



Cheshire and Wirral Partnership
NHS Foundation Trust



Read Me



A narrative approach to building resilience

Vicky Eames & David Denborough

Care • Well-being • Partnership

What is the Team of Life?

Young people have described it as...



"It was using football to achieve goals in my life"

"It helps people to not get sad over small things anymore and feel others are there for them"

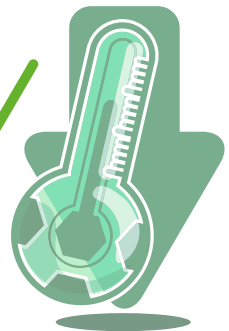
"It helps people to be able to tell others about their goals and become more confident"

"The best bit is about becoming a big team, working as a team"

"I've learnt I can do things, I am able to talk to other students, I can join in with others. This makes me really happy"

"I have made new friends from the project. I am definitely more confident now"

"It's hard for some people to get ideas in their head about getting help, the activities help them to get these ideas"



The Team of Life; Building Stronger Teams Together

Targeting new or existing groups of young people aged 9-16, the Team of Life is an engaging and innovative approach to resilience.

Using the language of sport, the programme invites young people to identify key support people or 'team-mates' in their lives, enabling them to build a sense of social support and connected identity.

The use of sporting metaphor aims to provide a meaningful and engaging way of enabling groups of young people to develop rich strength-based stories of skill and knowledge for tackling problems, avoiding obstacles and achieving their goals in life.

The Team of Life approach was originally developed by David Denborough (2008) and described in the book *Collective Narrative Practice: Responding to individuals, groups and communities who have experienced hardship*.

This manualised Team of Life programme builds incrementally over 10 sessions and is aimed at supporting groups of approximately 8-12 young people at a time in a typical classroom or group community space.



Whilst the resource includes a comprehensive syllabus of structured sessions, along with all necessary supporting materials to enable facilitators to deliver the intervention within their setting, we encourage you to adapt and differentiate the materials to best suit the needs of your target cohort. We suggest you read and make yourself familiar with the Team of Life materials in full before endeavouring to run a course.

Ideas for adapting the timetable

Course length	Session Length
10 weeks	1 hour/session per week*
5 weeks	2 hours/sessions per week
2 days	Full days (5 sessions per day)

*Typical configuration



Navigating the Resource

We suggest that you read the materials in the following order:

The Framework

This document outlines the conceptual model underpinning the development of this resource, including details of the overarching aims and objectives, links to current policy drivers within the UK, recommended use and the expected outcomes.

The Guiding Principles for Delivery

This explanatory overview includes the key factors to consider when delivering the Team of Life including ethos, facilitation style, set up and factors to be mindful of for implementation.

The Session Plans

These detailed instructions explain how to run each of the 10 sessions and include accompanying handouts, PowerPoint support (visual display access is not essential) and 'home-goal' self-study activities. You may find it easier to navigate the resource as a whole if you print out the session plans and handouts before you start to read.

- Session 1** **Getting in the Zone** - Working together in teams
- Session 2** **Sporting Heroes** - What can they teach us?
- Session 3** **Our Team** - What do we stand for as a team?
- Session 4** **My Team** - Who's on your team?
- Session 5** **Goal Maps** - Demonstrating team goals
- Session 6** **Celebrating Goals** - How do we celebrate our achievement?
- Session 7** **Tackling Problems** - Sharing know-how and tackling skills
- Session 8** **Avoiding Obstacles** - Responding to setbacks
- Session 9** **Coaching Champions** - Developing skills and helping others
- Session 10** **Final Whistle** - Strengthening and training for the future



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*A-Star Sports is a fun-filled multi-sports experience for children aged 2-10 years, delivering fundamental activities and 10 core sports through weekly classes, holiday clubs, parties and events. The A-Star Sports programme addresses a greater need for inclusive, developmental fun that inspires children to participate and encourages them to enjoy sport for life.

The Team of Life Kit by Vicky Eames and David Denborough (Dulwich Centre Foundation)
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