

Catherine Mayhew

Professional & Clinical Supervision

For Allied Health Leaders & Professionals



What is Catherine's supervision style?

Catherine is warm and non-judgemental and uses an easy conversational style that enables the supervisee to feel safe to be vulnerable. Supervisees say that Catherine is very relatable because she shares when she's been challenged, how it felt, what she did and what she learned. Catherine's willingness to model how to be open to learning and be human, is very empowering for her supervisees.

Catherine is an experienced professional and clinical supervisor, specialising in guiding allied health leaders and professionals towards personal and professional growth. With a diverse background and a commitment to reflective practice and a growth mindset, Catherine's approach to supervision is characterised by collaboration, honesty, and openness.

She believes in empowering her clients to become the best versions of themselves and her highly collaborative approach allows her to tailor her supervision style to meet the specific needs of each individual.

What are Catherine's core skills and values?

Catherine's key strengths include her open and honest communication, her capacity for humility, and her unwavering commitment to ensuring psychological safety during sessions. Catherine excels in building strong professional supervisory relationships.

Her vast experience equips her to guide and support clients who are in community roles, new to leadership positions, and those who are beginning their journey as supervisors.

As well as bringing a wealth of experience and professionalism, supervisees say that supervision with Catherine can also feel like you're sitting at the dining table with a friend, drinking coffee, both lamenting and solving the problems of the world together.

What is Catherine's Experience?

In her various positions, Catherine has provided group and one-on-one supervision to occupational therapists and professionals from other disciplines. Most recently, Catherine served as a Rural Health Team Program Manager, offering clinical supervision and mentorship to senior clinicians across allied health disciplines.

What is Catherine's professional background?

Catherine has over 15 years of experience, gained predominantly in the public health sector. Her experience spans diverse roles, including working in community health, regional hospitals, and as a clinical lead occupational therapist in metro Melbourne. Currently, she is a Lecturer Occupational Therapy, where she supports workplace learning for OT students.

With a passion for nurturing the growth of others, a commitment to collaboration, and a deep understanding of the unique challenges faced by allied health professionals, Catherine is a dedicated and skilled supervisor who can help individuals reach their full potential.

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BA Health Science (OT), Bachelor Health Science Occupational Therapy, AHPRA, Currently completing Foundations of Learning & Teaching in Higher Education, graduate certificate.

Extensive Supervision training with Michelle Bihary and Leadership Intensive with AIM