

Maintaining change

Session 1 – Reviewing changes achieved, strengths

Today's session

- Welcome to 'maintaining change' and introductions
- Group agreements
- Looking at distance travelled since coming to services
- Strengths I have found/used
- Closing round and feedback

Introductions and check in

Hello and welcome! ... introductions



What has changed?



Developing Health & Independence

Strengths (a-m) –which ones have I demonstrated?

Assertive

Brave

a
Communicator

Down to
earth

Energetic

Friendly and
cheerful

Good with
your hands

Hard
working

Interested in
something

Just

Kind

a Leader

Motivated

Strengths (n-z) –which ones have I demonstrated?

Noticing the detail

Open minded

Punctual

Quite wise

Resilient

Someone who is helpful

Trustworthy

Understanding of others

Very good at something

Warm and genuine

Xercising self-control

Funny

Zestful

Feedback

- How has today been?
- Where might it be useful to keep the work you've done today?
- Which 'Useful Resources' (alcohol and drugs/wellbeing/education, training and employment) have you found useful?
- Thank you for coming, the next session is 'building a social network support plan' (i.e. looking at who can support you going forward)