



SESSION FOUR:

TAKING CHARGE

When faced with challenges, it can be helpful to think about your strengths and how you can use these to meet these challenges. This session helps you to think about what your strengths are and how you can use them to work towards your aims and overcome challenges.

Activity: My strengths tree

Creating your own strengths tree is one way to think about your strengths. On different parts of the tree you can think about different things you can use to meet these challenges:

- the roots are your experiences that give you stability and/or challenges that you have overcome in the past
- the branches are the people that you can reach out to for support
- draw your own flowers or fruits on the tree to represent your strengths

MY STRENGTHS TREE

