

Growth Stories: Human beings change and grow – we do it all the time and in many ways. Emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit ‘stuck’. At these times, we are reminded of how much we need others in our lives to help us to keep growing. In exclusive interviews with presenter and Place2Be Ambassador Josh Smith, familiar faces from the world of TV, music and sport have shared their stories of emotional growth with us.

You can see these videos [here](#)