serve 14+ Christian organisations/Denominations and have over 900+ hours as a supervisor, and am an Accredited Supervisor with AAOS.

I originally trained as a Registered Nurse, which has been a terrific gift in ministry - nothing shocks you! and it allowed me to develop a great empathy and understanding of people from all walks of life, often in their most vulnerable moments. In 2004 I went to Sydney Missionary and Bible College and started my ministry journey. I've served as a full-time ministry worker in parish, in a Denominational ministry as a professional standards manager, and then in pastoral ministry again as a pastoral consultant (PT) alongside my private practice. I am deeply passionate and invested in the ongoing spiritual formation of myself and the people I serve, as I believe that this is foundational to their ministry, and underpins all of my practice.

## MY STYLE OF SUPERVISION

Is a warm, professional, person-centred approach with a deep listening and reflection focus. This focus informs the who, what, when, why, and how of the transformation that we seek in every session, no matter how small. Whilst supervision is predominantly a talking space, I like to explore what each person brings to supervision with a variety of tools I've collected and developed over the years. This is often supplemented with resources and opportunities to continue your reflection and further learning post-session.

## MY QUALIFICATIONS

Graduate Certificate Theology | Mentoring Equipping Certificate | Graduate Certificate Professional Supervision (Pastoral/Clinical) | Bachelor of Theology | Graduate Diploma of Nursing (Community Nursing) Diploma of Health Science (Nursing)

If you'd like to find out more about me, please head over to my website:

[www.slowerdeeperwiser.com](http://www.slowerdeeperwiser.com)

Lynette Cain

Professional Supervisor | Professional Mentor | Trainer | MBTI Certified | EQi 2.0 Certified

