The Power of Hope

Professional Development Webinar

Scott Geddis
Founder and President, Inspired Engagement
Phoenix College Faculty, Retired
Session Outcomes

After this workshop participants will agree with the following statements:

- I can explain what hope is.
- I have a working knowledge of hopeful thinking.
- I have at least 3 ideas for increasing my hopefulness to achieve a personal goal.
- I have at least 3 ideas for increasing hope in those around me.
- I am glad I attended this session.

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The very purpose of our life is happiness, which is sustained by hope.

We have no guarantee about the future, but we exist in the hope of something better.

Hope means keeping going, thinking, ‘I can do this.’

It brings inner strength, self-confidence, the ability to do what you do honestly, truthfully and transparently.

Dali Lama
What is Hope?

Hope is the belief that the future will be better than the present, along with the belief that you have the power to make it so.

-Shane Lopez

Hope is a positive **motivational state** that is based on an inter-actively derived sense of successful:

- **agency** (Willpower and goal directed energy)
- **pathways** (Waypower and planning to meet goals)

-C.R. Snyder

Hope is a **perceived capacity** to produce clear **goals** along with **routes** to reach those goals and the **motivation** to use those. routes

-Lopez and Snyder

**Hope is not a lottery ticket**

Humans are heliotropes and turn toward hope as if it is the sun shining on possibilities.

Hope is not about getting what you want but about seeing positive and generative possibilities that lie in the current reality.
What is Hope?

➢ **Goals** - any objects, experiences, or outcomes that we imagine and desire in our minds.

➢ **Agency / Willpower** - the driving force in hopeful thinking. A sense of mental energy that over time helps propel us toward our goals.

➢ **Pathways / Waypower** - reflects the mental plans or road maps that guide hopeful thoughts

Why Hope?

With all other conditions equal, Hope leads to

- 12% ↑ academic performance
- 14% ↑ workplace outcomes
- 10% ↑ happiness
Measuring Hope

Putting Hope to the Test

Read each item carefully. Using the scale next to each item please circle the response that best describes you.

1. My future will be better than the present.   
2. I have the power to make my future better.   
3. I am excited about at least one thing in my future.   
4. I see many paths to my goals.   
5. The paths to my important goals are free of obstacles.   
6. My present life circumstances are the only determinants of my future.   
7. My past accomplishments are the only determinants of my future.   
8. I make others feel excited about the future.   
9. I spread hope through modeling or support of others.   
10. I spread hope through the way I live my life.

Total Score Questions 1 – 5 ____________
Total Score Questions 6 – 7 ____________
Total Score Questions 8 – 10 ____________
The Adult Hope Scale
Directions: Read each item carefully. Using the scale shown below, please select the number that best describes YOU and put that number in the blank provided.

1. = Definitely False
2. = Somewhat False
3. = Somewhat True
4. = Definitely True

___ 1. I energetically pursue my goals.
___ 2. I can think of many ways to get out of a jam.
___ 3. My past experiences have prepared me well for my future.
___ 4. There are lots of ways around any problem.
___ 5. I’ve been pretty successful in life.
___ 6. I can think of many ways to get the things in life that are important to me.
___ 7. I meet the goals that I set for myself.
___ 8. Even when others get discouraged, I know I can find a way to solve the problem.

Total points given to even numbered questions ________ (Willpower)
Total points given to odd numbered questions ________ (Waypower)
Total points given to all questions (even+odd) ________ (HOPE)
How Hopeful are You?

High Hope

- High self esteem
- In control of own destiny
- Positive affectivity (being in the present and in flow)
- Competitive – seeing mastery
- Less depression
- Less anxious

Waypower and Willpower Scores:

If you scored at least 12 on both axes you have a strong foundation. Continue to keep your goals in mind while constantly thinking about various ways to obtain those goals.

- Waypower score lower: Partly Stuck
- Willpower score lower: Plenty of options with no follow-through
Gallup Student Poll

The Gallup Student Poll is a 24-question survey that measures the engagement, hope, entrepreneurial aspiration and career/financial literacy of students in fifth through 12th grade.

The Gallup Student Poll includes non-cognitive metrics with links to student success.
How can you help students develop hopeful thinking?

How can you create and sustain excitement in students about their future?

How can you help and inspire students' design of meaningful goals?
How can you develop agency in students?

How can you help students develop pathways?
Hope matters,
Hope is a choice,
Hope can be learned,
Hope can be shared with others, and
Hopeful thinking is an infinite resource, regardless of budget!

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❑ I have at least 3 ideas for increasing hope in those around me.
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Questions or comments email: scott@inspired-engagement.com

Feedback Form, References, PowerPoint and handouts may be found at: www.Inspired-engagement.com/workshop-resources/
“Hope” is the thing with feathers—
    That perches in the soul—
And sings the tune without the words—
    And never stops—at all—

And sweetest—in the Gale—is heard—
    And sore must be the storm—
That could abash the little Bird
    That kept so many warm—

I've heard it in the chillest land—
    And on the strangest Sea—
    Yet, never, in Extremity,
    It asked a crumb—of Me.

    -Emily Dickenson
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For information contact:
scott@inspired-engagement.com