

5th World Congress on Positive Psychology,
July 13-16, 2017,
Montreal, Canada

Scientific Programme

Workshop
Coaching & Practice
15:30 - 16:30

Room 523

Hope-centered Coaching

By presenting a hope-centered approach to coaching, the presentation will provide practitioners/coaches with supporting research and practical techniques for integrating hope strategies into individual coaching and group training.

Learning Objectives - Participants will be able to:

- Explain the Hope Theory's key elements (Goal oriented approach to life; Pathways to thinking; Agency belief that you can change and achieve these goals) and the four common traits of high-hope individuals.
- Understand the supporting research/resources that build upon this theory with an emphasis on the Hope Circuit, Broaden and Build and Appreciative Inquiry.
- Demonstrate knowledge of at least 3 of a hope-centered coaching methods that can be applied to their practice gained through experiential activities conducted during the workshop
- Develop at least two next steps for further study and/or application of the research and techniques that coaches/practitioners will explore following the workshop

General Outline:

1. Why Hope Matters

- Hope Theory (Shane Lopez, Rick Snyder); Broaden and Build Theory (Barbara Fredrickson; , and other psychology and management researchers.

2. Who Does It Matter For

- High Hope versus Low Hope Individuals
- Situational versus Dispositional Hope (Rebecca Gorres)

3. Why Your Brain Likes Hope

- Hope Circuit (Martin Seligman)

4. How Coaches Can Make Hope Matter

- GROW Coaching Model
- Goal Directed Thinking (Re-Goaling, Flexible/Meaningful/Personal Goals)
- Pathway Thinking (Hope Mapping, Sentence Completion, Expressive Writing, If/Then, When/Where, Mental Contrasting) Includes research by Gabriele Oettingen, Peter Gollwitzer, James Pennebaker
- Agency Thinking (Appreciative Inquiry, Self-Compassion Building, Strength Spotting). Includes research by David Cooperrider and Kristen Neff

Specific Experiential Activities include:

- Re-visioning Goals from halfhearted to hopefilled (group brainstorm for questions that coaches could ask to help clients move towards hope goals)
- Hope Mapping (pair shares with specific situations where one person is the coach and the other the client to practice how to guide a client through the Hope Mapping process)
- Hope Centered Appreciative Inquiry (fishbowl activity with coaches stepping and out to lead in appreciative inquiry from a hope centered approach)

Chair: Denise Riebman, United States