

# MODULE 10

## DIVERSITY OF HOPE



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### PREP PROMPT

What are your sources of hope in this life?

### 2 FUNCTIONS OF HOPE

1. Helps people cope with negative situations
2. Motivates people to pursue positive outcomes

### CASCADE CHATS

I	II	III	IV
Culture	BSWH	Now	Legacy
Name an organization that projects the most hopeful outlook for our world.	In what specific ways does BSWH foster hope within our communities?	What patient or teammate most needs hope from you right now?	Can you design a habit for your team that will consistently promote hope?

## OVERVIEW

L01: Explore intersectionality of compassion and hope  
 L02: Understand effective strategies to diversify hope

**Engagement Strategy:**  
 Introductory distinctions of empathy and compassion. Group reflection on how the team shows compassion daily. Vision-casting exercise about making current care even better. Explore the fundamental research and concepts on the concept of hope. Group conversation about goal-achievement in the future.

Synch Matrix:

	Start	End	Activity	Facilitator Notes
A	0:00	4:30	Main Intro / "Reflect" Exercise	When did someone give you hope by showing you compassion?
	4:30	5:45	Topic/Instructor Intro	Introduction of Alton McCallum and diversity of hope.
	5:45	11:25	How Hope and Compassion are Connected	Alton shares a story about how hope and compassion are connected.
B	11:25	14:35	"Examine" Exercise	Work in a group to connect your answers to the story.
C	14:35	19:00	Hope	Hope is a belief and desire in a possible positive future outcome.
D	19:00	23:30	"Reflect" Exercise	Reflect on major achievements in your life and how you got there.
	23:30	26:45	Hope Through Tough Times	Alton and Nate share how hope can get you through the toughest of times.
E	26:45	32:05	"Reflect" Exercise	Share with your group an experience that prepares you to help someone at a very vulnerable time in their life.
	32:05	32:58	Conclusion	

Sources:  
 Dollwet  
 Gulliver  
 Passmore  
 Young

## DISCUSSION GUIDE

### A HOPEFUL COMPASSION

Describe a time when someone's compassion for you gave you a sense of hope or a positive result in you.



- B**
- How does your team show compassion daily?
  - Try to connect your story to the example of Sir Ludwig Guttman.



### C HOPE

- Positive
- Capability
- Motivation

### WHY IS HOPE IMPORTANT?

- Well-being
- Self-esteem
- Fulfilling relationships
- Life satisfaction

## DISCUSSION GUIDE

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### 2 FUNCTIONS OF HOPE

1. Helps people cope with negative situations
2. Motivates people to pursue positive outcomes

### D HOPEFUL GOALS

- Take some time to reflect on 3-5 peak achievements in your life.
- What do you remember about that moment? Do you remember setting that goal and the motivation it provided to get to the peak?



- ### E
- What life experiences have prepared you to serve people when they are at their most fragile, vulnerable, raw, or broken times in their lives?
  - Share your story with as much detail as you are comfortable with your group.



## TAKE-AWAYS

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INSIGHTS:

ACTIONS:

## CASCADE CHATS

These exercises are meant to deepen the learning and experience between modules for participants and their teams. Use blank spaces to record your personal responses prior to discussions. Update your notes based on the conversation.

I	Culture	Name an organization that projects the most hopeful outlook for our world.	
II	BSWH	In what specific ways does BSWH foster hope within our communities?	
III	Now	What patient or teammate most needs hope from you right now?	
IV	Legacy	Can you design a habit for your team that will consistently promote hope?	