



From Reluctance to Resilience

Creating meaningful conversations to support children & young people struggling with their mental health and wellbeing

In over 20 years of working with young people the most powerful tool in my toolkit has been supporting young people to shape and share their story with me. It is crucial that we take time to understand their narrative (not what other professionals have told us) and build trust through listening before we attempt to engage them in further interventions. I have put together the Once Upon A Time approach to help structure these conversations

O = Outside U = Understand A = At the moment T = Tell me more

OUTSIDE

Tell me about yourself (not related to presenting issues)

Family

Friends

Experiences

Interests/Hobbies

How would other people describe you?

UNDERSTAND

What is important for me to know about you?

What is important to you?

What are your values?

What motivates you?

AT THE MOMENT

What words would you use to describe your feelings today?

What is happening for you now?

What does a normal day look like?

Do you know what you would like to change?

TELL ME MORE...

Is there anything else you would like me to know?

How would you like us to continue these conversations?

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