

## Resilience Tree Workshop

This workshop is about identifying all the different aspects of your identity; including your wishes, future goals, strengths and support to increase your confidence and resilience when faced with challenges. For each section, draw part of your tree and write notes around it.

### ROOTS



#### **Where you come from and your family:**

- What roots do you have in your life? How important are these? Have these changed over time?
- Where were you born? (region, country, village, town)
- Family origins, ancestry, family name, identity, important family members.
- Do you have any favourite memories? E.g. songs, places to visit.

### GROUND



#### **Your present life and day-to-day activities you engage in:**

- What influences you on a daily basis?
- What activities do you enjoy?
- Who do you live with? Where do you go e.g. Uni/work?
- Do you have a favourite place that you visit?

### TRUNK



#### **Your skills/Interests hobbies and qualities:**

- What talents and coping skills do you have?
- What interests, skills and qualities do you have?
- Can you play an instrument/draw/write? Are you helpful/ caring/kind?
- How important are these abilities to you? Do you value them in others?
- Are there any skills other people think you have?

### BRANCHES **Your hopes and goals:**



- If you could have three wishes, what would they be?
- Do you hope for health, happiness, success, money, family etc?
- What career aspirations do you have? How achievable do you feel these are?
- What would need to happen for you to achieve these when faced with challenges?
- Do you have hopes and wishes for other people in your life?

### LEAVES



#### **Important people in your life:**

- Who plays an important role in your life? Include people who may have died.
- What type of influence have they had? If they've helped, how?
- Do you feel that you have played an important role in their lives?
- How might your relationship be remembered or change in the future?

### FRUIT



#### **Gifts from important people:**

- Have these people provided you with a shoulder to cry on/support/compliments?
- What have your parents taught you?
- Have they ever given you a material gift which meant a lot to you?
- How have these gifts helped you?
- What have you given them in return?

### STORMS

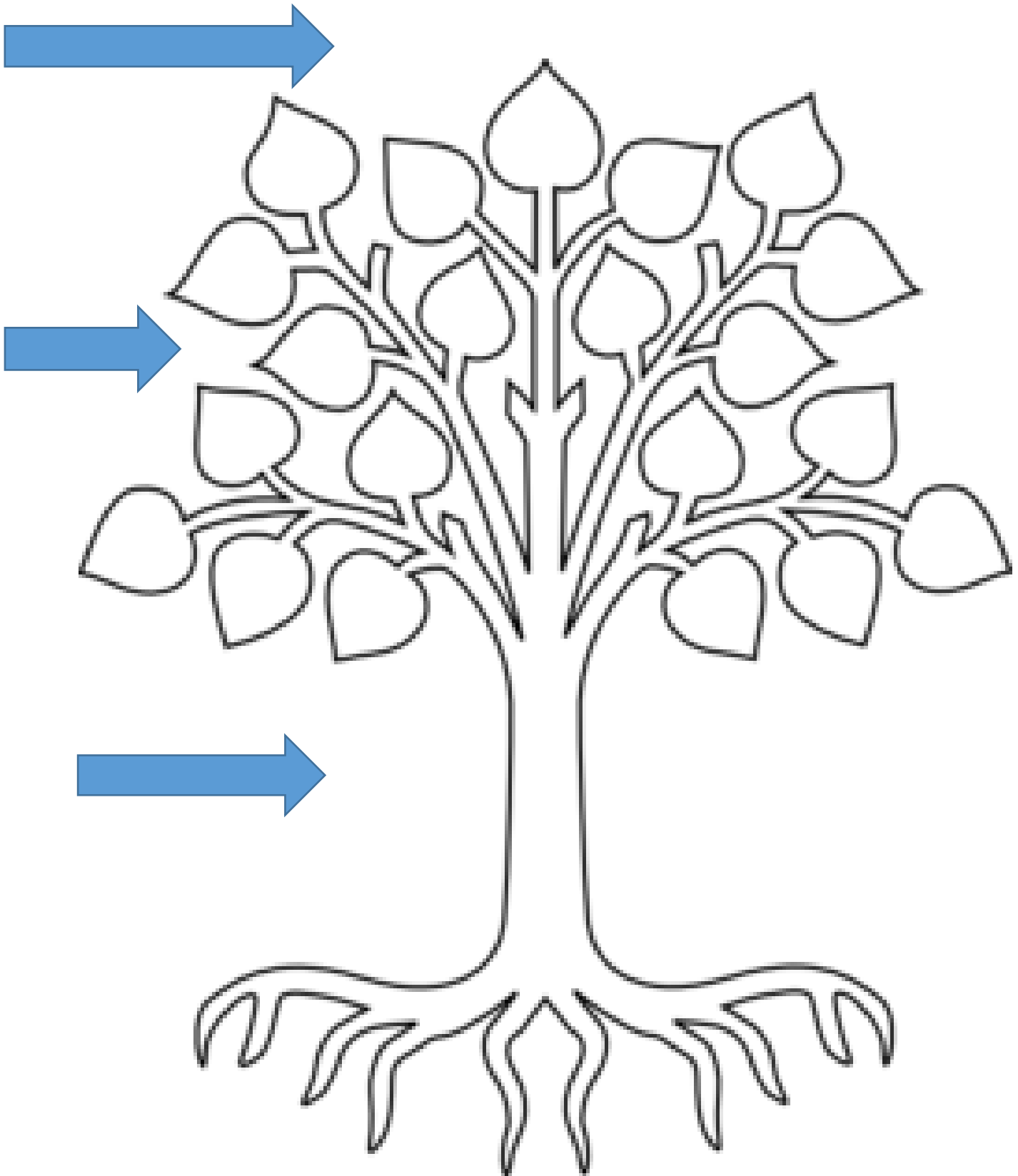


#### **Challenges: (Arrows)**

Include everything from family conflict, mental health issues, lack of resources, loss of important people in your life, etc.

- What storms have you experienced in the past?
- How did you manage with these?
- What storms do you think there might be in the future? How can you overcome these?

My Resilience Tree;  
'I am Strong like a Tree no matter the Challenge.'



Adapted from The Tree of Life Project created by Ncube (REPSI) & Denborough (Dulwich Centre Foundation)

