

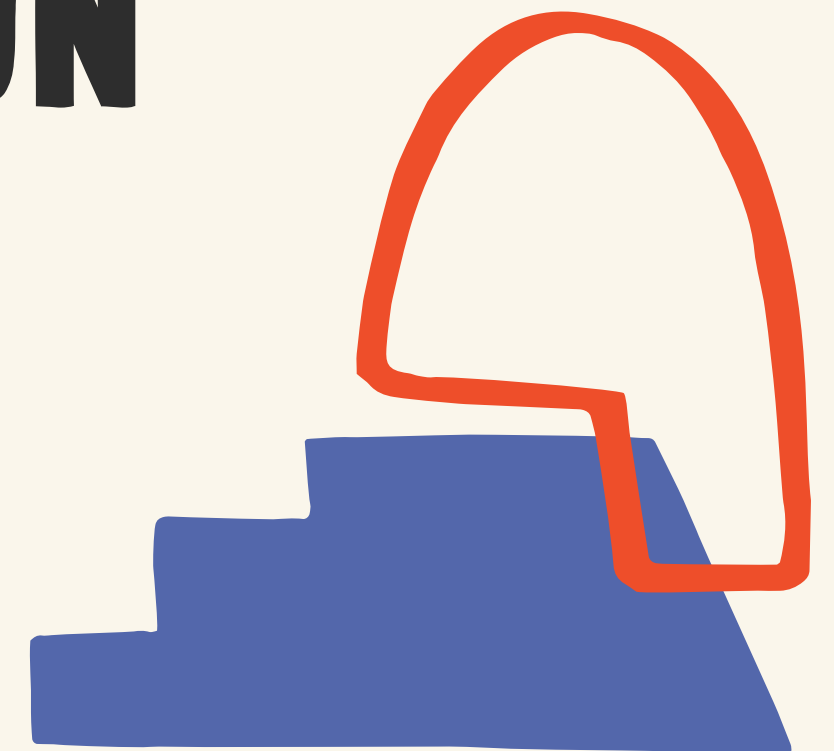
# BLOB TREES

# GROWING

# TOGETHER

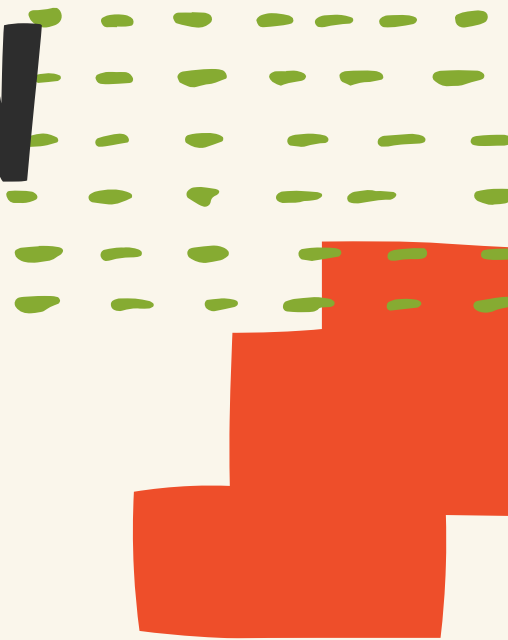
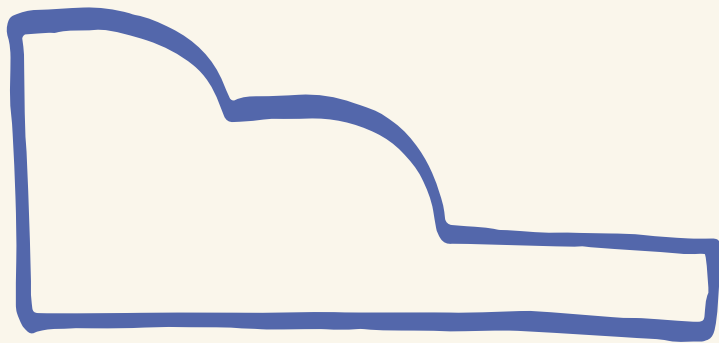
## STAFF REFLECTION

## CMHW 2022

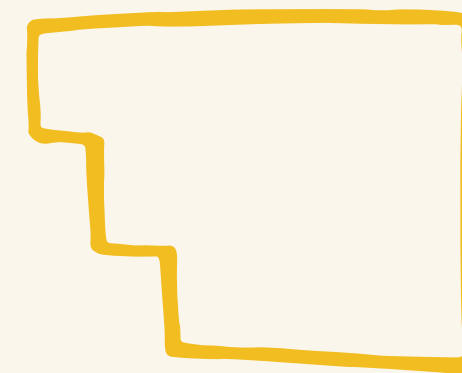
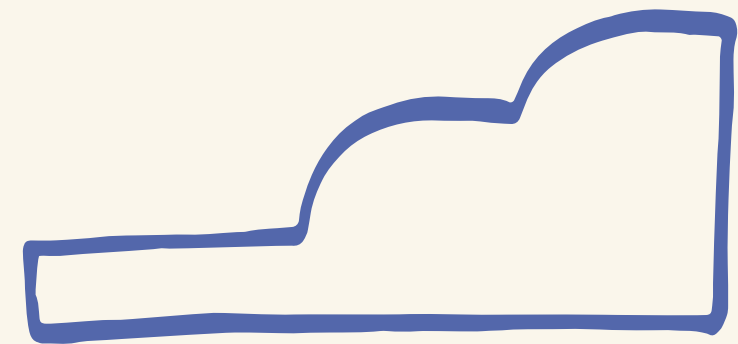
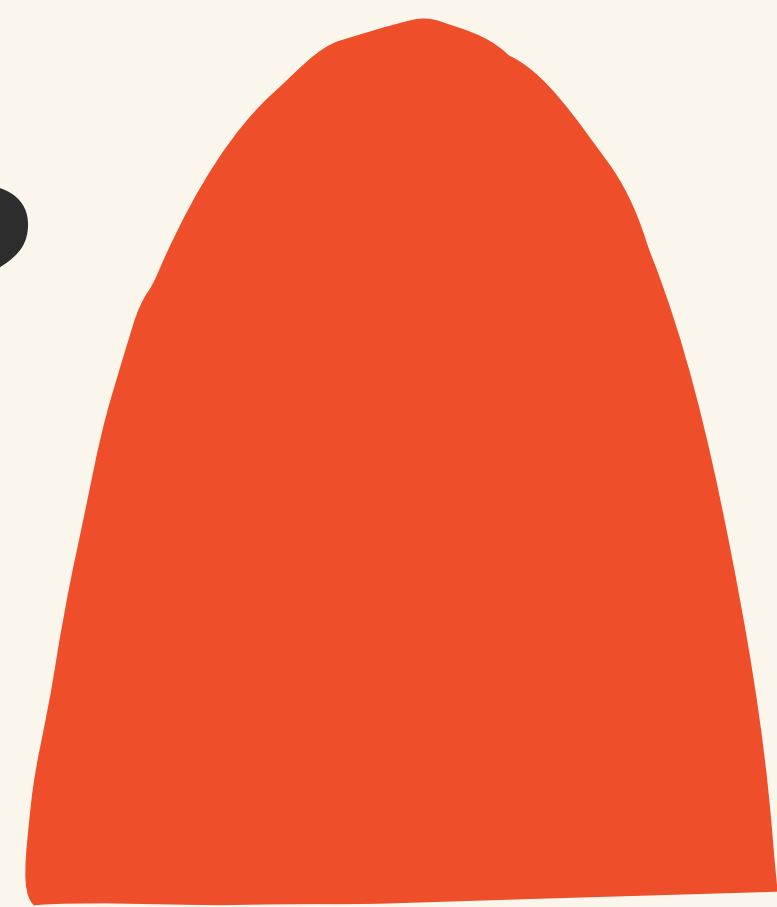
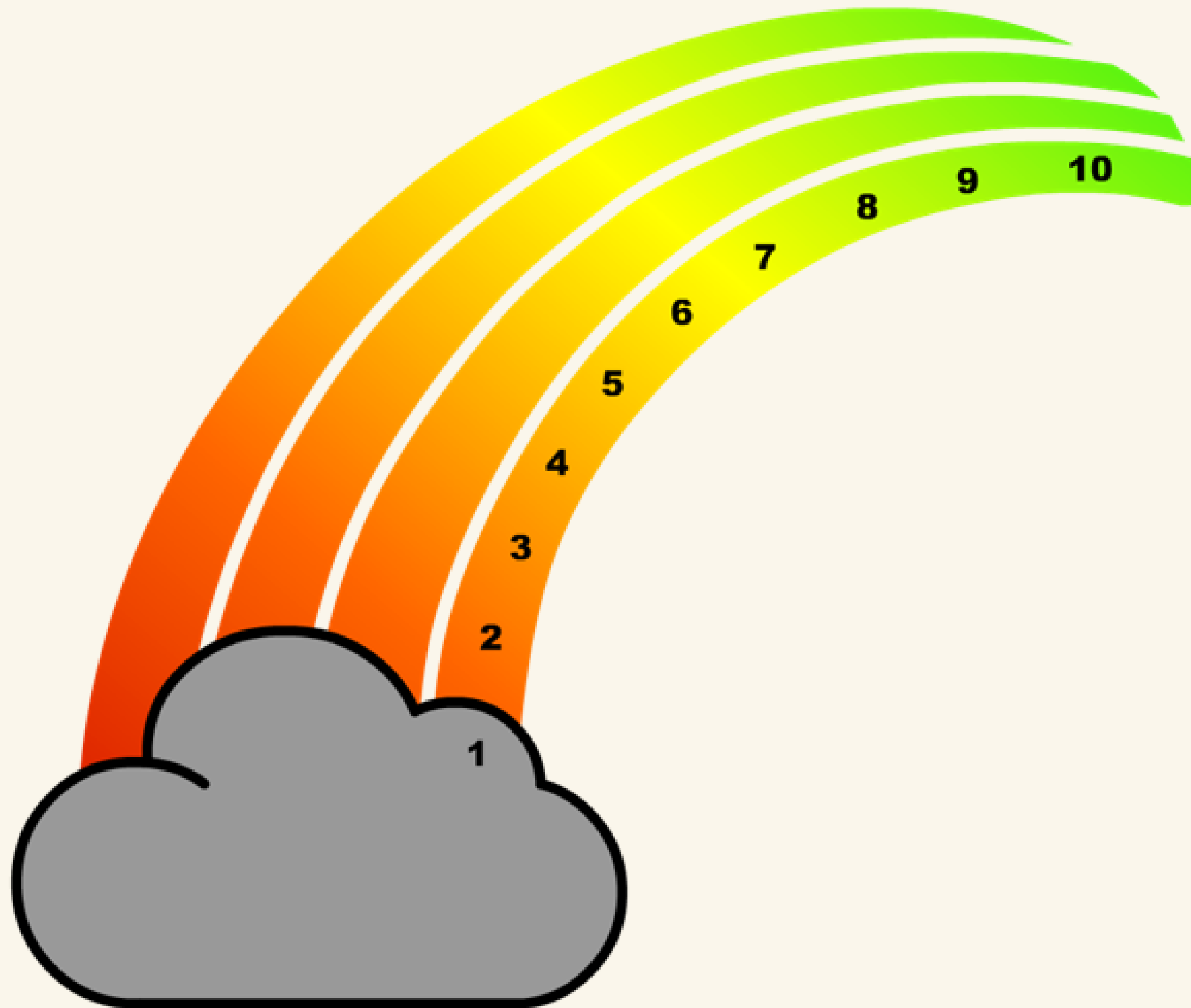


**REFLECTION IS KEY**

**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?



# IF YOU KNOW HOW TO CHANGES WITH SMAYM!



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



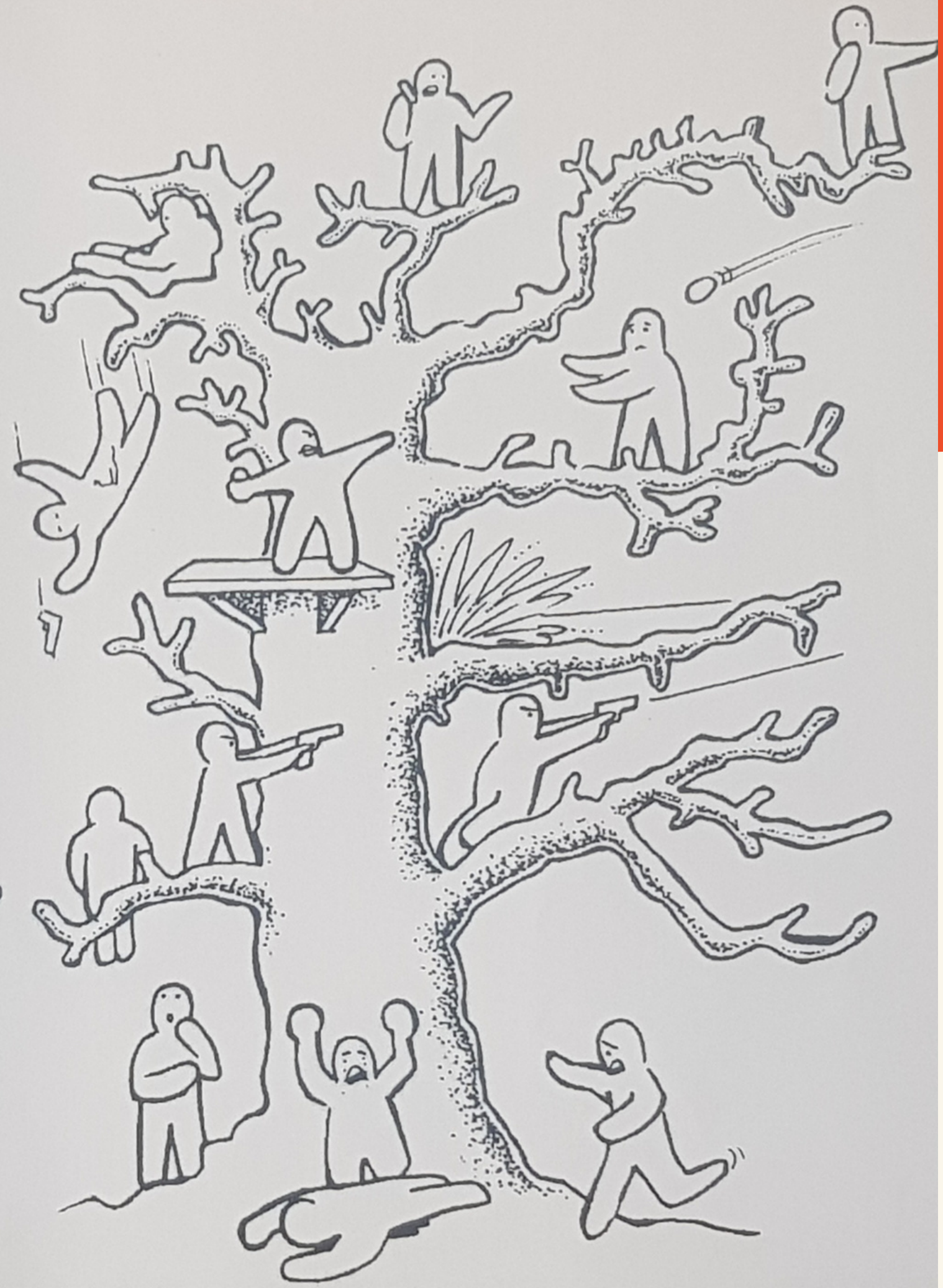
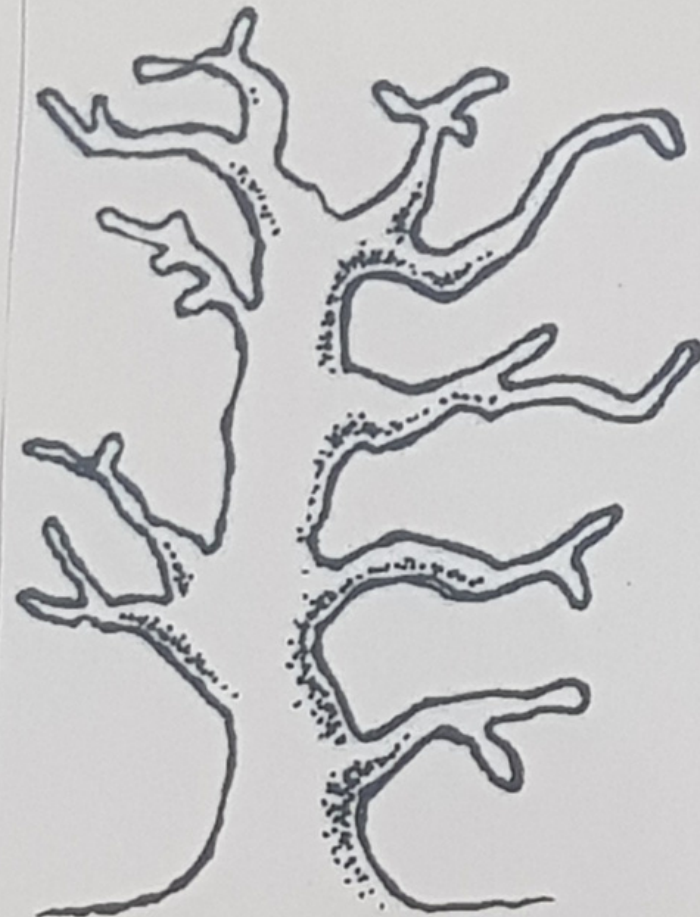
Liverpool  
City Council





# BLOB TREE GROWTH

© IAN LONG + PIP WILSON 2008 [www.blobtree.com](http://www.blobtree.com)





# 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?**

**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?**

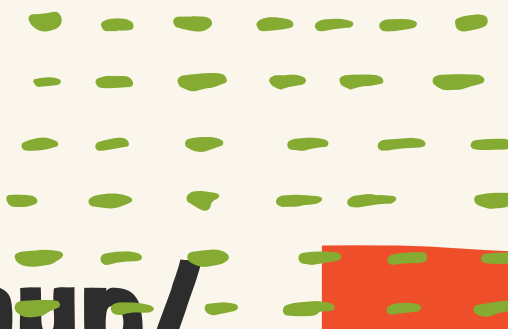
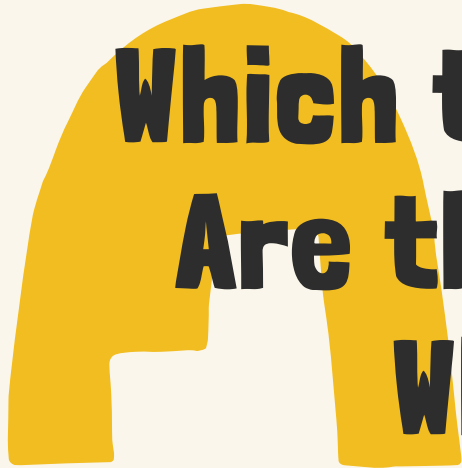
**What do you think that means?**

**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?**

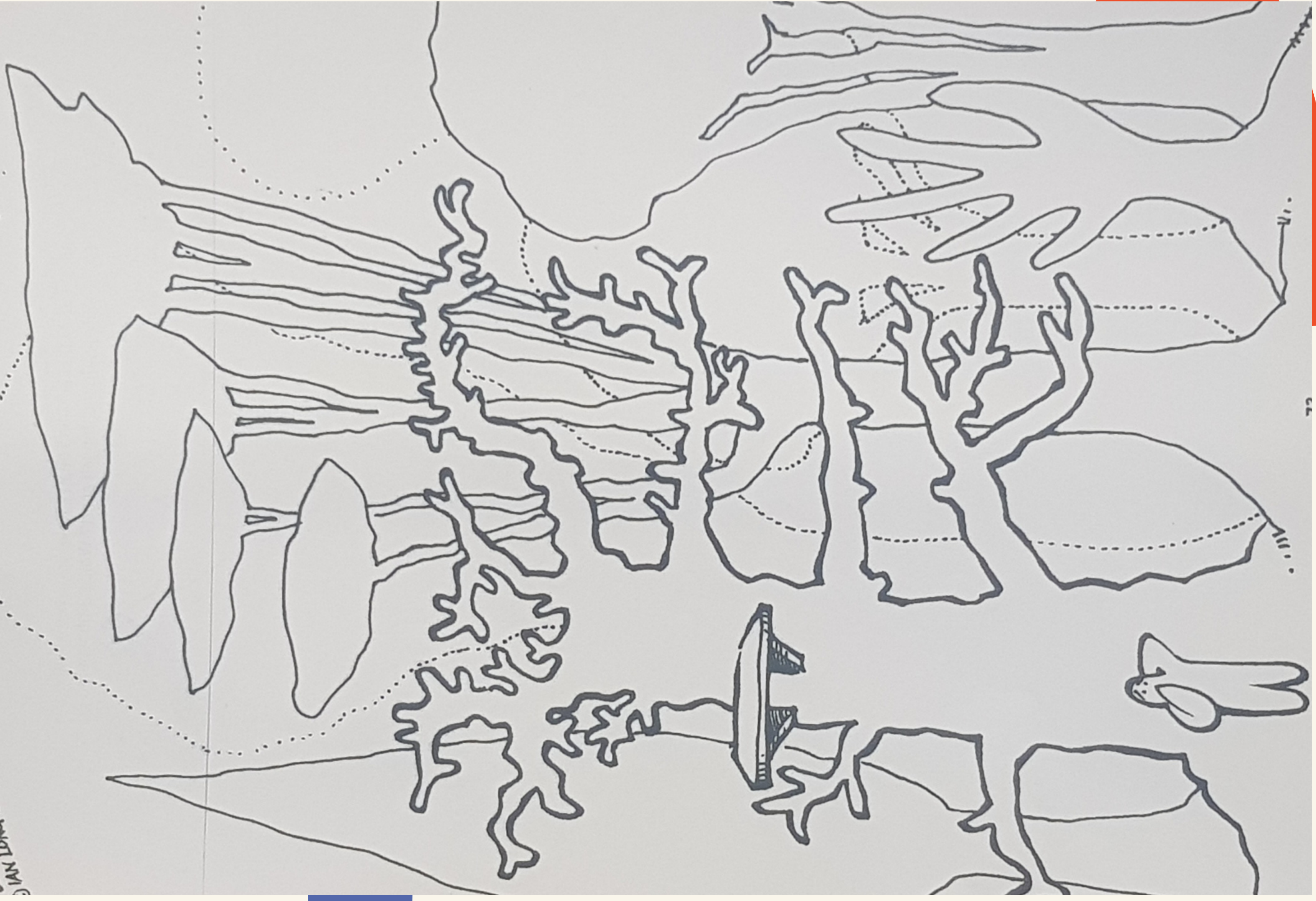
**What do you have that can help the group/ team grow?**





**POPST**

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www.pipmurray.com





# 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...**

**ma**  
Merseyside Youth Association



**TAG US @MYARAISETEAM TO  
SHOW US WHAT YOU ARE  
DOING!!!**

