

Co Reflection Tracker for Certified Peer Support and Wellness Specialists

The Nebraska Office of Consumer Affairs recommends that Certified Peer Support and Wellness Specialists participate in quarterly co-reflection (*formerly known as co-supervision*). Co-reflection is an opportunity to discuss what is working well within your role as a Peer Support Specialist and ways to continue developing as a professional. With co-reflection you are able to stay connected with others across the state, stay in touch with training facilitators, refresh training skills, and stay informed about all things peer support.

For your personal convenience, please use this call tracker to maintain hours for your *personal* records.

Date and Quarter	Call Moderator	Notes

