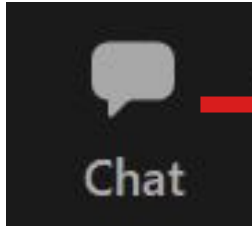


Session #2

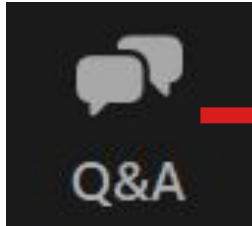
Wellness & Resilience Series

“Cultivating Wellness and Resilience: The Power of Hope”
Thursday, October 17, 2024

Good to Know...



- Introduce yourself!
- Talk with one another
- Share resources
- Respond to presenters



- Ask the presenters questions
- Upvote questions you'd like to see answered

- **Live captions** available in the panel by clicking on the “**CC**” at the bottom of the screen

- Who is with us today?

- Type in the **Chat** to introduce yourself - name, organization, what do you hope to learn today?
- For all participants to see your message, change to “All panelists and attendees” in the Chat

* This webinar is recorded and will be sent out in a week, with the slides.



AGENDA

1. Welcome & Introductions

2. What is HOPE?

3. Take the HOPE Inventory

4. Audience Q&A

5. What are your HOPE Action Steps?

6. Resources & Closing

Facilitator – Shari Collins, MS



Shari is a speaker and consultant, sharing her expertise with audiences worldwide, including Portugal, Costa Rica, England, and Ireland. Highlights include:

- **Facilitating courses** through the National Education Association
- **Authoring a chapter on Inclusion** for the Parent Ready Book Series, sponsored by the Chief Council of State School Officers
- **2024 Marquis Who's Who** biographical listing member
- **Advisory Board** for Harvard Business Review

Specific to mentoring, Shari is certified in 4 mentoring areas through MENTOR National: Becoming a Better Mentor, Mentoring Mindset, MENTOR Advocate Academy, and Elements of Effective Practice 4. She has spoken several years at the National MENTOR Summit in Washington DC (with an invitation for January 2025) & has advocated on Capitol Hill for more national mentoring funding.

Shari is a part-time TA Consultant for MENTOR Nebraska. As an independent consultant, Shari has developed and facilitated workplace mentoring programs for the Iowa Department of Education, the National Education Association, and many other organizations.

Shari lives in Omaha, Nebraska.

Panelist - Horace Stone, M.Ed., SRPC



Horace is a classroom management/restorative practices trainer and former school administrator with almost 30 years of K-8 experience. He is a Certified School Restorative Practice Coordinator with ADHD Neuroscience Certification. He possesses a wealth of curriculum, instruction, & assessment experience and in-depth continuous school improvement knowledge. He brings a broad understanding of comprehensive classroom behavior management strategies for adverse conditions stemming from Trauma. He has served in various teacher-leader roles ranging from elementary to middle-level teacher to Program Supervisor.

Mr. Stone is effective in creating and implementing restorative classroom cultures with enacted curriculum, instruction, and assessment. He has focused on mentoring students, and mentoring and supporting colleagues to be the best version of themselves. Mr. Stone is also an active member of the Michigan Association of Secondary School Principals.

His equitable and restorative motto is "Give people a second chance to make a first impression."

Horace resides in Detroit, Michigan.

Panelist – Dr. Alysha Collins



Alysha is an internationally certified School Psychologist and certified School Administrator that enjoys supporting students, teachers, and their families. She works at a Council in England. Alysha obtained her Doctorate Degree in Educational Leadership and her Educational Specialist Degree in School Psychology. Her doctoral dissertation included studying HOPE during COVID-19.

Alysha is also an adjunct instructor of university psychology classes and consults with organizations on mental health, mentoring, educational research, and wellbeing in the workplace. Alysha applies her experience in trauma, hope, positive psychology, mindfulness and DEI to all her work.

Alysha is a former consultant with MENTOR Nebraska. She currently lives and works in London, England.

Go to the Chat Box

How would you define HOPE?

What does HOPE mean to you?



HOPE Definition

“The belief that the future will be better than the present, and you have the power to make it so.”

- Dr. Shane Lopez



HOPE Components

Goals - Hope is built from the goals that matter most to us, that we come back to again and again and that fill our minds with pictures of the future.



(Lopez, 2013)



HOPE Components

Agency - Perceived ability to shape our lives day-to-day. We take responsibility for moving towards our goals and motivating ourselves to build the capacity for long-term effort. (Willpower)



(Lopez, 2013)



HOPE Components

Pathways - Plans that carry us forward, but we're aware that obstacles can arise at any time, so we remain curious and open to finding better paths to our desired future.



(Lopez, 2013)



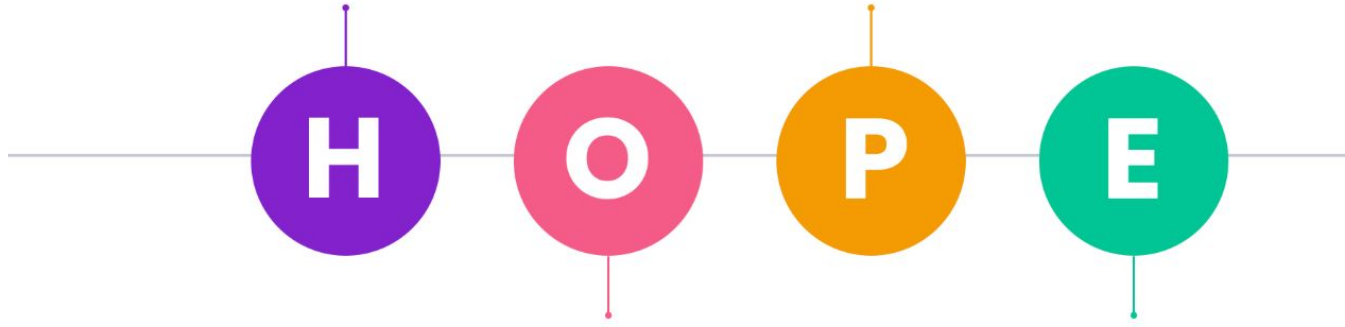
Now let's practice!

We will do this as adults, and then you'll be prepared to do the exercise with mentees/youth.

1. What is your goal?
2. What is your agency? (Motivation/Willpower)
3. What are multiple pathways to get there?

Put your ideas in the chat.





The American Psychological Association has named HOPE as a 'trend' for 2024.





SEAN A. FISHER
SENIOR AND EDUCATIONAL ASSOCIATES CONSULTING FIRM
INDUSTRY, PRACTICE AND EXECUTIVE SERVICE PROVIDERS

Join us for a free
Interactive Webinar

The Power of **Affinity Groups** to Give Voice
& Create Safe Spaces for
Black Men & Boys in K-12 Institutions

**How is hope part of
your work with
empowerment and
safety with Affinity
Groups and mentoring?**

Your community?



Sign up for the webinar



Join us for a free Interactive Webinar

The Power of Affinity Groups to Give Voice & Create Safe Spaces for Black Men & Boys in K-12 Institutions

Join us to discover:

- Empowerment:** How affinity groups give voice to Black men and boys.
- Safety:** Creating supportive environments in K-12 schools.
- Implementation:** Strategies for starting and sustaining affinity groups.

Attend to receive one Continuing Education credit, available through SCECHs, HRCI, and SHRM

WHEN
Friday, October 25, 2024
5:00 pm - 6:30 pm EST

PRESENTERS

- Mr. Horace E. Stone, Jr.**
20+ years in K-12 education, Restorative Practices Coach.
- Mr. Steve Elam**
20+ years in K-12 education, Community Organizer.
- Sean A. Fisher, Sr.**
20+ years in K-12 education, HR Administration, Classroom Power Negotiation.

https://docs.google.com/forms/d/e/1FAIpQLSeywl1nmaR9y4JQU7QrVj03GZRvyJUwvO84NZpWSqOQVD_eyg/viewform

Friday, October 25
5:00 to 6:30 EST



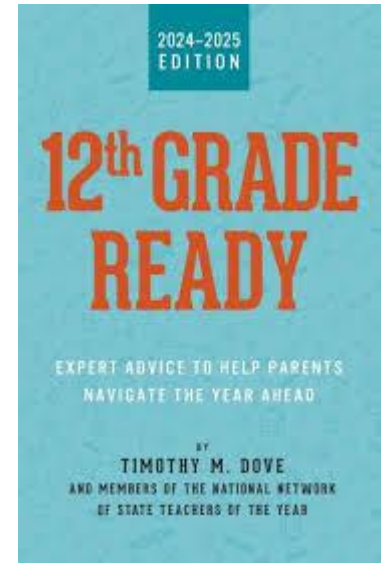
Let's Reflect

Hope

Hope is a powerful tool that provides several pathways to future success. According to International School psychologist Dr. Alysha Collins in her thesis, *Hope in the Time of Crisis*, fostering hope is vital. When students realize that the future will be better than the present, it is hope in action. Dr. Collins writes, "Hope can continue to help alleviate...difficulties that arise in the future. To invest in hopeful educational staff, we invest in the future of our youth." When everyone is inclusive, from educators to parents to students, it will make our world a more hopeful place.

COLLINS

HOPE IN THE TIME OF CRISIS: INTERPRETATION OF SCHOOL PSYCHOLOGISTS DURING REMOTE LEARNING AND RELIABILITY OF A NEW MEASURE



The Facts

Individual

- Higher levels of wellbeing
- Lower mental health concerns
- Increased GPA
- Increased likelihood to graduate college
- Hopeful people tend to live longer lives and report greater life satisfaction and happiness

An interesting fact: law students' level of hope predicted their standing in school more precisely than the LSAT admission test (Rand, et al., 2011)



The Facts

Individual

- Higher levels of wellbeing
- Lower mental health concerns
- Increased GPA
- Increased likelihood to graduate college
- Hopeful people tend to live longer lives and report greater life satisfaction and happiness

Organization

- Less absenteeism
- Increased productivity
- Increased retention
- Higher level of job satisfaction, flexibility, inventiveness

An interesting fact: law students' level of hope predicted their standing in school more precisely than the LSAT admission test (Rand, et al., 2011)

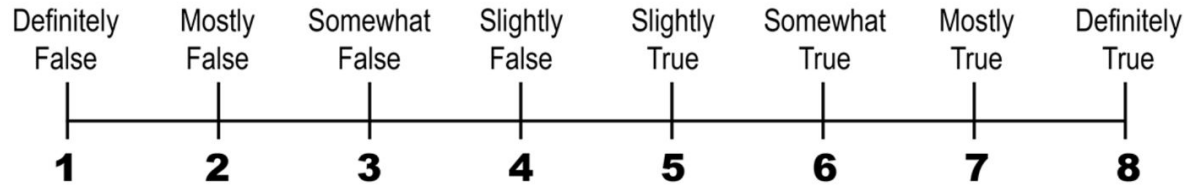


How does **hope**
show up in the
work you do?



HOPE Inventory – 8 questions

<https://hopescore.com/hope-score/>



(Gwinn & Hellman, 2018)



HOPE Inventory

<https://hopescore.com/hope-score/>

- Scores below 40 - low hope category
- Scores of 40 or above - hopeful
- Scores above 48 - higher level of hope
- Scores above 56 - high hope person

(Gwinn & Hellman, 2018)

Your Hope Score

If you are low in willpower (**agency**), you need to focus on how to surround yourself with people that can encourage and support you.

Your Agency Score is: 21

If you are low in waypower (**pathways**), you need to connect with people to help you think strategically about ways to overcome obstacles and achieve your goals.

Your Pathways Score is: 21

If you are low in both, this book may be a wake-up call to a much more complicated journey toward higher hope that Hope Rising discusses.

Your Total Hope Score is: 42



Think about your hope score.
**What hope strategies
could you implement?**



Fostering HOPE

Individual Strategies

It's okay to start small!

- **Futurecasting**
 - Make goals that are stated positively, specific and concrete
 - Connect the present and the future by having a conversation with someone living our future
 - Creates the momentum and energy of hope
- **Putting agency on auto-pilot**
 - Cues, defaults and contagion
 - Reflect on the past
- **Planning for the what-ifs**
 - Create multiple pathways – Critical!
 - Prepare to pivot and reframe the outcome



Fostering HOPE

Leader Strategies

- Create and sustain excitement about the future
- Knock down existing obstacles
- Re-establish goals and re-goal when the circumstances demand it

A majority of leaders spend more time reacting to problems than making hope happen.



Fostering HOPE

Leader Strategies – Gallup

- When people have a leader who makes them feel hopeful and enthusiastic about the future,

69% are engaged in their jobs

- More excited about their work
- More innovative and creative
- Longer longevity with the organization
- More productive and resilient

Those without a hopeful leader, only 1% were committed and energized, so you **MUST** be a hopeful leader!

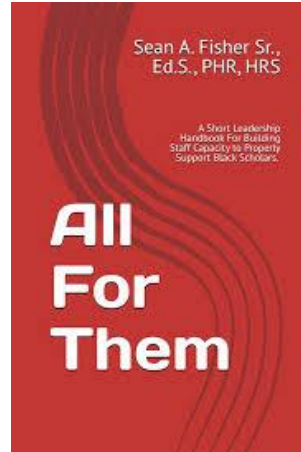
The Gallup logo is displayed in white, serif, all-caps font against a solid black rectangular background.

Fostering HOPE

Leader Strategies – All For Them

(Leadership Handbook for Building Staff Capacity to Properly Serve Black Scholars)

Being a Champion
Communication
Policy Dilemmas
Underprepared Leaders
Classroom Strategies
Restorative Circles



Fostering HOPE

Teaching Hope to Children

- Link current thinking and learning to their future lives
- Teach children specific, multiple pathways to meaningful goals
- Conduct community audits to preserve and recruit agency for children

How can this show up in mentoring?



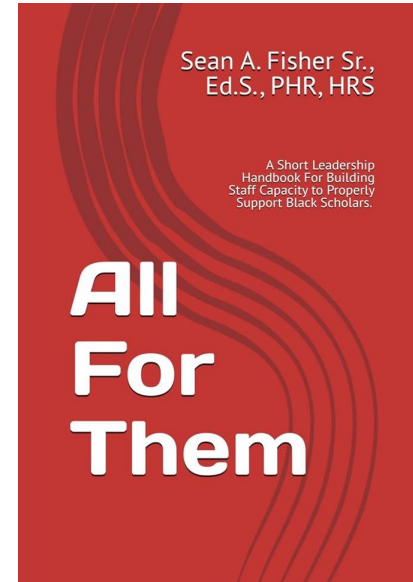
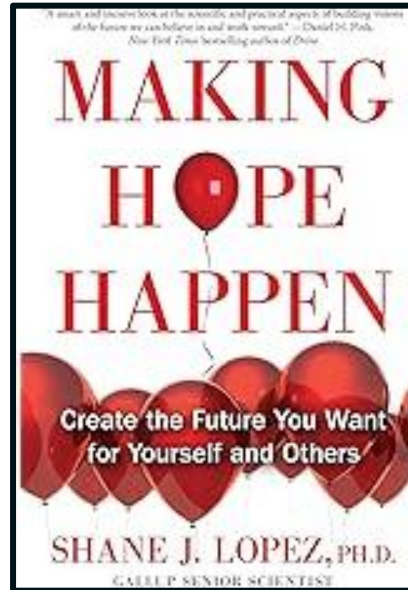
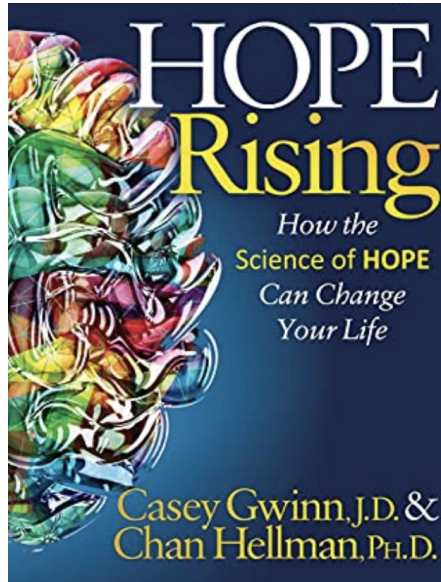
Spreading HOPE

Make Hope Contagious!

- Model hope through stories and deeds
- Provide hope through support
- Surround yourself with hopeful people



HOPE Resources



Contact our Panelists/Facilitator

Shari Collins, MS, Shari Collins Consulting

Omaha, Nebraska

shari@ShariCollinsConsulting.com

Dr. Alysha Collins

London, England

alyshacollins919@gmail.com

Horace Stone, M.Ed., SRPC

Detroit, Michigan

horace.stone.jr@fishereducationalconsulting.com



The image features a vibrant, abstract background composed of various shades of blue, ranging from light cyan to deep navy. The background is filled with overlapping, semi-transparent geometric shapes, primarily triangles and polygons, creating a complex, layered effect. A network of thin, light blue lines crisscrosses the scene, adding to the geometric complexity. In the center, a dark blue, rounded rectangular box with a thin white border serves as a focal point. Inside this box, the word "Questions?" is written in a bold, white, sans-serif font, centered horizontally and vertically.

Questions?

Additional Resources

Contact Us

Email us with any feedback or questions at collaborativewebinarseries@mentoring.org!

Affiliates

MENTOR Affiliates can support with training, resources, public awareness and advocacy. [Find your local affiliate here.](#)

Mentoring Connector

Recruit mentors by submitting your program to the [Mentoring Connector](#).

National Mentoring Resource Center

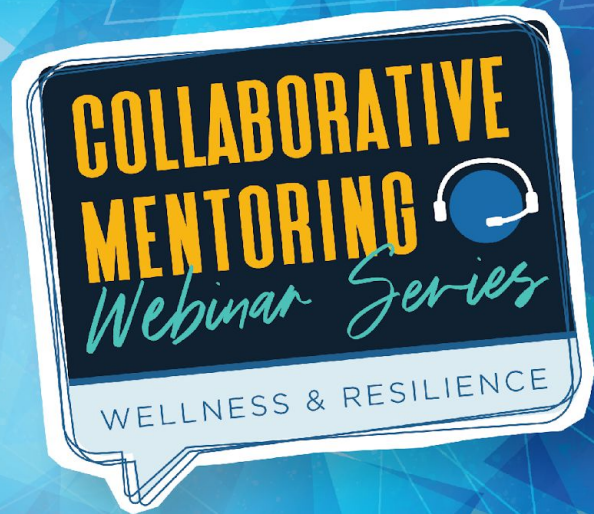
Check out the [OJJDP National Mentoring Resource Center](#) to access evidence-based mentoring resources and to apply for no-cost training and technical assistance



Remember!

- Please take **3-4 minutes to complete the anonymous survey** to let us know how we did!
- In a few days, you will receive an email with information on how to download the **slides, recording, and resources** on the CMWS webpage on MENTOR's website





Join Us Next Week!

**Assets of PRIDE: Promoting
Strengths-Based Relationships for
LGBTQ+ Youth**
October 24, 2024
1PM - 2:30PM EST