

Without hope all is lost.....



Dr. Michelle Stewart



HOPE

- Take a moment to think about the word '*hope*' and what it represents
- What does it mean to you? How does '*hope*' and talking about it make you feel?
- Share your views by raising your hand or commenting in the chat box

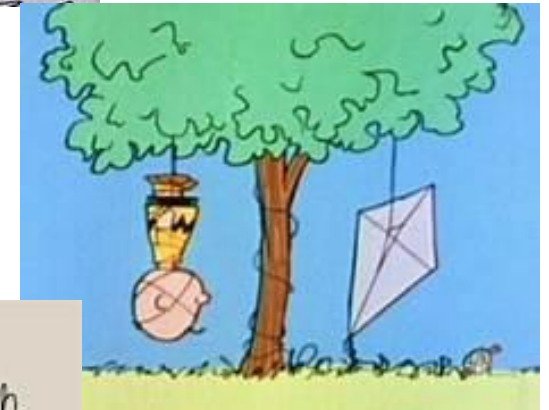


What is hope?

'The belief that something good will happen to you'

'Having goals, having strategies for achieving those goals constitute the essential components of hope.' (Spencer Niles)

'Hope is the belief that one can achieve these essential components' (Charles Snyder)





Hope underlies motivation

Vrooms Expectancy Theory

- **Valence** - How much do I really want this?
- **Expectancy** - belief in yourself and your ability to achieve your goals
- **Instrumentality** - *the belief that your effort and hard work will lead to the desired outcome*



Linford Christie

'If I can help someone realise their potential then I'm a winner.'



Darren Campbell



Katharine Merry

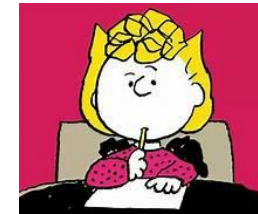


A moment of reflection

Take a moment to reflect on a significant time of change in your life.

Try to recall some of your feelings at the time, and how this time was linked to hope or the lack of hope.

- Our memories inform our present and shape our future - memories can be both comforting and terrifying. Perhaps one of the functions of memory is to serve hope
- Sometimes to locate sources of hope for the way ahead we need to engage in reappraisal and reorientation



Hope Action Theory

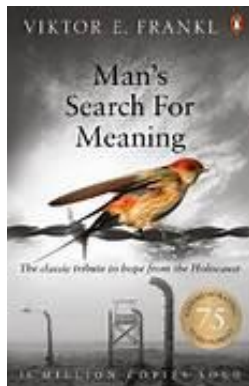
- A theoretical structure that holds *hope* as the centre point for career development
- Associated competencies
 - Self-reflection
 - Self-clarity
 - Visioning
 - Goal setting and planning
 - Implementation and adapting



'Believing that positive outcomes are likely to occur should specific actions be taken.'

Hope provides purpose -

'Even the helpless victim of a hopeless situation, facing a fate they cannot change, may rise above themselves, may grow beyond themselves, and by so doing may change themselves. They may change a personal tragedy into a triumph'



If you truly want to give someone a chance - give them hope

References

Niles S (2011) *Career Flow: a hope centred model of career development. Journal of Employment and Counselling, December 2011, Vol. 48*

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