BLOB TREES GROWING TOGETHER

STAFF REFLECTION

CMHW 2022
Reflection is key

Set aside 20 minutes during CMHW 2022 to think about how you can grow as a team in order to support children and young people’s mental health.
What's your number?
LIFT YOUR MOOD WITH SMALL CHANGES

If you or someone you know is looking to improve mental wellbeing search Reach Out Liverpool CAMHS for help and advice.
Think about the tree growing...

What has helped or hindered your group/team from growing?

Do you want your group to grow?

How do you feel when you look at the different stages of the tree growing?

Which stage would you find the easiest/hardest to be a part of?

What do you notice about the different stages of the tree growing?

Which one would you like to be in? Why?

Which Blob do you feel like in your home?

Which Blob do you feel like when you are working?

Which Blob do you think is most like your critical friend in work?
Here is a collection of trees...

Which shaped tree would you prefer? Why?
Which tree looks like your team and why?
Are they different trees or the same?
What do you think that means?
Have you ever thought about changing the way your group/team looks?
What would you be willing to change in order to make that change happen?
What changes would you need to make to your group/team to see it happen?
What do you have that can help the group/team grow?
Our Growth Goals

Our goal is...

The skills we have are...

What skills do we need?

What is needed to support this goal?

What are the potential challenges?

We can overcome this by...
TAG US @MYARAISETTEAM TO SHOW US WHAT YOU ARE DOING!!!