



MODULE 10 (35 minutes)

Topic Title: Diversity of Hope Alton McCallum

LO1: Explore intersectionality of compassion and hope

LO2: 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
0:00	5:25	Main Intro / "Reflect" Exercise	How did a time when someone showed compassion towards you give you hope?
5:25	7:10	Topic/Instructor Intro	Introduction of Alton McCallum and diversity of hope.
7:10	12:30	How Hope and Compassion are Connected	Alton shares a story about how hope and compassion are connected.
12:30	15:35	"Examine" Exercise	Work in a group to connect your answers to the story.
15:35	20:00	Hope	Hope is a belief and desire in a possible positive future outcome.
20:00	24:20	"Reflect" Exercise	Reflect on major achievements in your life and how you got there.
24:20	29:10	Hope Through Tough Times	Alton and Nate share how hope can get you through the toughest of times.
29:10	34:10	"Reflect" Exercise	Share with your group an experience that prepares you to help someone at a very vulnerable time in their life.
34:10	35:05	Conclusion	

Sources:

Dollwet
Gulliver
Passmore
Young