




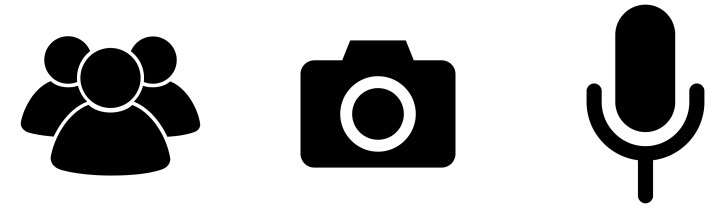
# Hope in Challenging Times

Kids Help Phone

Check-in while  
you wait.

**YOU MATTER!**

# What to expect today



**KNOW**

- Science of resilience
- Hope Theory for uncertain times



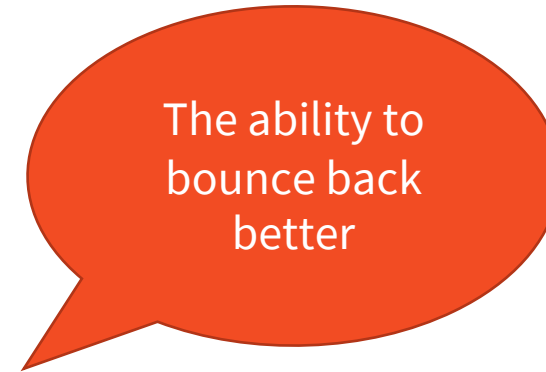
**FEEL**

- Some hope!
- Inspired to try
- Connected

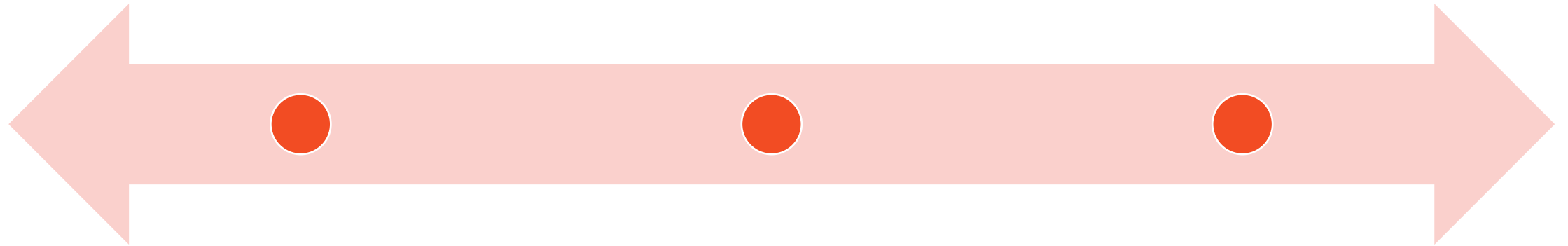


**DO**

- Find the right goals, willpower & waypower



Resilient



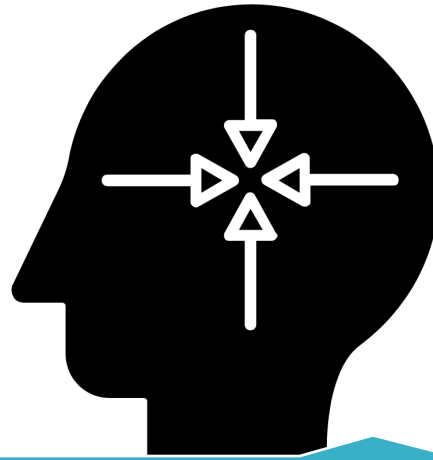
Languishing

Flourishing

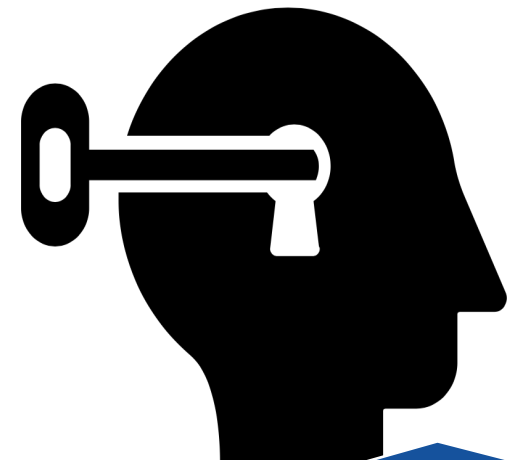
# The most resilient have..



Realistic Optimism



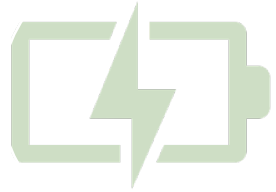
Agency



Hope

# Hope theory

Will  
power



Way  
power

*the right* Goals

(Snyder, 2002)



What is  
the right **Goal**  
for right now?



What's the best **OUTCOME**  
of accomplishing your goal?



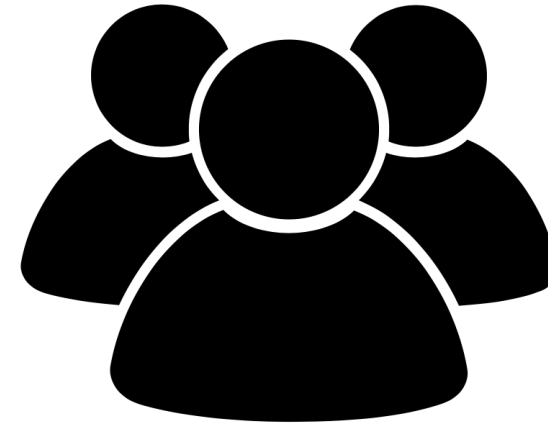
# Breakout Instructions

~3 minutes each...

- **What is the right goal for you right now?**



- **Why is it important?**

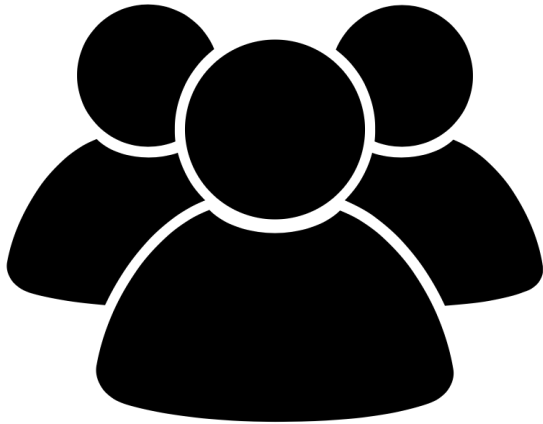




What internal **OBSTACLES**  
will get in your way?

# Breakout Instructions

~3 minutes each...



- **Share the greatest internal obstacle to your goal**



- Everyone else has 90 sec to brainstorm as many ideas as possible for how you could overcome that obstacle

- **Listen and take notes**





What's your **PLAN**

**When...** (obstacle),  
**then I will ...** (action or thought).

# How might you use Hope Theory

- At work?
- At home?
- Elsewhere?



# When we matter we feel...

