



Chan Hellman
HOPE CENTERED

Approved Curriculum Verbiage for Client Promotional Use

Hope Centered and Trauma Informed© curriculum is comprised of three levels of training on the power and science of hope. Based on 15 years of research, this curriculum provides instruction to create organizations that enable clients, customers and employees to find, implement and enhance hope. Hope is not a wish or an emotion – hope is a cognition that can be learned and taught.

The introduction of the science of hope is a one-hour keynote style presentation to key stakeholders. This training provides participants an overview of the science and power of hope and its core tenants of goals, pathways and agency (willpower) thinking. Participants leave the event with practical knowledge they can begin to apply to their own lives and knowledge of how hope impacts or individual and collective experiences. This introduction provides your organization a foundation for a shared language of hope to use in in every-day settings.

At next level, participating organizations and communities engage in interactive Hope Awareness Training. Hope Awareness Training is a one-day training providing participants with an extended overview of the science of hope and its application to serving those impacted by trauma and adversity. Through evidence-based tools, participants gain knowledge and skills to nurture hope by way of deep understanding of setting goals, creating and selecting pathways and building strategies to manage willpower. Participants advance from an awareness of hope to the application of hope in their personal and professional lives. In a recent control group design, participants in the Hope Awareness Training demonstrated significantly lower levels of burnout and secondary traumatic stress compared to a wait list group of service providers.

Finally, emerging champions within the organization/community participate in an additional 12-hour Hope Navigator training that culminates in project-specific implementation of a hopecentered practice. This program develops expertise within your organization to continue to champion and navigate the science and power of hope. The Hope Navigator is an in-depth training that builds the capacity within your organization to train and provide leadership and support with finding, enhancing and modeling these concepts. This training includes a certification for participants which will allow them to lead Hope Awareness Training and the Hope Awareness Workshop for their organization, building the capacity to sustain the science and power of hope in the organization over time. Hope Navigators must have a commitment to hope and be willing to use this program to sustain their organization's hope centered vision. The Hope Navigator has access to routine training and consultation from the hope research team to continue their education and expertise in hope. Hope Navigators is a two-day (12 hour) training with ongoing continuing education.