

Connect • Develop • Thrive

Learning Outcomes

Attendees will have the opportunity to:

1. **Connect and share:** Build connections across SLT career stages and settings, sharing experiences and perspectives of supervision and mentoring as mentor and mentee.
2. **Reflect and develop:** Apply reflective practice and supervision models to support professional development across the four pillars of SLT practice (clinical practice, leadership, education and research).
3. **Support and sustain:** Identify practical approaches to promote wellbeing, psychological safety and sustainable careers, recognising the shared responsibility of mentors, mentees, colleagues and organisations.

Programme

09.00 - 09.30	Registration and refreshments <i>Main Foyer</i>
09:30 - 09.45	Welcome and housekeeping* Dr Emma Gregory, SLT Professional Lead, University of Sheffield & Dr Jo Sandiford, Senior lecturer, Leeds Beckett University
09.45 - 10:15	Exploring the Benefits of Professional/Clinical Supervision Jan Baerselman, Talking Outcomes Director and Specialist Speech & Language Therapist
10:15 - 11.00	Workshop: How to make the most out of supervision for professional growth? Jan Baerselman
11.00 - 11.30	Break and refreshments <i>Main Foyer</i>
11:30 - 12:30	RCSLT perspectives Dr Krystina Stanway, RCSLT Director of Professional Development and Innovation
12.30 - 13.30	Lunch (Bring your own)
13.30 - 15.00	How do you manage your energy in a context that's so stretched? Jennifer McCanna, Leadership coach (McCanna Coaching) <i>Flexible breaks will be integrated into this workshop session</i>
15.00 - 15.30	Reflections and Close Jo Sandiford & Emma Gregory

*All sessions are in The Wave Workroom 1, far end of the ground floor

Speaker Profiles

Jan Baerselman



Biography

Jan is a seasoned SLT who has specialised in supporting children with SLCN in education settings for around 20 years in the NHS followed by 15 years in the independent sector. She has also worked as Clinical Tutor at City St George's and Reading Universities. She spends half her working week providing professional supervision & mentoring to Independent SLTs and specialist school staff.

The other half of her time is dedicated to voluntary, profession-supporting activities such as work for RCSLT, action research, providing workshops & webinars and her podcast series 'SLT Stories' on Spotify. Launched in 2024, SLT Stories are bite-sized, accessible podcasts full of wisdom and inspiration from Jan's career, including heart-warming stories from clients and colleagues in schools. They appeal to SLTs and education staff at all experience levels, both in the public and private sector.

A pioneer in providing innovative practice education experiences for SLT students, and co-founder of the National RCSLT Practice Education CEN, Jan is a key influencer in supporting Independent Practitioners to involve students in their practice to improve what they can offer to clients.

Contact details & Professional Links

- Direct link to SLT Stories podcast: <https://open.spotify.com/show/6rpSPD3JdokHz8XlsaN7H3?si=c2b528ddf1d24fe0>
- Instagram - @SLTStories [Jan Baerselman \(@sltstories\)](#) • [Instagram photos and videos](#)
- Linked In: <https://www.linkedin.com/in/jan-baerselman-a3085b65>
- Website: www.talkingoutcomes.co.uk
- Email: jan@talkingoutcomes.co.uk



Dr Krystina Stanway

Biography

Krystina qualified as a Speech and Language Therapist in 2010 from Manchester Metropolitan University and completed her PhD in 2024. Krystina started working in Adult Learning Disability services but over the years has also worked in Adult Community and Forensic inpatient services. Her clinical work is predominantly complex dysphagia and supporting with risk management and decision-making for those with mental health conditions. Krystina continues to work clinically both in the NHS and as an independent practitioner to ensure that she maintains her clinical skills. Krystina's PhD and subsequent research focused on Teenagers and Young Adults with cancer and supporting legacy work and the role of Speech and Language Therapists in supporting this.

Krystina has worked in senior roles in the NHS supporting AHPs working in physical health, mental health, and secure services to deliver excellent patient care. Krystina started working as the Director of Professional Development and Innovation in March 2026 and is privileged to be leading the profession at this exciting time. Krystina has a particular passion around supporting individuals to reach their potential and developing career pathways in leadership, research, and clinical practice.



Jennifer McCanna

Biography

Jennifer McCanna is a leadership coach of 15 years and counting, working globally with leaders from a variety of sectors: social care, education, charity, corporate and private health, to support them to process the challenges of leading in the modern world. Tricky relationships, career pivots, and creating a work life you can enjoy all feature in her work with individual leaders and their teams. Today she's joining us for a brief journey into energy management - because in Jen's words 'that's what it often comes back to - the wonderful impact we want to have in the world is only possible if we have the energy to deliver it.'

Contact details & Professional Links

If you'd like to connect with Jen before or after the sessions, you can find her on [LinkedIn here](#), on her [website here](#), or tune in to [My Emotional Work Life](#), wherever you listen to favourite podcasts.