



Why We Can Be Sure of Hope

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Introduction:

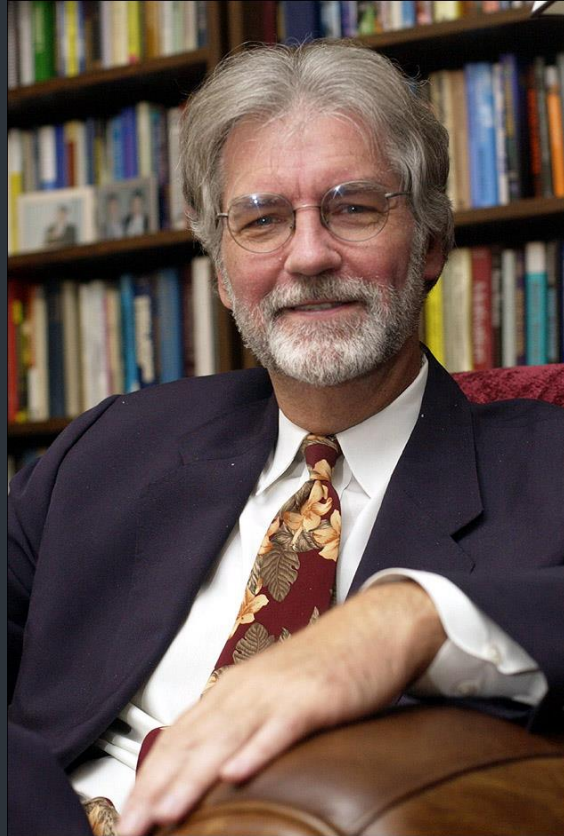
- Why is hope important to us?
- How do we do it in school?
- Wearing the mantle of the guide and not the expert.
- How can we make hope brighter?

Our Hope Journey

- ▶ We have been journeying with hope for a long time – since 2018(ish)
- ▶ We wanted to find an underpinning that would pull the school together and give equal weight to academic learning and the personal development curriculum - coherence was the key



But what is hope?



The most popular form of Hope theory was articulated by an American Psychologist named Rick Snyder.

His seminal article was Snyder, C.R, *Hope Theory- Rainbows in the Mind*, Psychological Inquiry, Vol. 13, No 4. (2002), pp 249 – 275

Snyder described hope as being a cognitive (thinking) process – not an affective (feeling – emotional process)

- ▶ Hope involves setting goals
- ▶ Hope involves finding pathways
- ▶ Hope involves having the agency (the belief that you can do it)

<https://www.youtube.com/watch?v=Op4bp9hKV7Y>

But what is hope?

Goal Setting:

The hopeful person is able to:

- Distinguish between goals and dreams
- Set goals in a zone between certainty and impossibility;
- Set goals that are meaningful and personal
- Set SMART goals when necessary
- Set goals which are positive rather than avoidant
- Set goals knowing this are the author of their own story
- Set goals so that they can realise their dreams and have their best life



But what is hope?



Pathways thinking:

The hopeful person is able to:

- ▶ plan different paths to reach my goals
- ▶ slow down to pick the best path for my goal
- ▶ imagine their possible selves and how to get there
- ▶ imagine going along the path to reach my goals
- ▶ Understand that mistakes are feedback about the path they are on and are not personal
- ▶ ask for help when required.

But what is hope?



Agency:

The hopeful person is able to:

- Listen to the positive not the negative tape in my head
- Draw upon their inner strength
- Draw upon their experiences to build their strength
- Remember times when they have been successful
- Remember that they are not the only one to find things difficult
- See how difficulties can be represented as opportunities
- Anticipate problems on their path and imagine ways to overcome them



Why is this important?

- ▶ People with higher levels of hope will be able to describe a better future for themselves.
- ▶ People with higher levels of hope can better describe a life that has meaning and purpose.
- ▶ People with higher levels of hope will do better in school.
- ▶ People with higher levels of hope will tend to have better or improving mental health
- ▶ People with higher levels of hope will tend to have better or improving physical health



How do we do this?

We have drawn upon the work of a psychologist named Albert Bandurra.

He says that we learn from 4 broad areas:

- We do this by building **mastery experiences**, both inside and outside the classroom.
- We do this by telling **hopeful stories** to the pupils.
- We do this by teaching **hopeful words** to the pupils
- We do this by building **hopeful relationships** with the pupils

Learning Hopeful Words

Ubuntu: An African word. This word means "humanity to others." I am because we all are. The belief in the universal bond of sharing that connects all humanity.

Wabi Sabi: The aesthetic is sometimes described as one of appreciating beauty that is "imperfect, impermanent and incomplete" in nature. Finding beauty in imperfections; the acceptance transience.

Sisu: To the Finnish people, Sisu has a mystical, almost magical meaning. Sisu is a unique Finnish concept. It is a Finnish term that can be roughly translated into English as strength of will, determination, perseverance and acting rationally in the face of adversity. An extraordinary strength and persistent resolve to continue and overcome in the face of adversity.

Meraki: This is a word that modern Greeks often use to describe doing something with soul, creativity or love – when you put "something of yourself into" what you're doing, whatever that may be: to put something of yourself into your work.

Kintsuigi: the Japanese art of putting broken pottery pieces back together with gold – embracing the idea that in embracing flaws and imperfections you can create even stronger, more beautiful piece of art. Every break is unique and instead of repairing an item like new, the 400-year old technique highlights the "scars" as part of the design. Using this as a metaphor for healing ourselves teaches us an important lesson; sometimes in the process of repairing things that have broken, we actually create something more unique, beautiful and resilient.

Eunoia: Greek: Beautiful thinking from a beautiful mind. Goodwill to others. A pure and well-balanced mind, a good spirit. "Beautiful thinking".

Ikigai: a Japanese concept referring to something that gives a person a sense of purpose, a reason for living. Something that makes you get out of bed in the morning.

Storge: A Greek word for love, but the love that is instinctive and deeply caring and nurturing. Familial love; natural, unforced, stable and committed.

Ikigai

A Japanese term meaning 'A reason to live'
'Iki' means 'to live' and 'Gai' means 'reason'





- Ikigai is the belief in the value of life and the potential for happiness when you're aligned with your purpose. Finding your Ikigai helps you to lead a meaningful life with intention.
- There are four elements to Ikigai:
- Your passion (what you love)
- Your vocation (what you're good at)
- Your mission (what the world needs)
- Your profession (what you can be paid for)

Unveil your passion

- ▶ Passions are the activities that make time fly by and cause you to feel excited and alive. It's what you enjoy doing most and something you would do even if you weren't getting paid for it.



Recognise your vocation

- ▶ Your skills and strengths are those things that you are naturally good at and might not come easily to others.
- ▶ Identifying your vocation is another way of tapping into your special skills that deserve recognition.



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Discover your mission

- ▶ This is where you explore the needs of the world and where you can make a difference.
- ▶ Are there problems or challenges in your community or in the world you feel passionate about solving?

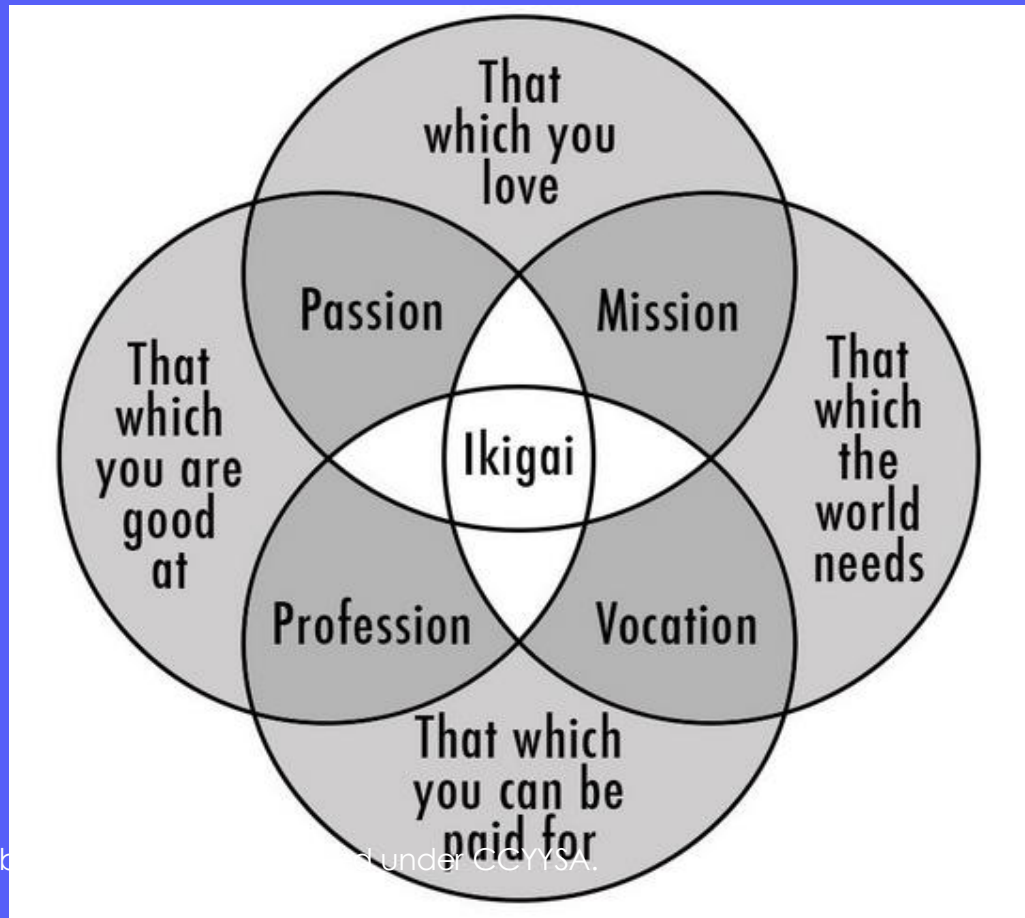
Cultivate your profession

- Your profession is where you look at how to make a living from your passion and mission. For example if you're a talented piano player who believes the world would be a better place if more people played music, you could begin to teach piano lessons.

Benefits of finding your Ikigai

- Aligning with the core principles of Ikigai is a continuous process of self-discovery and growth and can provide many benefits to you and the community around you.
- Increased happiness
- Reduced stress
- A sense of fulfillment
- Enhanced motivation
- Improved health
- Personal growth


The best way to find your Ikigai is to draw an Ikigai venn diagram.



ThePhoto by [unintelligible] under CC BY SA.

An open notebook is shown against a dark red background. The left page is blank and grey. The right page is also grey but features a faint, large Ikigai venn diagram in the background. The diagram consists of two overlapping circles, each divided into four colored segments: light purple, light green, light blue, and light yellow. The text "Take a piece of paper and a pen and have a go at making your own Ikigai venn diagram." is written in white, bold, sans-serif font across the center of the notebook pages.

**Take a piece of paper and a pen
and have a go at making your
own Ikigai venn diagram.**



Hopeful
Heroes –
learning
from the
experiences
of others.



I am going to read to you two stories.



The next slide is going to give you some reflective prompts



Pick one or two words and then as the story is read to you can you identify the word in action?

Reflective Prompts

Eunoia: Greek: Beautiful thinking from a beautiful mind. Goodwill to others. A pure and well-balanced mind, a good spirit. "Beautiful thinking".

- What are your values?

Ikigai: a Japanese concept referring to something that gives a person a sense of purpose, a reason for living.

- What is your passion?
- What is a goal that is relevant to you?
- What gets you up in the morning?

Kintsugi: the Japanese art of putting broken pottery pieces back together with gold – sometimes in the process of repairing things that have broken, we actually create something more unique, beautiful and resilient.

- Who can help you come back stronger?
- When have you come back stronger?
- Is perfection the same for all of us?
- How important is the past?

Meraki: This is a word that modern Greeks often use to describe doing something with soul, creativity or love – when you put "something of yourself into" what you're doing, whatever that may be: to put something of yourself into your work.

- What does personal strength look like?
- How important is self-reflection?

Sisu: Is a Finnish term that can be roughly translated into English as strength of will, determination, perseverance and acting rationally in the face of adversity.

- When have you persevered?
- What does it mean to be resilient? Is it the same for everyone?
- When has passion driven you towards something?

Storge: A Greek word for love, but the love that is instinctive and deeply caring and nurturing. Familial love; natural, unforced, stable and committed.

- What do you care about?
- How can you help others?
- When have you done something that wasn't for sole gain?

Ubuntu: An African word. This word means "humanity to others." I am because we all are. The belief in the universal bond of sharing that connects all humanity.

- What would you change in the world for others?
- What is a cause you would stand up for?

Wabi Sabi: Finding beauty in imperfections; the acceptance transience.

- Do goals always have to be big and life changing or impact millions?



Wearing the Mantle of the Guide and not that of the Expert.

- We are not, and never have claimed to be, experts.
- We have not walked in the shoes of you and your family, but we will walk alongside you for the time that your child is with us.
- We do not judge
- We are not perfect, and we will make mistakes
- We do not believe that your child needs fixing
- We believe that the role of a school is to teach and strengthen children and young people.
- We believe that people who have discovered purpose and meaning in their life will be happier, do better and enjoy life more than those who have not.
- We believe that being hopeful will strengthen your child and help them face the world, but it will not change the world.

How Can We Make Hope Brighter?

- ▶ What can we do to help?





Thank you

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