

Modelling Behaviour Out Loud Five Ways to Use Hope to Motivate Action

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

In this talk, participants will learn how Hope is practical and rational and how we can use it as a motivator for success in our businesses, our homes and our communities. Hope has a huge impact on our biological, psychological and neurological well-being and in over 2,000 scientific research studies, hope has been identified as the key driver for success in school, in business and in life.

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 give participants five easy ways to increase hope levels in themselves and other people.

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 Hope Theory, a tool to increase hope levels in ourselves and others

Session Outcomes:

- Five practical and tangible tactics to implement hope-based action within individuals and organizations
- Application of Hope Theory, an innovative and future-facing approach to goal setting and strategic planning
- Deeper understanding of ourselves, our motivations and our plans for our personal and professional futures

Session includes:

- Individual activities for self-awareness and reflection
- Group activities in a safe and non-pressure environment
- Additional resources for further education and knowledge