

Finding your strengths

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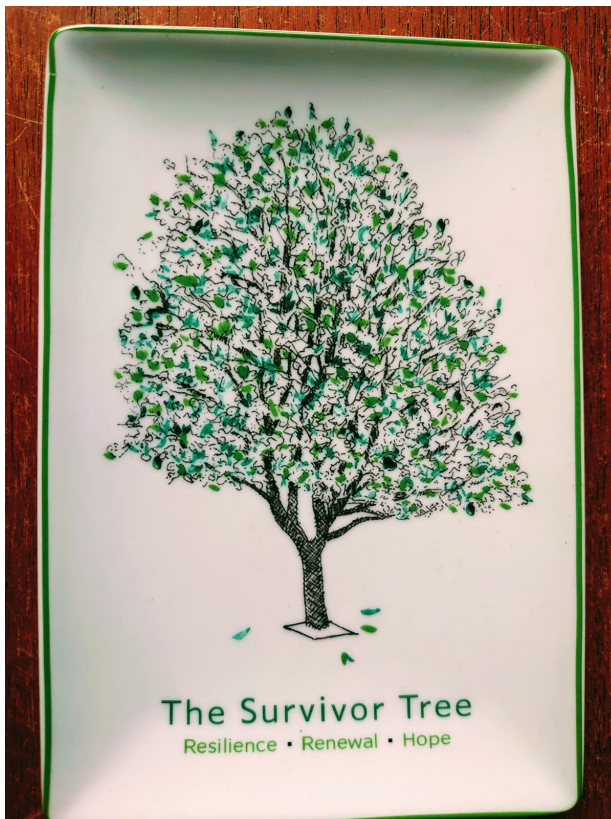
The strengths ideas with the pencils:



- When have you noticed some of these in yourself during the last few weeks? Which ones? Draw / write examples of these 😊
- When have you noticed these in others (family, friends, colleagues, neighbours)? Which ones? Draw / write examples of these 😊



The 'Survivor Tree' tray



Consider the story. What examples are there of 'new growth' in your own life during the last few weeks.....even a little shoot? (I would usually get people to write notes that can be placed in the tray 😊) What's been surprising, in a positive way?

Chat about examples of each of these three words on the tray – Resilience, Renewal, Hope.

- What would they look like for you? What would you notice?
- When have you noticed some of these in yourself during the last few weeks? Which ones? Draw / write examples of these 😊
- When have you noticed these in others (family, friends, colleagues, neighbours)? Which ones? Draw / write examples of these 😊

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