

# On Demand RSC

## Reflective Supervision/Consultation

Sessions are scheduled for one hour and available to you during your workday.

*\*On-Demand RSC sessions are limited. As we introduce this new resource, we ask that employees who choose to use On-Demand RSC plan for a **one-time** session during 2025-2026 fiscal year. Thank you for understanding.*

### What is On Demand RSC?

RSC is a reflective and confidential space between you and an outside Reflective Consultant.

It is a space that allows you to slow down and navigate the thoughts, feelings, and interactions experienced within your professional role.

Reflective Consultation is a professional development approach designed to help reduce the risks of burnout and Secondary Traumatic Stress (STS), strengthen reflective capacity, and provide tools and resources to help you succeed in your professional role.

SCAN TO SCHEDULE  
YOUR ON DEMAND  
RSC APPOINTMENT



OR CLICK HERE



### You might consider scheduling if you

- Experienced a critical incident or have been avoidant of processing a critical incident
- Are taking longer to complete day to day tasks due to feeling overwhelmed, unmotivated, or distracted
- Find yourself replaying work-related interactions, events, or situations in your head
- Are experiencing broken sleep due to waking up startled or having nightmares relates to work situations
- Are having difficulty thinking clearly
- Are crying unexpectedly at work
- Are working through a high profile or sensitive case
- Are continuously feeling un-engaged in your work or feeling like you're going through the motions
- Are continuously feeling occupied by work related tasks, cases, or interactions when off-the-clock
- Are being told by peers/supervisors whom you trust that they are worried about you

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