

# Leading with Hope: Knowing, Going and Showing the Way

## Welcome

Warm-Up: Pick a personal goal to unpack. It can be personal or academic:

## Part 1: What is Hope?

### Snyder's Model of Hope

- Goals
  - ✓ Setting or accepting them
  - ✓ Focus on future
- Agency
  - ✓ Faith in your capacity
  - ✓ Sense of control
- Pathway
  - ✓ Have plans to for how to achieve goals



## Part 2: Generate Your Pathways

Pathways are the strategies and resources you have for getting to the goal.

**Cubing Prompts can help generate pathways:**





1. Describe it. <i>What is its content?</i>	
2. Compare it. <i>What is it similar to, different from?</i>	
3. Associate it. <i>What does it remind you of?</i>	
4. Analyze it. <i>Explain how it was made/came to be.</i>	
5. Apply it. <i>Explain how it can be used.</i>	
6. Argue for or against it. <i>Take a stand.</i>	

**Sometimes thinking about the goal helps to identify the pathways. Describe the goal state.**  
*It's what the solution looks like, but is not the solution. Consider:*

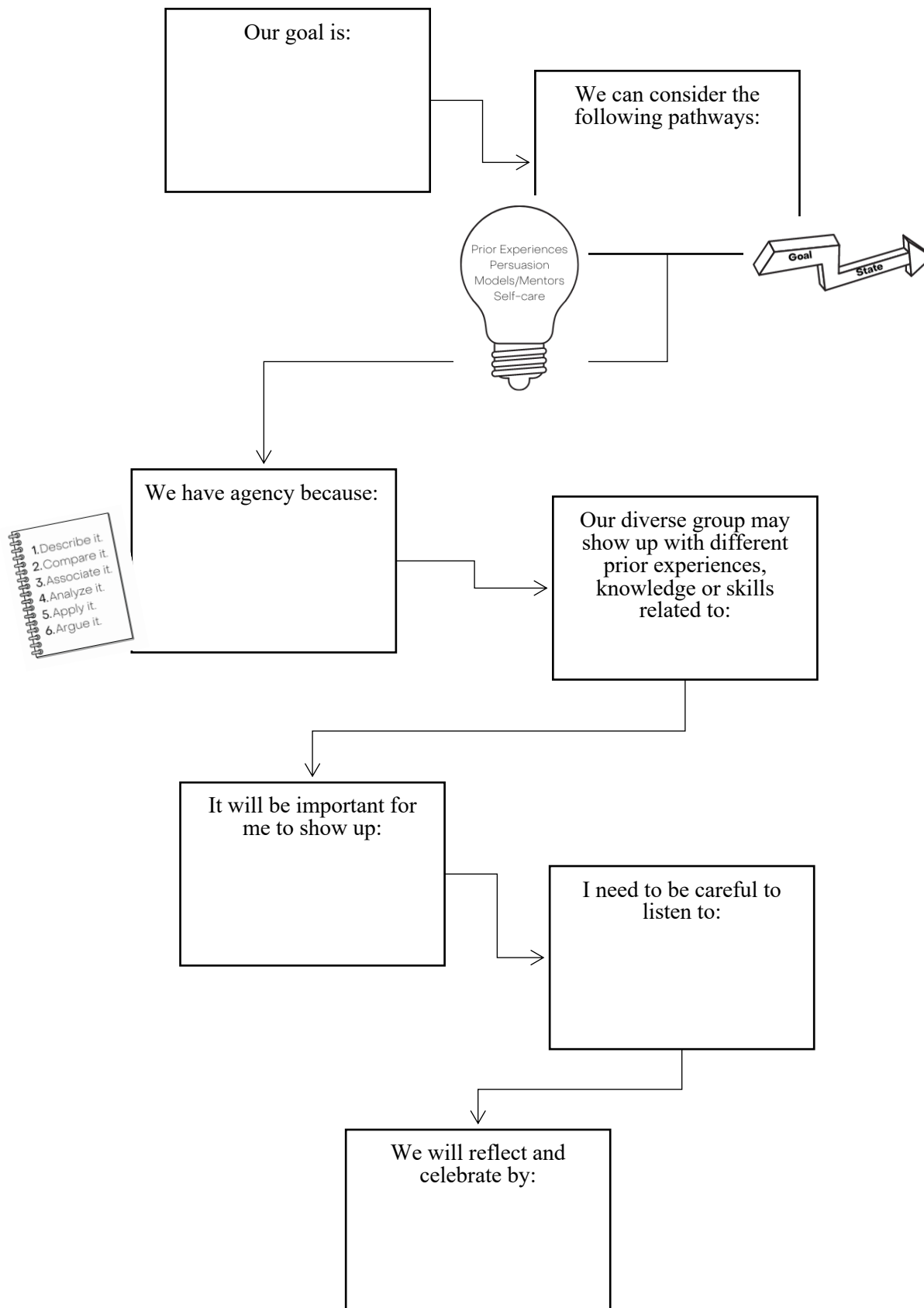


### Part 3: Generate Your Agency

Agency is the confidence and belief that you can succeed in reaching the goal. Agency comes from these sources.

 What past experiences could help here?	
 What self-talk could help? Or is it a cheerleader you need?	
 What models or mentors are available?	
 How are you managing your self-care?	

## Hopeful Leadership Planner



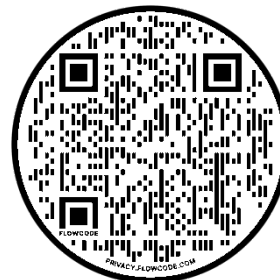
## Closing

### Contact Information

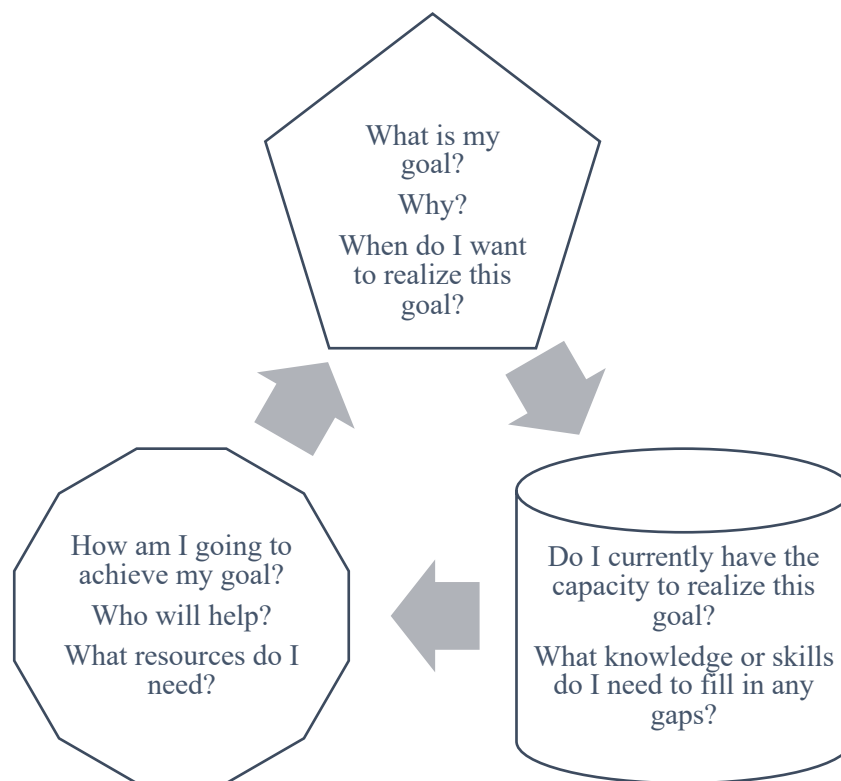
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## Hope Self-Coaching Model



# Pondering Page

"Hope floats but effort propels."

Rob Liano

1. What goals do I have that are floating?
2. When was the last time I gave them effort?
3. What would effort look like?
4. What is one small thing I could do?

"A leader is one who knows the way, goes the way and shows the way."

John Maxwell

1. Do I know the way? Where did I get that knowledge? Am I confident in that knowledge?
2. Which way are we going? How do I know that's the right way?
3. How do I want to show up for my group?
4. How can I model getting to the goal?

When the world says, "*give up*," Hope whispers, "*try it one more time*."

King Tutankhamun

1. Who is the world that is talking to me?
2. Who is the voice of hope?
3. What good would come from giving up? What bad?
4. What are the costs for trying one more time?

