

## **Professional supervision as a developer of leadership**

This qualitative research examines the ways in which professional supervision supports the professional identity of leaders in today's fastchanging working life. It focuses on the reasons for starting professional supervision and the relationship between professional supervision and the development of the leader's professional identity. The study scrutinises the work supervision testimonials of seven leaders and eight work supervisors who provide their services to the leaders. The data were collected by using focused interviews and analysed by thematic qualitative content analysis. The study results indicate that there are several reasons to start the professional supervision for leaders, in particular peer support and opportunities to discuss the loneliness of being a leader. Because of its holistic, dialogical, workfocused, and confidential nature, professional supervision seems to be an effective method for leadership development.