

Hope to Motivate Action

Because without action, hope is just a wish

Research suggests that law students who reported high levels of hope during Law School did better on their SATs than those students with a lower reported Hope Score. Studies have also shown that using hope as a motivator of action towards a goal has a better probability of goal attainment than action without an expectation for a future positive outcome.

So how is it that a virtue as intangible as Hope can have such a lasting and measurable impact on human potential?

Drawing on her own experience as the wife of a recovering alcoholic, combined with first-hand experience and knowledge of mental health, motivation and perseverance, Lindsay Recknell will lead a discussion with participants around how to recognize hope and use hope to motivate themselves and others.

Session Objectives:

- Understand the Science of Hope and the success of this positive psychology on mental illness and overall mental well-being
- Identify practical, actionable and easily measurable techniques to use hope to motivate action
- Introduction to the Hope Equation, a tool for effective planning

Session Outcomes:

- Hope Assessment tool to be used with individuals or teams
- Tactics for implementation of hope-based action within organizations
- Application of the Hope Equation, an innovative and future-facing approach to goal setting and strategic planning

Session includes:

- Half-day (3.5 hr) workshop
- Individual activities for self-awareness and reflection
- Group activities in a safe and non-pressure environment
- Additional resources for further education and knowledge